



***Sycamore Lane
Client Handbook
2011***

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1. Mission

To provide and promote therapeutic riding and recreation in a safe, professional, nurturing environment to the children and adults of the Portland metropolitan area. To enhance the lives and well-being of all the people in our community, including individuals with mental and physical disabilities.

The Founder

The Center was founded in 2008 by Dr. Suzanne Cleland-Zamudio, a physician and surgeon in the Portland area who has served the community's needs for children and adults both with and without impairments for over a decade. Dr. Cleland-Zamudio grew up in Oregon City, riding, raising and training Welsh and Arabian ponies, gaining an understanding of the therapeutic effect of horses on human emotions, development and disabilities.

Limited resources statewide

While seeking added information about therapeutic riding for her patients, as well as an impaired member of her own family, she became aware of the limited therapeutic riding resources in the State of Oregon. Many of the non-profit therapy barns were run down, non-compliant with ADA standards, had poor business practices and animals that were unsafe or not cared for properly. Therapeutic riding centers had long delays in regard to registration, access and service. These same centers had frequent cancellations, complicated volunteer processes, insufficiently trained staff and in some cases so sub-specialized that only certain patients with a very specific disease state or impairment could gain access.

Sycamore Lane Therapeutic Riding Center was founded

These conditions and an overwhelming devotion to children and adults that could benefit from therapeutic riding caused Dr. Cleland- Zamudio to take action. The Sycamore Lane Therapeutic Riding Center was founded as a 501-C-3 non-profit through assistance from numerous friends, family and

gracious volunteers. A remarkable facility, safe, state of the art, wheelchair accessible and ADA compliant is well along the way. Having opened in August of 2009, it serves the therapeutic riding needs of all members of our community that would like to participate, especially those with physical, mental and emotional impairments. Trained and certified North American Riding for the Handicapped Association (NAHRA) instructors provide therapeutic riding programs, designed for each individual and augmented by the more intensive Hippotherapy – a physical, occupational or speech therapy that utilizes the multidimensional movement of a horse.

Equine Therapy

Peer review research indicates that equine therapy is an effective method of therapy, especially when tailored to enhance a specific rider's needs, whether it focuses on strength, balance, sensory integration or spatial awareness. Therapeutic riding is supervised, dynamic, safe and enjoyable for children and adults with a variety of physical, mental and emotional disabilities. Specific lesson plans are designed to meet the needs of the individual rider in order to enhance physical, emotional and cognitive development.

Hippotherapy

Hippotherapy is a medical therapy provided under a physician's prescription and is a strategy that utilizes the horse's natural and multidimensional movements. This approach is used as part of an integrated treatment program, with the ultimate goal of achieving measurable and functional outcomes. It is different than regular horseback riding and does not teach those traditional skills. The gait of the horse is unique because it is similar to that of the human and can thus facilitate corresponding movement patterns in the human pelvis. The horse's walk provides valuable sensory stimulus that is rhythmic, variable, and repetitive. This dynamic movement, when coupled with the traditional physical or occupational therapy techniques, results in improved functional outcomes, both physically and emotionally. This type of therapy improves muscle tone, strength, coordination, balance response, postural function and sensorimotor capacity, while providing the warmth, grace and healing effect of horses and ponies.

Conditions that can be addressed by Hippotherapy and Therapeutic Riding:

| | | |
|--------------------------------------|----------------------------------|------------------------------|
| <i>Autism spectrum disorder</i> | <i>Cerebral Palsy</i> | <i>Down Syndrome</i> |
| <i>Developmental delay</i> | <i>Genetic syndromes</i> | <i>Stroke</i> |
| <i>Sensory integration disorders</i> | <i>Speech-Language disorders</i> | <i>Multiple Sclerosis</i> |
| <i>Traumatic brain injury</i> | <i>Alzheimer's disease</i> | <i>Dizziness</i> |
| <i>ADHD</i> | <i>Parkinson's Disease</i> | <i>Learning Disabilities</i> |

****** As well as a host of others physical and mental health issues***

Sycamore Lane Therapeutic Riding Center is a member of the North American Handicapped Rider Association (NAHRA) and is an active Member Center set to become a Premier NARHA Center in the future. An intensive and successful campaign to complete the facility is underway, with goals to provide the necessary therapies for 40-60 patients each week. Recognized and certified as a 501-C -3 non-profit provides donors with many tax related benefits and the assurance of the procedures for donated funds.

Your contributions to finish and refine the facility are very much appreciated



2. Program and Financial Information

- *Sycamore Lane is open year round with sessions being in 4 terms (Winter, Spring, Summer & Fall term)*
- *Lessons are \$35.00 (except for DD program Riders) and must be weekly for the greatest progress.*
- *Each term is a varied number of weeks.*
- *The term must be paid for at the beginning of the seasonal session. This secures the riders time slot weekly*
- *If desired, a package of 6 sequential lessons may be purchased instead, but if the rider wishes to continue to ride in that term, the same time slot cannot be guaranteed.*
- *If a lesson is missed by a rider due to a family or personal emergency, S.L.T.R.C. will allow a make-up lesson within 2 weeks if possible. It is not an obligation of the farm to schedule the make-up....it is the riders.*
- *If the rider misses a lesson because they wish to attend another outside activity, the lesson is forfeited.*
- *In the event of a sick instructor, temperature above 95 degrees or an environmental emergency or school closure due to snowy conditions or below freezing temperatures, SLTRC will allow them to make-up the lesson with no penalty.*
- **The 2011 schedule is as follows:**

| | | |
|---|-------------------|-----------------|
| <i>Winter Session: Jan 4th to March 19th</i> | <i>(11 weeks)</i> | <i>\$385.00</i> |
| <i>Spring Session: April 5th to June 4th</i> | <i>(8 weeks)</i> | <i>\$280.00</i> |
| <i>Summer Session: June 21st to August 27th</i> | <i>(9 weeks)</i> | <i>\$315.00</i> |
| <i>Fall Session : Sept. 12th to Dec. 17th</i> | <i>(13 weeks)</i> | <i>\$455.00</i> |

(off the week of Thanksgiving)
- *For new riders to the program, they must first complete the necessary paperwork, and an appointment will be then set up that includes a tour and presentation to get a sense of the program and a formal intake assessment performed. A single payment of \$45.00 (\$35.00 for DD riders) for that lesson is due prior to the intake.*
- *For term lessons, payment is due before the rider may start the riding term.*
- *If for any reason, a rider does not want to continue the term. The remaining lessons are non-refundable, by S.L.T.R.C. is happy to provide you with a tax deduction letter for the value of the remaining lessons.*
- *Riders will be eligible to apply for 2 scholarship lessons/term if they are non-DD riders.*

3. Dress Code

- 1. Boots or shoes with smooth, hard soles that have heels are preferred.*
- 2. Other shoes may be used with special stirrups.*
- 3. No open toe shoes, nor thongs (flip-flops) are allowed.*
- 4. No sharp items in your pockets.*
- 5. Gloves in the winter are recommended and available.*
- 6. Helmets while riding are mandatory.*
- 7. Helmets are mandatory for riders at all times when around the horses.*
- 8. Jean pants, comfortable pants, or riding breeches, are recommended.*
- 9. Shorts are not acceptable for riding unless the weather is hot and they must not be too revealing.*
- 10. Therapeutic riders/Hippotherapy riders may have a change of clothes.*
- 11. Tank tops/exercise tops are fine, but strapless tops/spaghetti straps/plunging necklines are not acceptable.*
- 12. Must not have short shirts where abdomen is exposed.*
- 13. Must not have underwear exposed.*
- 14. To prevent exposure, appropriate warm clothes must be worn in cold temperatures.*
- 15. Do not wear loose or dangly jewelry or earrings*

**These rules include NARHA standards and may be updated at any time.*

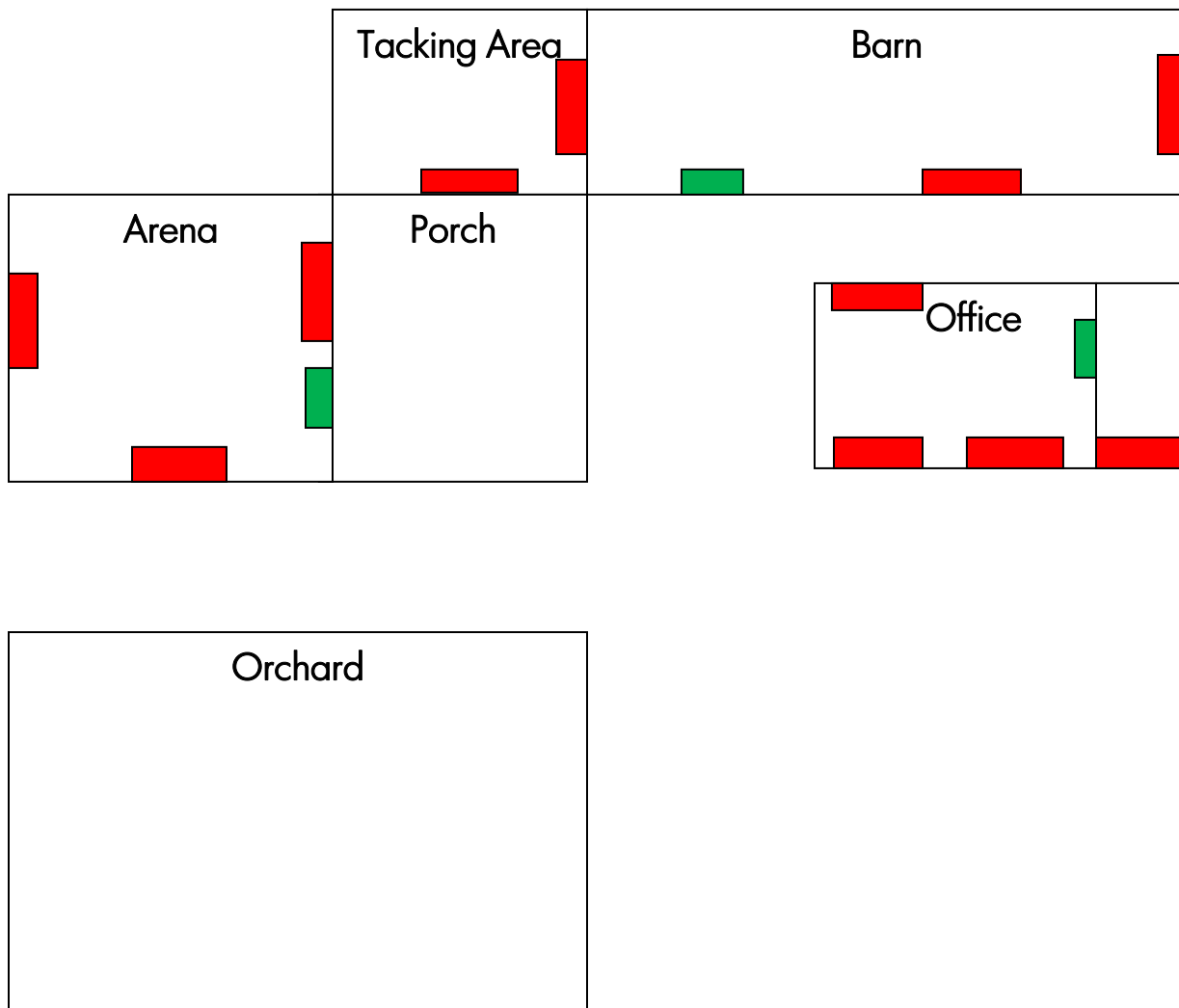
4. Barn Safety Rules

- 1. There is no smoking at any time in this facility, nor on the campus of this facility.***
- 2. A child in the therapeutic program, Hippotherapy program, or child in beginning riding under the age of 18 must have a parent, guardian, or caregiver on the campus for the entire duration of their session.
(unless special arrangements are made and approved)***
- 3. There is no littering on the campus!!!***
- 4. All riders must wear a helmet at all times when around the horses or riding.***
- 5. All riders and volunteers must respect the rights and privacy of others.***
- 6. No feeding snacks to the horses unless approved and supervised by the instructor.***
- 7. All recycling must be put into the recycling container.***
- 8. Voices must be at an acceptable level, no yelling.***
- 9. No running on the concrete.***
- 10. Only riders, instructors, or appointed volunteers may be in the tacking or mounting areas.***
- 11. Must be careful if the concrete is wet or slippery.***
- 12. Do not throw any objects unless it is part of your riding lesson plan.***
- 13. Do not stand behind the horses, nor yell around the horses.***
- 14. When a rider is with the horses, they must have a volunteer assisting them at all times.***

5. Sycamore Lane Evacuation Policy

In the event of an emergency, look for the nearest exit sign (all buildings have signs at each exit). Exit the building and go to the picnic table area in the orchard for further instructions from the staff/instructor in charge.

All exit doors are marked in red. The location of fire extinguishers are marked in green.



6. Volunteer Policy for Parents

S.L.T.R.C is a medical riding facility for patients with physical, emotional, cognitive and developmental disabilities. It is our community and ethical need to serve and to protect them.

Because we are a Federal 501c3 non-profit organization that takes care of impaired riders, The State of Oregon and our Board of Directors requires that anyone on the campus of S.L.T.R.C. on more than 1 occasion, requires a background check be in place. (So if grandma is visiting from Florida and wants to watch a lesson, she may sign a liability waiver and sit in the arena on 1 visit)if she wants to return again, a background check needs to be on file (for anyone over the age of 14 years).

How S.L.T.R.C. has designed this process to make it the easiest on our families is that there is a volunteer packet that must be filled out by the main responsible party who will be bringing the Rider. The packet requires we have the responsible parties driver's license and a \$25.00 background check fee that will check up to 5 family members. Each family member must provide a Driver's License or picture ID and a contact cell number that is current. Each family member who is over 14 and present on the farm must have a liability release on file. A liability release must also be on file for any siblings that will be in the arena under 14 years old.

(No babies are allowed in the arena and anyone making noise during the lesson may be asked to leave the arena, as they may distract the instructor, horse or rider)

This process has worked well, and assists us in protecting our Riders, Volunteers and Instructors.

Many of our parents who have a volunteer packet on file, also have gone on to have a formal volunteer training and may brush the horses and participate in the lessons with their children when appropriate.

7. Exclusionary Criteria

- 1. Uncontrolled/violent seizures***
- 2. Open wounds with infection***
- 3. Physically abusive to people or to animals***
- 4. Unable to have a Dr's release signed***
- 5. C1-2 Atlanto-axial instability by C-spine x-ray
(bilateral subluxation is ok, unilateral is not.)
X-ray clearance is every 5 years***
- 6. Anaphylactic allergy to hay or animals***

***Conditions for which a special program must
be arranged.***

- 1. Unable to wear a helmet***
- 2. Unable to hold head up or sit up at all***
- 3. Greater than 250 lbs (unable to ride)***
- 4. Severe hypotonia***
- 5. Severe movement disorder***
- 6. Severe spasticity***
- 7. Scoliosis over 30 degrees***
- 8. Complete absence of lower extremities and without prosthesis***
- 9. Harrington rods and multi-level fusions of back***

8. S.L.T.R.C Superstars

1. Pancake



2. Champagne



3. Korbie



4. Justin



5. Sonny



6. Rusty



7. Heaven "Dolly"



8. Vincent



9. Campo



10. Buster



11. Quincy



12. Ace



Our Therapy Goats Sunset and B2 Bomber



Sycamore Lane Therapeutic Riding Center



