

Therapeutic Horsemanship Program Participant Handbook



Participants and their families, along with visitors to JPEC are asked to follow the policies and safety rules which we have adopted for the interest and safety of everyone. JPEC adheres to the guidelines and safety standards set by the Professional Association of Therapeutic Horsemanship International (PATH) and the Certified Horsemanship Association (CHA).

The Mission of JPEC is “To educate people of all ages, abilities and backgrounds about horses, natural resources and themselves.”



Registration

Please contact Instructor Kelsey Longnecker at jpec_lessons@polkcountyiowa.gov to inquire or to enroll in the Therapeutic Horsemanship Program (THP). New student evaluations are scheduled between THP sessions. Current students can sign up for THP sessions before any open session by contacting Kelsey.

Payments

Payments may be made in the form of cash, check or credit card, and are due in full the Friday before each session begins. THP lessons are \$30.00 per lesson. Note that the length (number of weeks) of sessions varies between seasons. The length of each lesson is determined by our Instructor team and are scheduled by the hour. Your instructor will determine whether a group or a private lesson is appropriate.

Scholarships may be available based on the financial need of the participant. To inquire about scholarship possibilities please email Kelsey Longnecker at jpec_lessons@polkcountyiowa.gov.

Missed or Canceled Lessons

A minimum four hours notice is required if you are unable to attend your lesson. Lessons canceled with less than four hours notice will not be rescheduled or refunded. "No Shows" will not be rescheduled or refunded. Please call the THP line at 515-999-2818 ext. 3 if you cannot make your lesson. You may also email your instructor directly.

Weather Cancellations

We cancel lessons under the following conditions:

- Summer: if the "real feel" temperature is 95 degrees or more
- Winter, if the "real feel" temperature is 32 degrees or below. Lessons will also be canceled if there is a winter storm warning.
- During an active tornado warning.
- Lessons may also be canceled at the discretion of your Instructor during severe thunderstorms, heavy rainstorms or high dangerous winds.

There will be one week following each session reserved for make-up lessons for lessons canceled within the four hours time limit. Only one lesson will be made up for each session.

Arrival

Please arrive on time for your lessons. Once the class has begun latecomers will not be mounted.

What to Wear

- Protective ASTM-SEI helmets are required during lessons. JPEC supplies approved helmets, however, if you wish to use your own helmet your Instructor must check to make sure it is approved and properly fitted. Personal helmets must be less than 5 years old and have not been involved in a fall or accident.
- Riding boots with a smooth sole and ½ inch heel are preferred. Closed toed shoes are allowed. Please do not enter the barn area without footwear that encloses the entire

foot. Sandals, crocks, open toed shoes and backless shoes are not acceptable. This includes guests visiting the barn area.

- Long pants are required.
- No dangling jewelry or heavy perfumes.
- Students should dress according to the weather. JPEC does have restroom facilities for students to change if needed.
- Coats or shirts that are too long and bulky should be avoided.

Spectators

For everyone's safety, please do not talk to or coach students during class. Parents, guardians or designated agents must remain on the premises during lessons. If you wish to observe lessons please do so from the bleachers located in the arena area. You may take pictures from outside the rail. Do not open the gate or enter the arena without specific instruction from the Instructor.

Do not be afraid to ask questions or to discuss lessons or plans with your instructor after class, but please be aware that they may have to schedule a time to meet with you at a later time due to lessons being scheduled back to back.

Forms & Medical Information

Due to the nature of our program and for the safety of our students, horses, volunteers and instructors JPEC follows but is not limited to the following standards:

- JPEC adheres to a strict weight limit of 200 pounds for mounted participants. JPEC may offer un-mounted lessons for those over 200 pounds.
- Your Instructor must be notified immediately of any change in your medical condition. A written release is required from the participant's attending physician if their medical status changes. This includes changes in types/ frequency of seizures, medication, surgeries, etc.
- Medical Assessment Forms & Release and Hold Harmless Agreements must be updated annually.

THP Lessons VS Hippotherapy

At JPEC we provide Therapeutic Horsemanship not Hippotherapy. Our professional, certified Instructors are not licensed therapists, nor do they provide therapy to students. They are Instructors of students with disabilities and they seize every opportunity to teach safe, fun and effective horsemanship that fits the needs of the individual. Our desire is to help individuals realize goals and develop independence through their horsemanship journey.

THP Lessons- Mounted & Un-mounted

Along with horsemanship skills, other skills that strengthen or promote daily living skills may be included in lessons. This may include activities that challenge the mind as well as the body. In order to provide a well-rounded therapeutic horsemanship program, un-mounted lessons or un-mounted portions of the lessons may be conducted. The goal of this is to introduce the various equine and stable practices and provide a comprehensive scope of knowledge about our equine companions.

JPEC Policies & Rules

- JPEC practices zero-tolerance by maintaining a safe, and an alcohol, drug, smoke and crime-free environment.
- Abusive, threatening or violent behavior will not be tolerated.
- Please register service dogs with the main office. All dogs must be kept on leash at all times. If a visitor's dog is causing a distraction, the Instructor may ask that the dog be removed from the facility.
- Children must be supervised at all times
- Do not feed the horses.
- No running in the barn or arena area.
- No one may mount, dismount or ride a horse unless supervised by an Instructor. No one is allowed on the mounting ramp unless instructed to do so by the Instructor.

Contact Information:

To Inquire about lessons, please contact:
jpec_lessons@polkcountyiowa.gov

Jester Park Equestrian Center
11171 NW 103rd Ct
Granger, IA 50109
(515) 999-2818 ext 3

Jacklyn Gautsch- PATH Certified Instructor
Jacklyn.gautsch@polkcountyiowa.gov

Kelsey Longnecker- CHA IRD Certified Instructor
Kelsey.freeman@polkcountyiowa.gov

Molly Mellinger- JPEC Program Coordinator
Molly.mellinger@polkcountyiowa.gov

Lela Mullen- JPEC Facility Manager
Lela.mullen@polkcountyiowa.gov



Jester Park Equestrian Center
Therapeutic Horsemanship Program
Student Information Form



This form is to be completed and signed the student and/or their parent or guardian. If you would like please include a student photo.

Date Completed: _____

Gender: Female/ Male

Student Name: _____ Age: _____ Date of Birth: _____

Student Phone: _____ Student Email: _____

Student Address: _____ City, State, Zip: _____

Primary Contact: _____ Relationship to student: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Email address: _____

Secondary Contact: _____ Relationship to student: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Email address: _____

Special Accommodations Needed: _____

Student Goals (things they would like to work on): _____

Preferred* Instructor: _____ Preferred* Horse: _____

* while we will attempt to match students up with their preference we cannot guarantee these

I have read and understand the Therapeutic Horsemanship Program Participant Handbook

Name- Printed

Relationship to Student

Signature

Date