



# ROCKING HORSE RANCH

## Therapeutic Riding Program

[www.rhrnc.com](http://www.rhrnc.com)

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Dear Participants and Volunteers,

As many of you know, 2020 has been a difficult year for Rocking Horse Ranch. During the early days of the pandemic, we lost three members of our herd unexpectedly, Cody, Beau, and Cisco. These long-time veterans of the program were one of our greatest gifts, and we are still healing from their absence. We also had a few other herd members and staff move on to new adventures. We have taken it all in stride and have used the last six months to focus on everyone's health and safety. With that being said, we are excited to announce that it's time to get "Back in the Saddle"!

North Carolina remains in Phase 2.5, "Safer at Home", and we continue to follow guidance from federal, state, and local governments as well as our accrediting organization, the Professional Organization of Therapeutic Horsemanship International (PATH). Members of the Rocking Horse Ranch team have made the difficult decision to only hold ground school classes for the Fall of 2020. Considering the majority of our participants require close, often hands-on assistance during riding, social distancing is not possible. Safety remains the top priority for our participants, volunteers, and staff. As Covid restrictions ease, we hope to expand the programs Rocking Horse Ranch offers to participants who require more assistance and are optimistic that we will resume our mounted curriculum early in 2021.

Our ground-based curriculum will include activities and opportunities for learning in the following areas: Horse Sense, Grooming, Leading, Horse Anatomy and Conformation, Hoof Care, Horse First Aid, Barn Management, Tack and Equipment, Round Penning, Lunging, Horse Desensitization, and Long-Lining. Social distancing will be encouraged with the instructor only near the participant during direct horse-related activities for supervision and safety compliance. The Horse Leader will, at all times, be responsible for the horse and remain distanced from the instructor and participant as allowed. For these reasons, a lesson will only consist of the participant, a horse leader/attendant, and the instructor. Exceptions may be made for group lessons based on participants' needs for safety and supervision.

Rocking Horse Ranch will hold a 7-week Fall Lesson session starting the week of October 19, and ending the week of December 7, 2020 (no lessons during the week of Thanksgiving). Due to limited staffing and horses, lesson slots are extremely limited.

Additionally, in order to maintain the health and safety of our Instructors, Barn Staff, Volunteers, and Participants, the following protocols will be in effect:

1. All lessons during the Fall 2020 session will be ground-based activities (no riding).

2. Participants will need to meet the following criteria for the Fall lessons:
  - Follow Covid-19 screening protocol when arriving on-site.
  - Able to stand independently for 30 to 45-minute increments.
  - Tolerate wearing a face mask/covering while on the premises and during the lesson.
  - Tolerate wearing a riding helmet for all activities with direct horse contact (helmets provided by RHR or participant may use their personal helmet with RHR approval).
  - Review and complete the following documents:
    - o Participant Policies and Procedures
    - o Participant Registration and Release Form
    - o Medical History and Medical Provider Statement
    - o Covid – 19 Acknowledgement Form
3. Lessons slots are available Tuesday and Thursday, during the hours of 2:00 PM – 7:00 PM
4. Participants will attend lessons 1x/week with the option of an individual or group (2-3 participants) lesson based on Instructor and horse availability.
  - Individual lessons are 30-minutes and cost \$30.
  - Group lessons are 45-minutes and cost \$45.
5. Preference will be given to participants that were unable to finish the lesson session during the Spring of 2020 due to the Covid-19 pandemic and subsequent barn closure. Other applications will be considered in the order received.

Although we will only be able to utilize a limited number of volunteer Horse Leaders for the Fall lessons, we are still recruiting for volunteers who may be interested in assisting in barn chores, special projects, grounds or facility maintenance, fund-raising including grant searches, office and/or media management, etc.

If you are interested in more information or signing up for lessons, please email [programdirector@rhrnc.com](mailto:programdirector@rhrnc.com).

Messages may also be left at the barn office (252) 752-0153.

Participant registration and accompanying paperwork is available for download on our website [www.rhrnc.com](http://www.rhrnc.com).

Thank you, and we look forward to seeing everyone sooner than later!

Always,  
Rachael Moore,  
Program and Equine Manager