



Dear Future Riders,

Thank you for your interest in Ride to Walk. We are a non-profit organization providing therapeutic horseback riding for children and young adults with neurological impairments. Our facility is in Penryn, CA at 2460 Delmar Ave. All our clinical evaluations are performed by Dr. Kristine Corn prior to participating in our riding program.

The Ride to Walk program is in operation from January through the second week of December. Riding is offered four days a week and is designed to coordinate physical, cognitive, and emotional therapy into a unique experience. The goals of this program are based on therapeutic intervention to achieve balance and postural control, improve language and socialization skills, enhance self-esteem, and provide exercise and enjoyment for the riders.

A certified therapeutic riding instructor is present at each session and will design a personal and individualized therapy program for you. Each session is 30 minutes in length for therapeutic riding and 60 minutes for independent riding instruction and is offered at various times during the week. A riding time will be assigned after the evaluation process is completed.

The enclosed application provides additional information on the Ride to Walk program. After you complete the application, please mail, or deliver it to our riding facility address below. If you have any questions or concerns regarding the application or the program in general, please call Ride to Walk at (916)791-2747. You can also e-mail us at ridetowalk92@gmail.com. More information is also available on our web site at ridetowalk.org. Payment of \$50.00 is due at the time of the evaluation.

In closing we would like you to know that if you want to ride, we will try to the best of our ability to make that happen. The sooner the application is received, and the evaluation is completed, the sooner you can begin to enjoy all the benefits that Ride to Walk has to offer. Thank you and we look forward to hearing from you.

Sincerely,

Ride To Walk

Mission Statement

Ride To Walk offers an innovative therapeutic horseback riding program that is adapted to the individual needs and disabilities of neurologically disabled children and adults, serving the counties of Placer and Sacramento by providing a positive support system.



PROGRAM FEES, CANCELLATION AND ATTENDANCE POLICIES

Ride To Walk operates year-round with the exception of our winter (late December) break and major holidays. There are occasions when Ride to Walk must cancel a riding session due to circumstances beyond our control. Those circumstances include, but are not limited to, extreme weather and/or an insufficient numbers of volunteers. In those circumstances, the riding session for that day will be cancelled for the safety of the riders and the horses and we will notify you by email. We are often able to keep the indoor arena at a comfortable temperature even when it is pushing 101.

If you need to cancel your attendance at a riding session, you need to call the rider cancellation number: Office 916-791-2747 Mon, Wed, Fri / Cell (279) 977-4659 (for short notice cancellations only). This is extremely important as your horse will be prepared and waiting as well as staff time required.

The monthly fee is \$500.00 however we invoice only for \$250.00 because we wish to scholarship 50% of the fee as long as you or a family member support us with our fundraising efforts. We require twenty-five volunteer hours per year (or 2 hours per month). Some of the ways riders & families can support our fundraising efforts are:

- Volunteer in our Tack Shack
- Obtain sponsorships and donations of supplies/auction items for any fundraising events.
- Volunteer at our fundraising events – the day before for set up, the day of, and day after with clean-up.
- Volunteer at outside events we attend to promote RTW – sharing your story.

If you do not wish to be a volunteer, we welcome the full \$500.00 monthly fee.

_____ I opt to pay \$500 and not volunteer

_____ I opt to pay \$250 and volunteer.

Signature _____ Date _____



DIRECTIONS TO RIDING FACILITY

2460 Delmar Ave.
Penryn, CA 95663
(916) 791-2747

Directions To Ride to Walk – Penryn Property

- From Lincoln, take Hwy 193 to Sierra College Blvd, turn left onto English Colony Way. Take a sharp right turn onto Delmar Ave. Property is on the right-hand side, 2460 Delmar Ave. Penryn CA 95663
- **OR**
- Take Hwy 80, exit 109 for Sierra College Blvd. Use the left 2 lanes to turn left onto Sierra College Blvd. Turn right onto Delmar Ave. Come to stop sign, turn left to stay on Delmar Ave. Turn left onto 2460 Delmar Ave. Penryn, CA 95663

For Cancellations:
Office (916) 791-2747
Cell (279) 977-4659

Please call main office Monday, Wednesday, Friday between 9:00a.m. and 2:00p.m. OR Cell for short notice cancelations only

If you have any questions about riding because of weather, please call the office at least one-hour prior to your ride time to see if program has been cancelled due to inclement weather. We will make every effort to call, email or text.

WE CANNOT notify every person, so it is your responsibility to call and find out.

HELMET/BOOTS INFORMATION:



Participants riding in program **MUST** wear riding boots or hard-soled shoes with heels.

Participants riding in program **MUST** have an Equestrian approved helmet (**NOT** a Bicycle helmet).

Participants riding in program **MUST** wear long pants.

FITTING:

When looking for the correct helmet it is important to consider comfort and safety. Look for the following when choosing the proper fit of the helmet.

1. Helmet needs to fit securely on the rider's head.

When placed on the head, the helmet should not shift forward or back (The helmet should move with the rider's head. You should be able to "wiggle your eyebrows" by moving the helmet). Additional foam pads and/or adjusting straps may be required to achieve this correct fit.

2. There are generally two types of strapping systems.
 - a. Leather "U" at either side that a chinstrap is attached to.
 - b. A cloth webbing "V" strap that continues into a chinstrap.
Style b is the preferred style for children with exceedingly small heads.
3. The chin strap is tightened correctly when you can fit only two fingers snugly between the strap and your chin.
4. The helmet needs to have a detachable visor if the rider has poor head control to increase safety.

We recommend Douglas Feed Supply 5460 Douglas Blvd. Granite Bay, CA 95746 (916)791-3202
Mention Ride to Walk & receive a discount on your helmet.



ARENA/FACILITY SAFETY RULES

1. HORSES MAY BITE-PLEASE DO NOT FEED WITHOUT STAFF SUPERVISION
2. ALL CHILDREN ON RTW PROPERTY MUST HAVE ADULT SUPERVISION AT ALL TIMES!
3. STAFF & VOLUNTEERS ONLY PERMITTED BEYOND GATES INSIDE THE ARENA.
4. NO RUNNING OR YELLING IN OR AROUND ARENA.
5. NO PETS ALLOWED AT THE RTW PROPERTY WITHOUT PERMISSION.
6. NO SMOKING!
7. **ALL RIDERS MUST WEAR APPROVED HELMETS DURING THEIR RIDING SESSION.**
8. **ALL RIDERS & VOLUNTEERS MUST HAVE APPROPRIATE ATTIRE.**
9. NO ONE IN ARENA UNLESS PARTICIPATING AS A VOLUNTEER, STAFF OR RIDER.
10. NO CELL PHONES OR PAGERS ALLOWED INSIDE THE ARENA (*except staff*).
11. PLEASE PICK UP TRASH, KEEP YOUR STABLES BEAUTIFUL.
12. EVERY PERSON WHO ENTERS THIS PROPERTY MUST SIGN A RELEASE OF LIABILITY WAIVER, **NO EXCEPTIONS.**

IT IS EVERYONES RESPONSIBILITY TO READ THESE RULES AND KNOW THEM. THANK YOU FOR YOUR COOPERATION.



Ride to Walk, Inc.

General Information

Mission Statement and Goals

Ride To Walk's mission is to enhance the lives of individuals with neurological disabilities by providing innovative therapeutic horseback riding activities that are recreational in nature and adapted to the individual's needs and disabilities at a minimum cost.

Current Programs and Activities

Therapeutic Riding Program

During each 30-minute riding session, the rider is accompanied in the enclosed arena by four highly trained individuals; a licensed therapist or riding instructor, an experienced volunteer equestrian leader, and two volunteer side-walkers. The horse is led through a series of movements tailored individually for the rider, which help to strengthen the rider's muscles and improve the rider's flexibility, range of motion, balance, and coordination.

Each rider's individually created program is supervised and evaluated by therapists that are specially trained using the horse as a therapeutic tool. In addition to the physical gains from horseback therapy, parents and teachers often see improved speech patterns and lengthened attention spans. Our riders gain a sense of joy, freedom, and empowerment from the therapy sessions, which enable them to sit tall and proud on the backs of our specially screened and trained horses.



Rider and Volunteers

Ride To Walk serves individuals with disabilities and their families, year-round from Placer, Sacramento, and Yolo counties. The program serves individuals with disabilities such as autism, cerebral palsy, muscular dystrophy, attention deficit disorder, head trauma, sensory processing challenges, and genetic disorders. Ride To Walk serves families ranging from low to upper incomes and represents a broad spectrum of ethnicities.

Independent Riding Program

Ride To Walk has increased its service offerings to include an Independent Riding Program. Riders in this program have the mobility, balance, and coordination to sit on the horse independently. Riders in this program are taught basic horsemanship skills, including how to tack and groom the horse and how to manage the reins.



Ride To Walk's Relationship with Other Organizations

Ride To Walk became a 501(c) 3 nonprofit organization in 1988 and works in partnership with local school districts.

A small number of our child riders receive partial assistance through local school districts. If the child has an Individual Education Plan (IEP) that requires adaptive physical education, some school districts will cover a portion of the costs for that rider.



The Need for Ride to Walk

A variety of community-supported activities are available to individuals without disabilities, from Baseball League and soccer teams to social activities. Neurologically disabled individuals need opportunities to develop their physical skills and learn to interact with their peers in community-supported activities as well. Ride To Walk is one of the few opportunities they must participate in a "special activity." It addresses this social need while providing crucial therapy that helps their bodies and minds to develop their fullest potential. While there are a variety of programs that put disabled children and adults on horseback for recreational purposes, Ride to Walk is one of the few programs in this area that also focuses on the therapeutic aspects of this activity.



Volunteers & Therapist with Rider

Ride to Walk Board Members, Staff & Volunteers

The successes of Ride to Walk are the results of many dynamic supporters who contribute tirelessly to the organization. Ride to Walk consists of a volunteer board of directors, part-time employees and many dedicated volunteers who are the backbone of the program. Ride to Walk could not exist without this wonderful support.



Dr. Corn back riding with child

History of Ride to Walk

Ride To Walk began in 1985 when Dr. Kristine Corn, founder, director, and primary therapist at the Sierra Pediatric Therapy Clinic, began using a pony at her clinic in Granite Bay, California.

Dr. Corn had one patient, in particular, who was not progressing utilizing traditional therapy practices. Dr. Corn purchased a pony and rode the little girl up and down the driveway at her clinic. The results were profound and unmistakable. Dr. Corn began using her pony with more of her patients and

found the results equally rewarding. Though there have been many economic challenges facing the Ride to Walk program over the past years, the program continues to grow. Following years of renting facilities, the program expanded to its own riding facility with an enclosed arena with stables and a covered arena caretaker facilities with stables and a covered arena in the town of Lincoln, CA in February 2003.

The cost of Ride to Walk and how YOU can help:

Therapeutic horseback riding involves significant costs. Because this type of program is expensive, \$125 for each 30minute session, families pay 50% of the cost and Ride to Walk scholarships the other 50%. For RTW to provide this type of financial support to each family, the families are required to provide twenty-five service hours focusing on our fundraisers throughout the year. If you have talents or specific skills that are needed, you may be able to support the program by giving of your time for specific projects. For specific instructions on fulfilling your service hours please call Kristine Corn. It is our goal to continue to keep this fee to a minimum as most of the families in our program struggle financially as a result of the many costs incurred with caring for individuals with disabilities.

Ride To Walk was originally funded by bake sales. Today, in addition to seeking funding support from corporate, individual and foundation grant sources, we host various fundraisers such as our Beer & Wine Tasting Festival, our Holiday Hayride, and our Tack Swap to help raise the funds necessary to cover the costs of providing therapeutic horseback riding.

Date _____

NEW RIDER APPLICATION

NAME _____ BIRTH DATE _____

DIAGNOSIS _____

HEIGHT _____ WEIGHT _____

EMERGENCY CONTACT NAME _____

ADDRESS _____

TELEPHONE NUMBER _____ COUNTY _____ CITY _____ STATE _____ ZIP _____

EMAIL _____

BEST NUMBER TO CALL IF PROGRAM IS CANCELLED _____

DOCTOR _____

ADDRESS _____ PHONE _____

Person or Organization referred by _____ PHONE _____

IF NOT REFERRED, HOW DID YOU LEARN OF RIDE TO WALK? _____

We would appreciate your taking the time to write a short biography of yourself and send it to us with a picture. We may use these for general information and/or publicity purposes.

PLEASE ENCLOSE THE FOLLOWING DOCUMENTS ALONG WITH THE COMPLETED APPLICATION:

_____ MEDICAL HISTORY FORM _____ PHYSICIAN RELEASE FORM _____ INSURANCE CARD
COPY

Enclosed is my \$50.00 payment for my application, which includes an evaluation of the perspective rider.

*** I have read and understand the information, terms & conditions of the program that accompany this application.**

Signature

Date

Guardian

Date

Riding Fees and Absence Policy

Invoices are issued monthly. Payments are to be made within thirty (30) days of the date of our invoice (unless other arrangements have been agreed upon in advance).

Please make checks payable to:

**Ride to Walk
2460 Delmar Ave.
Penryn, CA 95663**

- Riding fee to be paid on or before the beginning of each month.

**** *We reserve the right to change these payment options in the event we are unable to obtain the necessary funding through our fundraising efforts to cover the costs of our riding sessions. Unfortunately, we are unable to provide makeup riding sessions (see cancellation policy).***

I have read and understand the information and terms of the program that accompanies this application and am willing to accept those terms.

Signature

Date

**MEDICAL HISTORY
PHYSICIAN RELEASE FORM**

NAME _____

ADDRESS _____
CITY STATE ZIP

DIAGNOSIS _____

MEDICATIONS _____

ALLERGIES _____

BRIEF MEDICAL HISTORY _____

CONTRAINDICATIONS TO RIDING, IF ANY _____

PRECAUTIONS, IF ANY _____

_____ HAS NO PHYSICAL DISABILITIES THAT WOULD INHIBIT HIM/HER
Rider Name
FROM PARTICIPATING IN A THERAPEUTIC HORSEBACK RIDING PROGRAM.

PHYSICIAN'S SIGNATURE

PHYSICIAN'S NAME PRINTED

ADDRESS

CITY/STATE/ZIP

PHONE

DATE

(This application is void unless signed)

EMERGENCY AID INFORMATION

RIDER'S NAME: _____ BIRTH DATE: _____

CARETAKER NAME: _____ HOME PHONE: _____

HOME ADDRESS: _____

E-MAIL _____ COUNTY _____ CITY _____ STATE _____ ZIP _____

DIRECTIONS TO HOME (FROM ARENA) _____

EMERGENCY CONTACT _____ RELATIONSHIP _____

PHONE _____ ADDRESS _____

EMERGENCY FAMILY DOCTOR (1ST CHOICE) _____

PHONE _____ ADDRESS _____

EMERGENCY FAMILY DOCTOR (2ND CHOICE) _____

PHONE _____ ADDRESS _____

DOES THE RIDER HAVE ANY KNOWN CONDITION, WHICH MIGHT REQUIRE EMERGENCY ATTENTION?

If so, please give the details.

In the event of an emergency or an accident, the riding program has my permission to request the services of, or take me to, any available doctor or hospital. (PLEASE ATTACH A PHOTOCOPY OF MEDICAL INSURANCE CARD)

SIGNATURE OF RIDER DATE

VOLUNTEER INFORMATION

Note: This information is gathered to help Ride to Walk obtain ideas for fundraising and gain contacts in our community. Please keep this in mind as you fill out this portion of the application.

WHAT SPECIAL TALENTS OR SKILLS DO YOU POSSESS? (I.E. CONTRACTING/BUILDING, CONSTRUCTION, NURSING, COMPUTER KNOWLEDGE, ETC.)

DO YOU KNOW OF ANY COMPANIES, CORPORATIONS, OR RELATIVES WHO WOULD BE WILLING TO HELP RIDE TO WALK WITH FUNDRAISERS, GRANTS OR FUNDING? DO YOU WORK FOR A COMPANY OR KNOW OF SOMEONE WHO WORKS FOR A COMPANY WHO DOES "MATCHING FUNDS"? PLEASE LIST COMPANIES WITH PERTAINING CONTACT INFORMATION (I.E. PHONE NUMBERS, ADDRESSES, E-MAIL CONTACTS, ETC.)

PERMISSION & RELEASE OF LIABILITY FOR RIDING:

I, _____, the rider, agree that I will abide by the rules of Ride to Walk and its affiliated organizations and sponsors. Recognizing the possibility of physical injury associated with riding and in consideration for Ride To Walk accepting the registrant for its programs and activities, I hereby release, discharge, and/or otherwise indemnify Ride to Walk and its employees, volunteers and directors as well as its affiliated organizations and sponsors, their employees and associated personnel, including owners of the facilities utilized for this program, against any claim by or on behalf of the registrant as a result of the registrant's participation in the programs and/or being transported to or from the same, which transportation I hereby authorize.

Name _____
 Rider (please print)

Signature _____ Date _____

CONSENT FOR MEDICAL TREATMENT

I hereby give consent for emergency medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve life, limb, or the wellbeing of the above-named registrant.

Signature of rider _____

Address: _____
 City State Zip

Phone: Home _____ Work _____

Two Alternative Telephone Numbers and Names:

- 1. _____ Phone: _____
- 2. _____ Phone: _____

Diagnosis _____

Medications _____

Physician's Name _____ Phone _____

Date _____

POLICY STATEMENT FOR RIDE TO WALK ON 911 CALLS:

It is the policy of Ride to Walk to treat any falls or injuries seriously. We will ask the consent of the rider or guardian to call 911. If the rider or guardian refuses, it becomes the sole responsibility of the rider or guardian to care for the rider. If caretaker is not in attendance, Ride to Walk will always call 911 using the medical consent forms signed by rider.

**** WE MUST HAVE A CURRENT COPY OF YOUR INSURANCE CARD ON FILE AT ALL TIMES!**

By my signature below, I hereby acknowledge that I have read and understand this document in its entirety and that I agree to the terms and conditions set forth herein.

Rider Signature

Print Name of Rider

Date of Birth

Date

**"Ride to Walk"
Rider Photo Release
Consent Form**

I _____, the Rider, hereby **give Ride to Walk my permission** to use photographs, slides, videos, etc. which may appear for the express purpose of teaching as well as promoting the Ride To Walk program, and do not expect, nor shall I, any monetary reimbursement for this authorization.

Signature _____ Date _____
Rider

OR

I DO NOT want to be photographed or videotaped for public use.

Signature _____ Date _____
Rider