

**RED Arena**  
**Participant Handbook**  
**2024 – 2025**



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## **1. OVERVIEW**

### **VISION**

To provide a safe and supportive environment for our participants and their families to thrive in.

### **MISSION**

To empower individuals with disabilities through horses.

### **STRUCTURE**

RED (Riding Equine for the Disabled) Arena is a 501c3 non-profit corporation founded in 2008. RED Arena is a PATH Premier Accredited Therapeutic Riding Center governed by a volunteer Board of Directors. Board of Directors bios can be found on our [website](#).

RED Arena employs State Licensed Therapists with American Hippotherapy Association Certifications, PATH Certified Riding Instructors, PATH Certified Equine Facilitated Learning Instructors and support staff for horse handling and barn work. RED Arena is supported by trained weekly volunteers and special project volunteers.

RED Arena is funded by corporate and private donors and foundations through grants and donations, fundraising events and program fees. We have a Platinum status on Guide Star. RED Arena is an approved CLASS, DARS and Wounded Warrior provider.

### **HISTORY**

RED Arena was founded in 2008 in Dripping Springs by Jennifer Young, PT who currently serves as Physical Therapist, CEO, Executive Director, Therapy Director. She started with one horse, six children and a handful of volunteers. As the demand for services grew, new programs in therapeutic riding, reading and job training were added as well as inclusive summer horse camps and horse shows.

In 2018 a covered arena and 20 acres were donated to RED Arena in San Marcos. With the support of the Allison Family, Brian & Wetonnah McCoy and The Meadow's Foundation over \$225,000 was raised to repair the facility and make it wheelchair accessible. By 2020 the program had grown to serve over 200 children and adults each week between both locations.

Thanks to a donation from Mariam McCoy in 2019, RED Arena purchased land in 2020 and began building a covered arena in Dripping Springs. In the Fall of 2021 construction was complete enough to open for sessions. The Dripping Springs location has allowed RED Arena to expand current programs and add day vocational programs for adults with disabilities. In total over \$3 million was raised for the Dripping Springs expansion, not including in-kind donations.

RED Arena fully owns both locations without debt.

### **BENEFITS**

Equine Assisted Therapy uses the movement of the horse as a treatment strategy for physical, occupational and speech therapy. The goals are medically based specific to the participant's diagnosis and current developmental level. Therapeutic Riding provides the benefits of being on the horse with the goal of working toward riding as independently as possible. The REDy to Read program encourages confidence with reading skills and excitement for learning by reading to the horses. The Job Training program individual's goals for independence include horse care and barn management. The Vocational and Gift Shop Program supports adults with disabilities through social engagement, artistic creation and physical activity. Please see Addendum 1 for some of the diagnosis that benefit from our programs.

## **2. APPLICATION PROCESS**

### **PARTICIPANT QUALIFICATIONS**

In order to provide the best benefit and the safest environment for our participants, RED ARENA has established guidelines for acceptance into the program:

- Participants must be at least 2 years of age for Equine-Assisted Therapies: Physical Therapy, Occupational Therapy, Speech-Language Therapy and the REDy to Read program.
- Therapeutic Riding and Job Training Participants must be at least 4 years of age and have head and neck control.
- Siblings can participate in riding lessons, reading, job training programs and horse camps.
- To ride on a horse, participants must meet the weight guidelines of under 180 pounds. A participant plus tack should not exceed 20% of the horse's weight. For example, a participant that weighs 180 lbs. using a saddle that weighs 20 lbs. should ride a horse whose weight is greater than 1000 lbs.
- A signed physician's statement to allow equine riding activities must be completed before any riding sessions or therapies. This form will be required to be completed before the screening is scheduled.
- The signed physician's statement must be signed each fiscal year (begins July 1) before any riding or therapy sessions can resume. RED Arena requires this to be completed before new participants will be scheduled.
- A new physician's statement is required following any surgeries or hospitalizations.
- All participants with Down Syndrome must have a signed physician's statement indicating an x-ray has been performed to clear atlanto-occipital stability before riding on a horse.
- Participants who cannot be safely managed by our staff to remain with the staff or on the horse or who hit/pinch/kick/bite the staff/volunteers/horses will not be allowed to participate in our program for their safety, our safety and the other participant's safety.
- For infection control, participants will provide their own ACSM-certified riding helmet. If a participant cannot afford a helmet RED Arena can loan one.
- All participants will wear a handled belt during mounted activities, this will be provided by RED Arena.

### **PROCEDURES**

#### **New Participants**

New participant forms completed on the website are accepted throughout the year and forms will be renewed with the start of fall sessions regardless of when they were previously completed. Upon receipt of the forms and physician's statement a 30-minute screening will be scheduled with our Therapy director to see the facility, determine the appropriate program and answer questions. Horses are not involved in the screening. Horses will not be ridden, pet or potentially even seen during the screening. After the screening, participants will be contacted by our office with schedule options. Full payment for the semester and/or approval of scholarship funds must be made before the first session.

#### **Returning Participants**

Returning participants must complete and sign the registration forms and physician's statement prior to starting fall sessions. To keep the process moving, a response is required within 24 hours of schedule or payment requests. Full payment for the semester and/or approval of scholarship funds must be made before the first session.

### **SCHEDULING POLICY**

Scheduling of session day/time for the semester are assigned in the order they are received with consideration for instructor/therapist and horse availability. We will email and text with the schedule option available. We appreciate your response as soon as possible. We will require a response within 24 hours. If we do not receive a response within 24 hours, we will offer the time to the next participant. Upon your response to confirm the offered time, payment must be made within 24 hours. If we do not receive the payment, the session time will be offered to the next participant.

## **WAITING LIST**

If the day/time a participant needs is not available, they will be placed on the waiting list and contacted when a time becomes available. As above, a response is required within 24 hours. Schedule options are based on your time request as well as instructor/therapist and horse availability.

## **FINANCIAL ASSISTANCE**

RED Arena believes that no participant should be turned away due to financial hardship. A scholarship fund is available for participants who could not otherwise participate. Scholarships applications must be renewed each riding year which begins with the fall semester. Scholarships are awarded for the full riding year, have no cash value, are not refundable or transferable.

To apply for a scholarship, please fill out the application online. The application will need to be completed along with a copy of the first page of your most recent tax return. The scholarship committee reviews all applications. Scholarships are given using a sliding scale that is based on income, extenuating medical circumstances and the statement of need. Families will be notified with the amount of the approved scholarship.

Protecting participant's privacy is very important at RED Arena. The documentation for the scholarship application is kept separate. Only one staff person processes the information. When the committee reviews the applications, the participants' names are kept anonymous. When the process is complete, all tax documents are destroyed.

Scholarship funding can be revoked for habitual absences that are not medically based or approved or less than 24 hours of notice. More than one absence per semester will require committee review for continuation of funding of the scholarship and support documentation such as a doctor's note maybe required.

## **PARTICIPANT WITHDRAW**

Please email [info@REDarena.org](mailto:info@REDarena.org) your written intent to withdraw from services.

## **3. BILLING POLICIES**

Please contact our office manager at [info@REDarena.org](mailto:info@REDarena.org) or at 512-221-5036 with all billing and payment questions.

## **PROGRAM FEES**

The actual average cost one session hour is over \$300. Participant fees are necessary to help defray the expense of equine-assisted activities and therapies. These fees cover less than half of the actual cost of each session. To keep administrative costs down the sessions are prepaid by the semester. The semester payment is for the time spot whether you attend or not.

Full payment for the semester will be required within 24 hours of confirming the schedule to retain the time. Payment can be made by check to RED Arena or credit card on our website. Please notify us if you would like to use an HSA account for medically based services, we will email you the HSA payment link. Below are the current program fees per session:

- Initial Screening Fee: \$0
- Therapy Sessions (PT/OT/ST): \$120
- Therapeutic Riding Lesson: \$85
- Job Training: \$45
- Reading: \$45
- Summer Camp: \$750 in 2024, and can change, prices are released in March.
- Vocational Day Program: \$25 per hour.

## **REFUNDS**

Please provide as much notice as possible, in writing via email to [info@REDarena.org](mailto:info@REDarena.org), if you are planning to withdraw from services. Refunds on the semester payment can be made if the spot can be filled by another participant. Refunds are subject to review and are not guaranteed.

## **MISSED SESSIONS**

Missed sessions will not be credited to your account unless RED Arena cancels two or more of your sessions due to a government order or road closures.

A "Make-up" session for a RED Arena cancelled session is ONLY offered if RED Arena cancels sessions. The "Make-Up" will be offered on a Friday or Saturday following the cancellation with at least one weeks' notice. If the "Make-Up" times offered cannot be attended, we apologize, but we cannot offer other options. Please consider your payment for that session as a donation to feed the horses...as they continue to eat whether we have sessions or not.

## **PRIVATE INSURANCE**

We do not bill private insurance companies. We can provide itemized statements after services are provided for you to submit for reimbursement for Physical, Occupational and Speech Therapy.

## **WAIVER PROGRAMS**

RED Arena is contracted with many State and Federal programs such as CLASS, DARS, TWC, STAR+ and Wounded Warrior Project and can bill them for services at no cost to you.

## **4. SESSION PROCEDURES**

Sessions are scheduled weekly on the same day/time for the semester. As the schedule allows, more than one session can be scheduled the same day such as a riding lesson followed by job training or reading; or 2 sessions of reading or job training can be scheduled back to back. Sibling riding, reading or job training can also occur the same hour, as the schedule allows.

- Reading sessions are 25 minutes and include reading to a horse and brushing the horse.
- Therapy sessions are 50 minutes and include mounted activities and exercises on the horse and un-mounted activities such as stretching, gross motor, fine motor and/or balance activities.
- Riding lessons are 50 minutes and include mounted activities and riding skills on the horse and unmounted activities such as horse care, tacking/untacking, horse ground training, motor sequencing and social skills.
- Job training sessions are 50 minutes and include unmounted activities such as horse care, grooming, tacking/untacking, horse ground training, barn chores such as filling hay bags, feeding horses, cleaning stalls all combined with motor sequencing and social skills.
- Vocational and Gift Shop Program are 2 – 4 hours and include arts, crafts, fine motor skills, social skills, physical activity, lunch, and retail shop experience.

## **ARRIVAL**

Please wash hands upon entry to the facility.  
Arriving more than 20 minutes late for a session may result in a nonriding session.

## **ATTENDANCE AND CANCELLATIONS**

Consistent attendance is vital to good progress and is expected unless there is a medical or unavoidable emergency. Missed visits are not credited to your account regardless of the reason. Missed visits are no longer offered make-up sessions. More than two missed sessions will go to review.

Please provide as much notice as possible when it is necessary to cancel by texting the barn phone. Please DO NOT email cancelations as email is not always checked during the day. You should get an immediate response to your text.

Please DO NOT come if you are sick or if there is a chance you or anyone in your house has been exposed to the Corona virus. Please do not come if you have fever, any contagious illness, rash or eye infection. Participants must be fever free for 24 hours without medication before returning.

### **CLOTHING**

RED ARENA requires closed toed shoes and helmets to participate in equine-assisted activities or therapies that involve riding the horses. Each riding participant will wear an ASTM/SEI approved helmet and cannot exceed more than 5 years past the manufacturer date. There are limited exceptions to helmet use. Participants are encouraged to purchase their own helmets, but helmets are also available to borrow. Please see your instructor or therapist with any questions.

Wear comfortable clothing such as long pants or shorts based on the weather. Do not wear jeans with sequins on the pockets as it may cause damage to saddles. For shoes, wear closed toed shoes or boots. As the weather changes consider sunscreen, gloves, or a jacket, as needed.

### **WEIGHT RESTRICTIONS**

Per our veterinarian's requirements and PATH Standards, a participant's weight plus tack cannot exceed 20% of the horse's weight. For example, a participant that weighs 180 lbs. using a saddle that weighs 20 lbs. should ride a horse whose weight is greater than 1000 lbs. Currently we have one horse that is approved for an 180 pound rider so there are limited spots for riding. Please contact the therapy director if you have any questions.

### **CAREGIVER ONSITE POLICY**

Caregivers of participants may leave the premises if the following conditions are met: inform the instructor/therapist that he/she is leaving and return to the premises before the participant dismounts from the horse (typically in 45 minutes). The participant must be completely independent in the restroom if needed while the caregiver is offsite.

### **INSTRUCTOR/THERAPIST COMMUNICATION**

Time is allotted at the beginning and end of the hour to communicate with your therapist/instructor. If more time is needed, a call can be scheduled. If you have questions or concerns about your services that cannot be addressed by instructor/therapist, please contact the Executive Director via [info@REDarena.org](mailto:info@REDarena.org).

### **PARTICIPANT GOALS**

Goals for each participant are established at the beginning of each semester, reviewed throughout the semester and reported on at the end of the semester. Please let your instructor/therapist know of any goals being addressed in other therapies or educational settings that we can help promote in our sessions.

## **5. SUMMER PROGRAMS**

Summer programs run June - August. Online signup for current participants begins March 1 and opens to the public on March 15. Camp pricing is determined in March. Camp and weekly riding spots are assigned in order of signups with consideration for therapist/instructor and horse needs. Payment in full is required to reserve the spot. Refunds are issued if another participant can fill that spot. Job training, reading and vocational programs continue 1-2 times weekly through the summer.

### **Summer Horse Camps**

Run from 9am – 1pm, Monday – Thursdays with 8 campers per week. Camp is open to all ability levels, current and new participants, siblings and the community. Camp includes daily trail rides, horse care, mini horse games, social skills, gross & fine motor activities. Staff ratio is 1:1.

### **Intensive Daily Riding by the Week**

Therapies and Therapeutic Riding sessions are scheduled daily for an hour, 4 days in a row, Mon/Tue/Wed/Thurs. Evening and/or morning sessions are offered depending on the week. Daily rides offer a nice intensive boost and work well with summer travel schedules.

## **6. PROGRAM POLICIES**

### **TEACHING**

To promote and improve equine assisted therapies and therapeutic riding RED Arena offers internships to PATH Instructors in training and clinical rotations to physical therapy students. Our intensive program offers a unique and holistic approach to new professionals through observation and hands on experience. Students are directly supervised at all times and the safety of our participants always takes precedent over learning experiences.

### **WEATHER**

The onsite PATH Instructor is responsible for making decisions on weather safety. With the covered arena, sessions will only be canceled if there are road closures due to weather events such as flooding, ice or tornado warnings. For lightening, sessions will resume indoors after 30 minutes following lightning strikes within 20 miles.

For tornado warnings everyone onsite will move to interior offices without windows.

### **UNIVERSAL PRECAUTIONS FOR INFECTION CONTROL**

- Everyone (staff, participants, families, volunteers) will be fever free for 24 hours before arrival.
- Everyone will wash/sanitize hands upon entry and between sessions.
- RED Arena performs daily sanitation of used or exposed surfaces.
- Riders have their own helmet and a dedicated belt that is not shared.

### **ILLNESS & MEDICAL CARE**

Participants must be fever free for 24 hours without the use of fever reducing medications before returning to RED Arena. Do not come if you have a communicable disease such as pink eye, scabies, head lice, ringworm of the scalp or impetigo which are highly contagious. Participants with these conditions must notify their instructor or therapist and show proof of their treatment to return.

A physician's note to allow resuming equine activities is required following any illness or injury requiring hospital stay or any surgery.

Any changes in medical conditions must be reported to your therapist/instructor at the beginning of the session.

Participants who know or believe they may be pregnant should report this to their instructor/therapist immediately. A participant who is 18 or more weeks pregnant will not be allowed to ride RED horses, lead horses, get horses from the pastures or stalls or groom horses. Alternate lessons may be offered. It is required that participants who are less than 18 weeks pregnant discuss their RED activities with their physician and provide RED with a physician's statement releasing them to participate in Equine Activities and Therapies.

If a participant requires medical care while at RED Arena, emergency services will be notified and the signed consent/non-consent for medical treatment form will be provided to emergency services. If the emergency contact is not onsite, RED arena will call the emergency contact provided in the registration forms. Please keep our office updated on any changes to contact information.

First aid kits and an AED are located in the tack room. All therapists and instructors are certified for first aid and CPR.

### **MEDICAL LEAVE**

Medical leave may be applied to participants who are absent due to a hospital stay or a significant medical issue. The staff along with the families will determine, on a case-by-case basis, if the absences are considered medical leave. Common illness and doctor's appointments are not considered medical leave. Participants may have up to 4 consecutive absences for medical leave during the year without losing their place in the riding schedule.



Long-term medical leave is when a participant is on medical leave for more than 4 consecutive sessions. After the 4th absence, the participant is offered 2 options:

Option 1: The participant may request Medical Financial Assistance to hold their spot in the riding schedule. This means that the participant is responsible for paying half of the session amount for each session missed over 4 sessions.

Option 2: The participant may choose to give up their riding spot for the rest of the year so it can be offered to someone on the wait list. If they choose to give up their spot but plan to return to the program within the year, they are placed at the top of the wait list.

## **PHOTO AND VIDEO**

RED Arena controls what is posted on RED Arena's social media, other RED Arena media and press releases. Only participants with a signed Photo/Video Release may have photographs or videos posted. The last name of a participant is not posted.

If taking pictures or video for personal use, respect the privacy of other participants by not posting photographs or videos on any form of social media that includes other participants.

## **SIBLINGS**

If siblings or other children are in attendance with parents of participants, parents are responsible for the direct supervision of these children at all times. Please keep in mind, noise and lots of activity or movement can distract riders, staff and horses from the optimal lesson and pose a safety risk. Any spectators that are determined by the onsite PATH Supervisor to pose a safety risk to our participants will be asked to wait in their car.

## **SERVICE ANIMALS**

Personal pets, with the exception of service animals or service animals in training, are not allowed on the property without prior consent from the Executive Director. Service animals must wear identifying tags, leashes and/or vests to notify others that it is a service animal. Service animals must remain in the indoor waiting area when on the property.

## **REQUEST FOR RECORDS**

With a written request for records, RED Arena will provide copies of the records to the participant or guardian to forward to the requesting party. Records will be given only when the financial account is current.

## **CODE OF CONDUCT**

It is mandatory that everyone complies with all posted safety rules and abides by all posted off-limit areas. Off limit areas are marked with signage such as "Staff Only" or "Instructors and Riders Only." RED Arena is a nonsmoking facility and the use of drugs or alcohol on the property is strictly forbidden. No mistreatment, abuse, or suggested abuse of any person or animal will be tolerated. In accordance with Texas Penal Code 30.07 RED Arena does not allow the open carry of weapons on the premises. RED Arena reserves the right to ask anyone to leave the premises for any reason.

## **BACKGROUND CHECKS**

Background checks are mandatory for all staff. All volunteers and participants over 18 that have guardianship over themselves are subject to background checks. If information is revealed that is a concern for RED Arena, the CEO and staff will take appropriate action.

## **ANTI-DISCRIMINATION AND HARASSMENT POLICY**

RED Arena does not discriminate on the basis of gender, race, color, age, sexual orientation, national origin, ethnicity, religion or disability. RED Arena does not, and will not, tolerate any type of harassment of our employees, applicants for employment, our participants, their families, or our volunteers.

## **CONFLICT RESOLUTION**

The purpose of this policy is to provide individuals with an orderly process for the prompt and equitable resolution of complaints. The Board encourages people to discuss their concerns and complaints through informal conferences with the appropriate staff member or other administrator. Concerns should be expressed as soon as possible to allow early resolution.

### **Level 1: Informal Conflict Resolution**

Participation in this informal resolution process shall be mandatory prior to the filing of a Level Two complaint. The Board expects that every reasonable effort shall be made to resolve a complaint at the informal level. At the informal resolution stage, there shall be an in-person meeting or telephone conference between the staff member and the individual to discuss the possible complaint. The staff member may obtain the assistance of other staff in an effort to reach an informal resolution of the complaint. If, however, it appears that an informal resolution is not possible, the staff member shall review this complaint policy with the participant or participant's guardian and provide a copy of the complaint process.

If the individual's concern is with a staff member and that individual is uncomfortable approaching the staff member, he/she may contact the Program Director, at 512-221-5036. She will act as a facilitator in the process.

### **Level 2: Written Complaint to the Chief Executive Officer**

When a participant or guardian of a participant has a complaint or concern regarding RED Arena, the individual shall bring their complaint or concern in writing to the Executive Director. The complaint must be brought within 14 days of the date that the complainant knew or should have known of the concern. The complaint must be specific, and where possible suggest a resolution. The Executive Director must hear the complaint, attempt to remedy the complaint in the best interest of the affected parties, and document the outcome. The Executive Director must respond to the complaint and issue a final decision within 14 days of the Executive Director's receipt of the complaint.

## **SAFETY PROCEDURES**

Following safety rules and procedures is required to protect the people, horses and equipment at RED Arena. Training is provided to volunteers and staff. Follow all signs that are posted throughout RED Arena stating safety rules. Violators of safety procedures will be talked to and asked to leave the property if the behavior continues.

## **FIRE/MEDICAL EMERGENCY**

Fire extinguishers are located throughout the facility. They are bright red and clearly labeled. If a fire is growing larger and cannot be contained, all people will move to a safe area outside the arena.

First aid equipment is located in the tack room. The AED is located in the tack room and should be used only by a trained person. Therapists and instructors are trained in emergency medical treatment. Any injury to a person at RED Arena should be reported to the staff immediately and an incident report completed before leaving the property.

## **7. INFORMATION**

Administrative Office Phone & Text: 512-221-5036

Fax: 512-861-2355

General email: [info@REDarena.org](mailto:info@REDarena.org)

Website: [www.REDarena.org](http://www.REDarena.org)

Event Calendar & Important Dates: [RED Arena Calendar](#)

Mailing address: 1601 Bell Springs Rd. Dripping Springs, TX 78620

Location address:

2435 W. Fitzhugh Rd. Dripping Springs, TX 78620

1708 Centerpoint Rd. San Marcos, TX 78666

Barn Phone for current participants: 512-221-5036

Hours of operation: Monday – Friday 8am-7pm

## **CALENDAR**

RED Arena generally follows the school year calendar for regular weekly sessions.

Summer sessions are June – July

The event calendar & important dates can be found at [RED Arena Calendar](#)

## **COMMUNICATION**

RED Arena is always open to suggestions for improvement. General information can be shared through email via [info@REDarena.org](mailto:info@REDarena.org) or anonymously on the contact page of our website. RED Arena communicates regularly with participants through electronic media, including the website and mass emails. Instructors, therapists and staff will communicate with participants or guardians of participants on an individual basis using in-person conversations and phone calls via the office phone at 512-221-5036.

Lots of information is also provided through social media, follow us on facebook @REDarenaTX and Instagram #REDarenaTX

## **THERAPY HORSES**

Therapy horses are carefully screened for health, training, and temperament before they are accepted into the program. After screening, a horse undergoes a 90-day trial period to determine if it is a good candidate for the program. After that time, the horse is either officially accepted to live and work at RED Arena or returned to their original owners.

We care for our family of horses in the best way possible. They enjoy a high quality of life at RED Arena. Please go to our website to find names, pictures and descriptions of the horses that serve at RED Arena.

Horses are matched to participants based on several factors. The instructor or therapist takes into account the goals and needs of the participant. This is combined with their knowledge of the unique movement, size and temperament of each horse. Finally, the horse's schedules and health are also factored in to select a horse that matches with a participant. Occasionally during the riding year, participants will have a change of horse due to any of the above factors. Please talk with your instructor or therapist if you have any questions.

## **VOLUNTEERS**

Fulfilling the mission of RED Arena would be impossible without the commitment and dedication of our volunteers. Not only does RED Arena make a difference in the lives of our participants and their families, it also makes a difference in the lives of our volunteers.

RED Arena is always looking for dedicated volunteers. Volunteers are thoroughly trained in courses that cover RED Arena's procedures, safety practices, and handling of horses. Regardless of prior experience, anyone wishing to work with the horses or participants must be trained and demonstrate competency in the area they wish to assist. Volunteers must be a minimum of 14 years of age.

If your company offers a Volunteer/Group Work Day, contact us to schedule your group to volunteer at RED Arena.

Steps to become a regular weekly volunteer:

1. Complete the volunteer forms on the support page of our website.
2. Attend RED Arena Orientation Training and sign up for a weekly volunteer spot.
3. Consistently attend your weekly volunteering to be checked off on barn skills and progress to side walker training.
4. Side walkers can advance to Horse Handler training.

Preference is given to volunteers when RED Arena hires support staff for those who are interested.

## **USE OF FACILITIES**

RED Arena is a handicapped accessible facility.

RED Arena is a smoke-free campus. Smoking is not allowed anywhere on the property.

Please help us take care of the facility for everyone by leaving areas as clean or cleaner than you found them.

Out of respect for other families in the waiting areas, please take phone calls outside/out front and use headphones when using your phone/tablet for calls, chats, watching videos, scrolling social media.

Please avoid the use of strong smelling perfumes, there are staff and participants who have severe allergic reactions to perfumes.

Remember to speak quietly while sessions are going on. Noise and lots of movement are disruptive and distracting to the riders. RED Arena has indoor and outdoor spaces available for participants, parents, staff, volunteers and visitors to congregate away from the arena.

The facility is available for rental for family and corporate retreats, clinics and other gatherings as permitted by the work schedule. Tours and demonstrations are available by appointment to interested groups such as scouts, educational groups and/or clubs.

## **DONATIONS**

RED Arena gratefully accepts donations. There are many ways to help. Some ideas are listed below. Donors will be provided a receipt for tax purposes.

Ways to help:

- Sponsor a participant by contributing to the scholarship fund.
- Sponsor a horse by donating to care for that horse for one year.
- Make a donation in memory or honor of a special person, pet or horse.
- Become a partner. There are many opportunities for you or your company to partner with RED Arena.
- Check if the company or corporation you work for matches donations. This is a great way to double your donation to RED Arena.
- Donate to our Wish List. We are always in need of items such as:
  - Fly spray, Mane & Tail shampoo & conditioner
  - Mosquito dunks
  - Ovation schooling riding helmets with adjustable back
  - Craft supplies, copy paper
  - Sanitizing wipes and spray
  - More items can be found on our [Amazon Wish List: https://a.co/j46ysEO](https://a.co/j46ysEO)

## **FUNDRAISING**

### **Round-Up**

Annually RED Arena hosts ROUND-UP the weekend before Memorial Day weekend in May as our largest fundraiser. The funds raised help offset the costs of each session for all participants and help fund scholarships. The event centers around the horse show in which all our riding participants compete in fun arena games and a trail obstacle course for beautiful ribbons to the cheers of the crowd. We have a huge silent auction, BBQ, bake sale, raffles and live music. There are also free kid carnival games and petting the mini horses. It's a great time to meet other RED Arena families and celebrate the success of our riders. We have lots of options for sponsorships to be recognized on the t-shirts, social media and banners – be on the lookout for sponsorship opportunities starting in January.

## ADDENDUM 1

### **Diagnosis and Benefits**

**Arthritis:** Inflammatory disease of the joints.

Benefits of riding: Gentle rhythmic movement to promote joint mobility, strengthens muscles and relieves pain. Improved self-esteem and independence.

**Attention Deficit/Hyperactivity Disorder (AD/HD):** A persistent state of inattention and/or hyperactivity and impulsivity.

Benefits of riding: The movement of the horse works through the proprioceptive system to help calm and organize the sensory systems to prep the body for attention to task. The horse is a strong motivator to stay on task and practice self-control. Movement of the horse helps stimulate postural control and focus. Improved self-esteem and independence.

**Autism Spectrum Disorders/Pervasive Developmental Disorders:** Impairment of social and communicative skills, behavioral dysfunctions, inattention, hyperactivity and/or impulsivity and cognitive dysfunction. Accompanying conditions may include speech impairment, sensory integration dysfunction, learning disabilities, obsessive-compulsive disorder and seizures.

Benefits of riding: The movement of the horse works through the proprioceptive system to help calm and organize the sensory systems to prep the body for attention to task. Relationship with horse and team builds social skills, independence and greater self-esteem. The horse is a strong motivator for behavior modification. Movement of the horse helps posture and verbal stimulation.

**Cerebral Palsy:** Brain damage occurring before, at or shortly after birth. It is a non-progressive motor disorder. Spastic, Hypertonic, Hypotonic, Athetoid, Ataxic

Benefits of riding: Normalization of tone. Stimulation of postural and balance mechanisms, muscle strengthening and perceptual motor coordination. Improved self-esteem and independence.

**Cerebral Vascular Accident (CVA)/ Stroke:** Hemorrhage in the brain which causes varying degrees of functional impairment.

Benefits of riding: Promotes symmetry, stimulates balance, posture, motor planning, speech and socialization.

**Cognitive Disability:** Lack of cognitive ability to learn and/or perform at age-appropriate levels. Degree of retardation is referred to as educable, trainable, severe, or profound retardation.

Benefits of riding: Stimulates group activity skills, coordination, balance, posture, gross and fine motor skills and eye-hand coordination. Provides a structured learning environment. Builds self-esteem, confidence and independence.

**Cancer:** When there has been a loss of physical strength or emotional wellbeing.

Benefits of riding: Low impact physical activity that improves strength and endurance. Promotes symmetry, stimulates balance, posture, motor planning, speech, socialization, confidence and self-esteem.

**Depression/Anxiety:** severe or ongoing feelings of depression and anxiety can be a sign of an underlying mental health disorder and should be diagnosed and treated by a mental health professional.

Benefits of riding: In conjunction with services from licensed mental health professionals, the physical activity and rhythmic movement of the horse provides a calming experience for overall health and wellness which may help improve confidence and wellbeing.

Down Syndrome (and other genetic disabilities): A genetic disability caused by a hereditary chromosomal abnormality or mutation.

Benefits of riding: Stimulates group activity skills, coordination, balance, posture, gross and fine motor skills and eye-hand coordination. Provides a structured learning environment. Builds self-esteem, confidence and independence.

Multiple Sclerosis (MS): Progressive neurological disease with degeneration of spinal column tracts, resulting in scar formation and eventual loss of function.

Benefits of riding: Maintains and strengthens weak muscles and provides opportunities for emotional therapy.

Muscular Dystrophy (MD): Deficiency in muscle nutrition with degeneration of skeletal muscle. Hereditary disease that mainly affects males.

Benefits of riding: Provides an opportunity for group activity, may slow progressive loss of strength, stimulates postural and trunk alignment, and allows movement free of assistive devices.

Scoliosis: Lateral curve of the spine with a "C" or "S" curve with rotary component.

Benefits: Stimulates postural symmetry, strengthens trunk muscles.

Seizure Disorders: Seizures are the result of, and the manifestation of, a disruption in the normal electrical activity of the brain. Seizures are often not the primary diagnosis, but an additional medical problem resulting from another condition such as autism, brain injury, cerebral palsy, infection, etc.

Benefits of riding: Offers team building and a sense of belonging. Provides the student with a feeling of empowerment and control over his/her body.

Sensory Integration Dysfunction: Hypersensitivity or hyposensitivity.

Benefits of riding: Provides input to all the sensory systems, particularly movement and position awareness. Movement of the horse helps regulate processing of stimuli, improves focus and decreases sensitivity. Improves self-awareness, self-regulation and independence.

Spina Bifida: Congenital failure of vertebral arch closure with resultant damage to spinal cord.

Benefits of riding: Stimulates posture and balance, improves muscle strength and self-image.

Visual/Hearing Impairments: Partial or total loss of vision or hearing.

Benefits: Stimulates group activity skills, coordination, balance, posture. Improves communication skills. Provides a structured learning environment. Builds self-esteem, confidence and independence.