



# INTERACTIVE VAULTING INFORMATION MANUAL

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## INTERACTIVE VAULTING PROGRAM INFORMATION

Saddle Up!'s Interactive Vaulting (IV) program is an equine-assisted activity where participants perform movements on and around the horse while the horse is being lunged on a circle. During a lesson, our PATH International Certified Vaulting Instructor directs vaulters to interact with each other and their horse in many different ways in order to foster teamwork and independence, teach respect for the horse, build confidence, and encourage social interaction. Our Interactive Vaulting program serves children and youth with disabilities from the age of 6 through their 19th birthday.

### PROGRAM STRUCTURE

Saddle Up!'s Interactive Vaulting program is a year round program where children from the age of 6 through their 19th birthday participate in a group of up to 6 vaulters. While the horse is being lunged, vaulters perform movements that can be very simple such as sitting without holding onto the surcingle or more elaborate vaulting position moves such as kneeling or standing on the horse. Participants are assigned to a weekly, 1 hour lesson led by a PATH International Certified Vaulting Instructor. During the summer, the Interactive Vaulting program will host a summer skill week. The summer skill week will be held Monday through Friday from 9am-12pm each day. No prior experience is necessary for someone to attend the summer skill week.

### PROGRESS & GOALS

Interactive Vaulting fosters teamwork and independence, teaches respect for the horse, builds confidence, encourages social interaction, offers individualized instruction while mounted, and it introduces multiple gaits in a short period of time. The goals are set for the vaulting group based on participant files and parent/guardian input. Goals are re-assessed at the end of the session and progress is communicated with the group and their parents/guardians.

### ELIGIBILITY

- Participants must be between the age of 6 and 19 years old and have a documented disability.
- Participants must be able to ambulate independently without any assistive devices.
- Participants must also be able to follow directions willingly and to work as a team to support other vaulters during the lesson.
- Saddle Up! follows the PATH International Precautions and Contraindications for determining eligibility for our programs.
- Eligibility and program placement will be determined by reviewing the participant's paperwork and completing a New Participant Assessment. There is a \$30 charge for the New Participant Assessment. If the child has already completed a New Participant Assessment for the Adaptive Riding program, then another assessment is not necessary.

## PROGRAM COST & FINANCIAL RESPONSIBILITY

### PROGRAM COST

- \$40 fee per lesson (spring & fall session)
- \$25 per session registration fee
- \$400 summer skill week (optional)

### FINANCIAL RESPONSIBILITY

- Spring & Fall Session
  - Payments for the Interactive Vaulting program are charged in a lump sum to cover 6-8 weeks of riding at a time.
  - Fees are broken into 3 payments per session with the first being due at the time of registration along with the \$25 non-refundable, registration fee. The 2<sup>nd</sup> and 3<sup>rd</sup> payment dates will be communicated prior to the start of the session.
- Summer Skill Week
  - The summer fee is broken into two payments. The first payment is due with registration along with the \$25 non-refundable, registration fee. The 2<sup>nd</sup> payment will be due the first day of the Interactive Vaulting week.
- Payment must be submitted prior to the participant receiving services.
- If you get behind on payments, we cannot register your child for the upcoming session until the outstanding balance is paid in full.
- Financial Aid: We do not want cost to deter your child from participating in this program, so please contact our Program Administrator if you need financial aid considerations.
  - Program discounts are based on a sliding scale and applicants will need to complete paperwork to apply.
  - Financial Aid can only be available for one program per participant. If your child is participating in more than one program, please let us know where you would like to apply your financial aid.
- Financial Aid Support: If you would like to donate to our Financial Aid Fund, you can bring your donation into the office or visit the DONATE tab on our website at [www.saddleupnashville.org](http://www.saddleupnashville.org).

## 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.

- ASTM-SEI Riding Helmet – Please purchase one that fits your child according to the Helmet Fit Guidelines in the Parent Information Manual.
- Close fitting pants – such as riding breeches, leggings, or sweat pants. Jeans are NOT recommended for interactive vaulting.
- Vaulting shoes – such as ballet slippers, soft tennis shoes, or water shoes. Boots are NOT appropriate for interactive vaulting. Shoes will turn black in color due to our arena footing.
- 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.).

## PAPERWORK REQUIREMENTS

- Paperwork must be completed prior to beginning a program or interacting with a horse.
- Participants must complete all registration paperwork and submit deposits/payments in order to register for the program.
- 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.

## ATTENDANCE

- Absent
  - If your child is going to be ABSENT 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. This allows us to contact volunteers and make any changes needed. The earlier you notify Saddle Up!, the more likely we are to be able to inform your child's team.
  - Saddle Up! does not offer refunds or make-up lessons for participant absences.
- Tardy
  - If your child is going to be late to their scheduled program, 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.
  - With notice: after 15 minutes OR once the instructor has mounted the other riders, even if you have called us, you will forfeit the lesson for the day.
  - Without notice: if a participant is MORE than 10 minutes late to his/her lesson and you have not called us in advance, then you will forfeit your lesson for that day.
  - The lesson time will not be extended for a participant's tardiness.
- No Show:
  - If a participant misses a lesson WITHOUT notification, Saddle Up! will document this as a 'no-show' and send a notification to the parent/guardian.
  - A participant is also considered a 'no-show' if you notify us after the lesson starts.
  - If a participant has 2 or more 'no shows', then Saddle Up! may dismiss the participant from the program.
- Email to specific staff email addresses is NOT an acceptable form of notification in the event that the staff person you email is not in the office that day. The email address [attendance@saddleupnashville.org](mailto:attendance@saddleupnashville.org) is the ONLY email address that is acceptable for absence notifications.

## PARENT SUPERVISION

- Spring & Fall Session
  - Parents/guardians must remain on site at all times while their child is participating in our Interactive Vaulting program.
  - Parents/guardians are to remain in the family area or courtyard during lessons, unless they have special permission from a staff person to enter the program area. Feel free to take a stroll down the driveway or enjoy a snack on one of our picnic tables as well.
- Summer Skill Week
  - Parents/guardians are NOT required to remain on site at all times while their child is participating in the summer skill week of Interactive Vaulting, unless their child requires help with toileting, feeding, or medications.
  - If a child needs parent/guardian support for toileting, feeding, or medications then a parent/guardian must remain on site or return to Saddle Up! when those services are needed.

## WEEKLY LESSON FORMAT

- 5 min. – Introduction game including vaulters, facilitator, horse and volunteer.
- 15 min. – Vaulting barrel practice with volunteer – learn and review new vaulting movements.
- 10 min. – Warm-up around outside of vaulting arena, active games and activities, including horse tag, caterpillar, leap frog, ring and ball tosses.
- 25 min. – Each vaulter will be able to spend up to 5 minutes on the horse as it moves around the vaulting arena circle. Vaulters who are not riding will engage with each other and the vaulter through games and activities.
- 5 min. – Wrap up and thank you with vaulters, facilitator, horse and volunteer.
- Lessons may run up to 10 – 15 minutes late, please allow for this in your scheduling.
- Be aware that even though it is a 60-minute lesson, each vaulter will be on the horse for approximately 5 minutes.

## THINGS TO BRING – SUMMER SKILL WEEK

- Snack in a lunch bag or tote with their name/initials on it. Please let us know if your child has any food allergies.
- Change of shoes (tennis shoes or boots for barn activities) and clothes.
- Refillable water bottle with their name on it.
- Bug spray with their name/initials on it.
- Sunscreen with their name/initials on it.
- Bug spray and sunscreen can be brought on Monday and sent home on Friday if that is more convenient for some families.