



Program: Horse Partners

Objective: To provide an opportunity for individuals to work towards personal goals through instructor facilitated, non-mounted, horse activities.

Benefits: Introduction to equine management, increased physical fitness, gross motor skill development, fine motor skill development, coordination improvement, body awareness, non-verbal communication improvement, confidence building, executive function skill development (impulse control, flexible thinking, working memory, self-monitoring, planning and prioritizing, task initiation, organization), sensory engagement,

Indirect Benefits: Mental well-being, emotional engagement, motivating activity participation, equine education development, equine participation, social activity,

Description: The Horse Partner program will have the following parameters:

- **Classes are 45 minutes in length**
- **4 Clients maximum per class**
- **Session runs 6 weeks, class once per week**
- **Fee is \$175.00 for a 6 week session**
- **One Sidewalker will assist participants if needed in addition to a Horse Leader**
- **Horse interaction is broad and diverse but will not be a mounted activity (no horseback riding involved)**
- **Helmets, footwear, and clothing requirements will be the same as therapeutic riding**

The Horse Partner program is an Equine Assisted Therapeutic Activity facilitated by an Instructor who is certified through the Professional Association of Therapeutic Horsemanship International organization (PATH, Intl). Sessions are outcome based and goal oriented. Each individual and their ID team (individual, instructor, and parent/guardian/caregiver if applicable) develop the desired outcome for their participation.

North Country RIDE's mission is to promote personal growth and development through equine assisted therapeutic, educational, and recreational activities. North Country RIDE is a 501(c)(3) nonprofit organization.



Example goals:

- **Increase physical fitness through equine horsemanship**
- **Build self-confidence through equine handling**
- **Increase task initiation through equine facilitated activities**
- **Build body awareness and management skills through equine interaction**
- **Develop motor skills through grooming**
- **Increase range of motion through brushing, stretching, touch, and warmth**
- **Manage stress, depression, and anxiety through equine touch**

The Horse Partner program will follow PATH, International guidelines and standards of Therapeutic Horsemanship. Horses will be interacted with in manners which support the mission, vision, and values of North Country RIDE and which provides a mutually beneficial relationship for both participant and equine.

Participants may pursue a competitive level of horsemanship through this program by following the North American Western Dressage guidelines and participating through their virtual competitions (online video posting) known as 6 Feet on the Ground.

The program will have the following flow:

Prior to start date:

- **Prospective participants will fill out the standard application including physician release**
- **Applications will be screened for contraindications to equine interaction as per PATH standards**
- **Scheduling and billing will happen two weeks prior to session start**
- **Instructors will develop individualized goals based on information obtained on application**



Class Days:

- **Participants will meet up with their horse partners in the barn or an arena as determined by the instructor. This may involve catching their horse and haltering it. Emphasis is placed on building trust and respect between the partners.**
- **Equine activities will be facilitated by the instructor and designed to work towards individuals' goals. They may include catching, leading, grooming, directing horse movements without touching, analyzing body language, verbal communication, 6 Feet on the Ground horsemanship, sensory trails, trust building, horse games, stretching exercises (horse and human), and general care.**

Potential Participants:

This program is open to participants over the age of 8 who are looking to make personal gains through interaction with horses. Any person with a physician's statement showing one or more challenges that would benefit from interactions with our horse partners, can participate in our horse partners program.