



**FROM THE GROUND UP**  
(AN EAL PARTNERSHIP)  
**INFORMATION**  
**MANUAL**

UPDATED JANUARY 2023



FROM THE GROUND UP INFORMATION MANUAL  
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## FROM THE GROUND UP PROGRAM INFORMATION

Saddle Up's From the Ground Up program is based on Equine Assisted Learning (EAL) principles. EAL is an experiential learning approach that promotes the development of life skills and personal growth. EAL is a relationship-based program that integrates horse-human interaction and is guided by a planned learning experience for the group. However, each session is tailored to address the needs of each individual in the group. The learning activities concentrate on teamwork, problem solving, decision-making, critical thinking, creativity, communication, leadership and confidence building through ground horsemanship skills. This program is designed to work with participants of all ages.

### PROGRAM STRUCTURE

Saddle Up's From the Ground Up program is an experiential learning approach that centers around building a working relationship with a horse. The learning activities will concentrate on problem solving, decision making, critical thinking, creativity, communication, teamwork and confidence building. Using the barn and farm as a hands on dynamic learning environment. For mounted horsemanship skills, please see our Adaptive Riding program. The group is led by a PATH International Equine Specialist in Mental Health and Learning and supported by educators and volunteers as needed. The program time can be adjusted to meet the needs of the group. From the Ground Up may also work with groups off site depending on availability of staff, horses, and volunteers.

### PROGRESS & GOALS

From the Ground Up is designed to meet each group's specific needs. The goals are set following a discussion with the group leader prior to the beginning of the program. The program is able to address executive functioning, social/emotional skills, communication, problem solving, and teamwork goals. Goals will be reviewed at the end of the program length and communicated with the leader of the group.

### ELIGIBILITY

- All ages are welcome.
- Participants need to be willing to interact with the horse from the ground in a safe manner.
- Groups will be scheduled based on their availability and with Saddle Up's current programming schedule.
- Saddle Up! follows the PATH International Precautions and Contraindications for determining eligibility for our programs.
- Eligibility verification will be determined by reviewing the paperwork of all group/class participants.

## PROGRAM COST & FINANCIAL RESPONSIBILITY

### PROGRAM COST

- From the Ground Up cost is dependent on the size of the group, duration of programming time, and staffing needs.
- There is additional fees for off-site groups in order to support additional staff time and travel expenses.
- Saddle Up! is able to assist with information for grant submission for funding, when needed.
- Contact Saddle Up! for more information on group rates.

### FINANCIAL RESPONSIBILITY

- 25% deposit is due upon verification of scheduled date(s) of participation and number of participants.
- Remaining balance of 75% is due the day of participation.
- Failure to pay deposit and remaining balance will prevent the group from participating in the scheduled From the Ground Up program.
- We do not want cost to deter your group from participating in this program, so please contact our Program Operations Director to discuss grant opportunities to assist with funding.

## PROPER ATTIRE

If your child arrives at a lesson without the proper attire we reserve the right to not allow him/her in the barn and/or on a horse for their safety.

- Closed toe shoe – such as boots or tennis shoes. A riding boot with a heel would be ideal.
- Pants are recommended, but shorts may be appropriate in warmer months as long as the Saddle Up! staff approves it in advance.
- Long pants – such as Jeans or Riding Pants, are required for mounted horsemanship activities.
- Cold Weather Gear (when appropriate) – such as gloves, jacket, etc. Jackets/coats must be zipped or fastened.
- No loose or dangling clothing or jewelry (i.e. scarves, necklaces, bangle earrings, etc.).
- ASTM-SEI Riding Helmet (optional) – Helmets will be available to borrow from Saddle Up!. They will be fit to your child by a Saddle Up! staff person according to the Helmet Fit Guidelines in the Parent Information Manual.

## PAPERWORK REQUIREMENTS

- Paperwork must be completed on each participant 1 week prior to the scheduled date of participation.
- All participants are required to have a completed Participant Release annually.
- All participants are required to have an updated Physician's Statement form every two years.

## SUPERVISION

- Teacher(s) or group leader(s) must remain on site at all times while the class/group is participating in our From the Ground Up program.
- Teacher(s) or group leader(s) must remain in the family area or courtyard during the horsemanship part of a From the Ground Up session, unless they have been trained as a volunteer.
- Teacher(s) or group leader(s) are allowed to help in supporting the From the Ground Up session for non-horsemanship activities.

## ATTENDANCE & CANCELLATION POLICY

Due to the time it takes to plan for a From the Ground Up session, Saddle Up! enforces a strict attendance/cancellation policy:

- Saddle Up! requires a 2 week notice for cancellation of a From the Ground Up session. If less than 2-week notice is given, the 25% deposit will not be refunded.
- Saddle Up! MUST be notified if your group will be more than 15 minutes late for a scheduled From the Ground Up session.
- If your group is more than 30 minutes late the session will be forfeited and payment will not be refunded.
- For absences, please email us at [attendance@saddleupnashville.org](mailto:attendance@saddleupnashville.org). If the absence is less than 2 hours' notice from the program time you MUST also CALL the lesson hotline at (615) 794-1150 x290 and leave a message.
- For tardies, please call the office at (615) 794-1150 and talk with a staff person or leave a message on the lesson hotline at extension 290.