



Challenge Unlimited Programs at Ironstone Farm

2020

Welcome!

Thank you for your interest in our programs and services. Ironstone Farm is the home of Challenge Unlimited and Ironstone Therapy. The Challenge Unlimited Program offers a variety of therapeutic and recreational riding programs. We are pleased to enclose an enrollment packet which provides you with information about our unique programs, our services and the necessary forms to register.

Our focus is to help each individual achieve their potential through the benefits of horseback riding and the experience of a working farm environment. Our programs are adapted for riders. We incorporate therapeutic measures that strengthen muscles, improve balance, coordination and endurance, as well as lengthen attention span, and increase determination and ambition. For our recreational riders we create well rounded riders while developing horsemanship skills.

Therapeutic riding is beneficial for clients of all abilities. The movement of the horse strengthens the development of fine and gross motor skills and provides sensory input. With this premise in mind, the Challenge Unlimited team develops exercises and activities to benefit each individual, addressing challenges that are not easily addressed in a classroom or clinic, enhancing the movement of the client and stimulating a response.

Recreational riding at Ironstone Farm encourages riders to learn a variety of horsemanship skills from brushing and tacking to riding in various disciplines from western and english!

The enclosed information describes our programs, policies and procedures. If you have any additional questions or would like to schedule a visit, please give us a call. We look forward to meeting you soon.

Warm Regards,

Ashley Caggiano

Renée Lucia

Program Manager

Equine Education Coordinator

Each year, lessons are offered in four blocks of various lengths (see Lesson Block Calendar). After the initial evaluation, the client will be contacted to set up a time that will be his/her regular weekly appointment for the lesson block. For each block of lessons, registration and payment are required by the due dates on the registration form. Lessons fill up quickly and we will be able to reserve your time until this date only.

Our Horses

Ironstone Farm is home to a unique, carefully chosen herd of horses. Horses are trained by our Director of Equine Operations to work with riders of all abilities. Although many of our horses are Haflingers, the herd also includes horses from the Suffolk Punch, Paint and Quarter Horse breeds.

Our Staff

All of the riding instructors at Ironstone Farm are licensed by the Massachusetts Department of Agriculture and participate in ongoing training. Each instructor is certified in CPR and First Aid.

Recreational Riding

Ironstone offers riding lessons at all levels to riders at age six. Our recreational riding program is designed to encourage better rounded horse handling, riding & horsemanship. We teach all riders to learn how to properly brush, tack and bridle their own horse for each lesson. On the horse our focus for developing a balanced rider, meaning riders will start by not riding in a saddle but by in vaulting tack (see below for more information about each type of lesson) and when the instructor feels the rider is ready to move to saddle of their choice and english or western.

Therapeutic Riding

Challenge Unlimited offers therapeutic riding lessons to children and adults with a diagnosis starting at age three. These lessons are highly individualized to address the client's needs and age. Private, in-hand lessons use the movement of the horse, position changes and age appropriate games and activities to benefit riders physically, emotionally and cognitively. Group lessons, with support as necessary, provide riders a social atmosphere to build their skills. Independent lessons focus on riding skills and horsemanship.

What to know before scheduling:

Our goal at Ironstone Farm is to provide safe, enjoyable, and engaging recreational and therapeutic riding lessons for every rider at all levels. We strive for a safe environment at all times for riders, their families, caregivers, aides, volunteers, staff and our horses.

To achieve this, we ask families, caregivers, and aides (the person responsible) to supervise their family or clients members at all times. This means that the person responsible should stay nearby and not leave to sit in the car or leave the property.

If, for example, the client needs to dismount prior to the end of a session, the person responsible must be available to walk the client to the car, bench, bathroom or other safe area. If the individual requires assistance with mounting and/or dismounting, we reserve the right to ask the person responsible to assist with mounting and/or dismounting under the direction of the Ironstone Farm staff.

To ensure a safe and enjoyable experience for all, Ironstone Farm may ask that the person responsible participate as a side walker, walking alongside the rider. If the person responsible is unable to or unwilling to assist Ironstone Farm may not be able to accommodate the rider. If you have any questions regarding our policies and procedures, please do not hesitate to contact the office.

Lesson Format

The Evaluation Every one enrolling in any of the Ironstone Farm Programs will begin with a 30 minute evaluation session, you can expect to spend about 20 minutes on the horse and 10 minutes talking with the instructor. The instructor will then recommend to the office what lesson plan will be appropriate for the rider. Please understand, we will need to receive the required registration forms before scheduling an evaluation.

Semi-Private Lessons The semi-private lesson is an hour long lesson for two riders. These lessons are great for beginner riders who are learning how to brush and tack up their horses, as well as, basic riding skills.

Vaulting Lessons The vaulting program is a 30 minute private lesson on the lunge line. The program allows the rider to develop balance, rhythm, and confidence while the instructor maintains control over the horse. These objectives are essential to developing a solid foundation for riding. This is an excellent lesson program for children and many adults who are beginners. This is the recommended program for all riders who start with us.

Private Lessons Are a one-on-one approach in either a half hour or hour-long format. This is the lesson format that can be most adjusted to the client's individual needs and interests. These lessons are available on the lunge line, in hand, or independent under saddle. In hour long private lessons the rider will brush and tack their own horse with the guidance of the instructor.

Group Lessons Our group lesson can accommodate riders at varying riding levels, spanning from therapeutic riding to the independent beginner, just progressing out of a private or semi-private lesson, to riders riding at an advanced level. The rider may move into a one-hour group lesson when the riding instructor determines the rider is ready. The rider must be able to steer independently at the walk and trot before moving into a group. We may ask that riders arrive approximately 15 minutes before their lesson begins, which will allow the time needed for students to prepare their horse before they ride each week. They may be expected to stay 10- 15 minutes after their lesson to care for their horse and put equipment away.

Unmounted Sessions

Unmounted sessions are offered and include: Touch Therapy, Equine Exposure (in conjunction with our Arts & Education Center), recreational outings, teen leadership programs, retreats for different groups such as cancer survivors, and programs for veterans.

Importance of Proper Clothing

Ensuring safety is a top priority and riders will not be allowed on the horse unless properly dressed. An equestrian helmet (ASTM/SEI approved), long pants, and closed shoes or boots are required for all riders. Sneakers are appropriate for participants in our vaulting and in-hand lessons only. A boot or shoe with a small flat heel with a distinct separation from the sole of the shoe is required for riders in saddles. Open toed shoes, crocs, mules and ballet style shoes are some common examples of inappropriate footwear. Please check with the Challenge Unlimited Program Coordinator for your appropriate footwear.

How to Register for Lessons

For each riding block, individuals enrolling in Ironstone Farm programs must provide a registration form, a current year Emergency Authorization and Release of Liability form (available on-line or in the Ironstone Welcome Center).

An individual with any diagnosis must provide a completed physician's approval form. We ask that you fill out the requested information on the included evaluation form. Once completed and sent back to the office will reach out to you.

If at any time you have any questions or are not satisfied with any aspect related to the services provided at our facility, please discuss it with us promptly and openly. We strive to partner with you to ensure a satisfying and beneficial professional experience for all participants



Ironstone Farm Safety Regulations

Please read carefully

The following regulations have been established for your safety and the safety of all involved in the activities at Ironstone Farm. Please make every effort to abide by them during your time on the premises.

SMOKING: There is **NO SMOKING** allowed on the property of Ironstone Farm.

CHILDREN: Ironstone is a working farm. We must insist that all children, when not involved in a lesson, remain beside their accompanying adult. Running, yelling, or unaccompanied children can create hazardous situations – for themselves, riders, handlers, staff and other visitors at the farm. Please observe - or ask about – designated areas for viewing lessons. If children behave in an unsafe manner, we may ask you to remove them from the premises.

PETS and SERVICE ANIMALS: The animals at Ironstone Farm live in harmony with one another and introduction of a new animal is handled very carefully. Visiting pets will upset this harmony and can be very disruptive creating an unsafe situation. Please leave your pet(s) at home. With regards to service animals, please check with the office before visiting the farm.

TREATS: Our animals are on a routine feeding schedule. Their daily intake is carefully monitored. Treats may be harmful to some animals. Also, handfeeding encourages the animals to bite in search of treats and can be dangerous. Please do not feed the animals. If you would like to bring treats for your favorite Ironstone critter, you may label the treat and it will be included in his/her dinner or breakfast.

PARKING: **Please Park in designated areas only.** Observe the “No Parking” signs and spaces allotted for pick-up and drop-off of clients. Please do not sound your horn/set car alarms while on Ironstone Farm property –sudden loud noises may frighten the animals residing at the farm as well as clients participating in therapy.

UMBRELLAS: Please do not use umbrellas on the property. The odd shape and sudden movement of opening/closing an umbrella can startle our horses.

THE BARN: The upper barn is staff-only area. If you need to reach someone in the Barn office, please call us at 978.475.4056 or ask the Welcome Center to contact us for you.

OBSERVATION: Our instructors and therapists are trained professionals. Please remain outside the teaching area during lessons. You are invited to watch from designated areas.

PADDOCK: Only Staff, Working Students and Feeders (all of whom must have Paddock Privileges) are allowed in the Paddocks. *Please, volunteers and visitors are not allowed to enter the Paddocks for any reason.*

We appreciate your patronage. We pledge to offer you the best in quality, horse-related and therapeutic programming. During your time spent with us, we ask that you have respect for the property, the animals and the staff.

Thank you!



2020 Riding Lesson Calendar
Challenge Unlimited at Ironstone Farm

Lessons are conducted in lesson blocks as listed below

2020 Riding Lesson Blocks

Block 1	10 weeks	Dec. 30, 2019 – March 7, 2019	(Register by 12/7/19)
Block 2	15 weeks	March 9, 2020 - June 20, 2020	(Register by 02/24/20)
Block 3	9 weeks	June 22, 2020 – August 22, 2020	(Register by 06/08/20)
Block 4	15 weeks	August 31, 2020 – Dec. 19, 2020	(Register by 08/17/20)

Lesson type	No. of riders	Rate per lesson	Block 1	Block 2	Block 3	Block 4
Semi-private, 1 hour	2 riders	\$55	\$550	\$825	\$495	\$825
Private, half hour	1 rider	\$50	\$500	\$750	\$450	\$750
Group, 1 hour	3 to 6 riders	\$40	\$400	\$600	\$360	\$600
Private, 1 hour	1 rider	\$75	\$750	\$1,125	\$675	\$1,125
Evaluation, half hour	1 rider	\$40	-	-	-	-

Single lessons (when available) private, half hour: \$60 group, 1 hour: \$50 private, 1 hour: \$85

Ironstone Farm will be closed on the following 2020 holidays: Jan. 1, May 27, July 4, Sept. 2, Nov. 28 and Dec. 25

If your regularly scheduled lesson falls on one of these holidays, please contact the office for a make-up lesson. We are also closed for our two annual break weeks, August 23 – 30 and December 20 – 27.

Payment

50% of the block payment is due with initial registration. The second half of payment is due half way through the block. Riders will be billed accordingly. If the rider is not paid in full by the due (see registration forms for billing dates) date lesson will be withheld until payment is received in full. If you choose to pay in full at the start of the block, you will receive a 5% discount for the block payment.

Cancellation Policy

Riders have the opportunity to pre-cancel up to 4 lessons for Block 2 and Block 4; those riding in Block 1 and Block 3 will have the opportunity to pre-cancel up to 2 lessons for which make-up lessons are provided during that same block.

Pre-cancellations must be either written on the registration form or given to the office through email **2 weeks** in advance of the pre-cancellation date. Cancellations other than those that are pre-canceled cannot be made-up and are non-refundable. It is the rider’s responsibility to call the office to schedule the make-up lesson.

Registration and Scheduling

Riders requesting a schedule change for the block will be contacted by the office. Riders continuing with the same schedule as the previous block will not be contacted by the office unless this time is not available for the block.

Get your registration form via email: If you haven’t already done so, we encourage you to sign up for our monthly e-newsletters and receive your registration forms via email. Receive registration reminders and find out about our upcoming events. You may also access our registration form on our website at www.Ironstonefarm.org

**Emergency Authorization, Assumption of Risks & Liability Release Form
Challenge Unlimited, Inc., Ironstone Therapy, Inc. & Ironstone Farm**

**PLEASE READ BOTH SIDES OF THIS AGREEMENT
SIGNATURE REQUIRED ON THE REVERSE**

*Client Name: _____ *Gender: M 1 F 1 *DOB: _____ *Height: _____ *Weight: _____

The Client (myself, child/ward) DOES 1 or DOES NOT 1 have a (physical or other) diagnosis or disability. *Required Fields

Client Address: _____ City: _____ State: _____ Zip: _____

*Best Phone: _____

*Best Email: _____ CC Email: _____

Parent 1 Spouse/ Guardian 1 Name: _____ Phone #: _____

Parent 2/ Spouse/ Guardian 1 Name: _____ Phone #: _____

Group Home Contact Name: _____ Phone #: _____

Name & Phone# of Employer(Client): _____

Name & Phone# of Employer (Parent 1/ Spouse): _____

Emergency Contact Information

Name: _____ Relationship: _____ Phone #: _____

Primary Care Physician Name: _____ Phone #: _____

Person (s) responsible for payment arrangements: _____

Address: _____ City: _____ State: _____ Zip: _____

Third party payer contact name: _____ Phone#: _____

Describe any medical condition or allergy requiring special precautions, and any medication and dosage:

PLEASE READ THE FOLLOWING PARAGRAPHS CAREFULLY

Inherent Risk / Assumption of Risks. I/We acknowledge that: Risks, conditions and dangers are inherent in (meaning an integral part of) horse/equine/animal activities, regardless of all feasible safety measures which can be taken, and I agree to assume them. The inherent risks include, but are not limited to any of the following: the propensity of an animal to behave in ways that may result in injury, harm, death or loss to persons on or around the animal; the unpredictability of an equine's reaction to sounds, sudden movement, unfamiliar objects, persons or other animals; hazards, including but not limited to, surface or subsurface conditions, a collision, encounter and/or confrontation with another equine, another animal, a person or an object; the potential of an equine activity participant to act in a negligent manner that may contribute to injury, harm, death, or loss to the participant or to other persons, including but not limited to, failing to maintain control over an equine and or failing to act within the ability of the participant. If a horse is frightened or provoked it may divert from its training and act according to its natural survival instincts which may include, but are not limited to, stopping short; spinning around; changing directions and or speed at will; shifting its weight; bucking; rearing; kicking; biting; and or running from danger. I/We also acknowledge that these are just some of the risks and I/We agree to assume others not mentioned above. I/We am (are) not relying on Challenge Unlimited, Inc., Ironstone Therapy, Inc. and/or Ironstone Farm to list all possible risks for me.

Emergency Authorization, Assumption of Risks & Liability Release Form
Challenge Unlimited, Inc., Ironstone Therapy, Inc., & Ironstone Farm

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Liability Release. I/We agree that: in consideration of allowing my participation in the activities of Challenge Unlimited, Ironstone Therapy and/or Ironstone Farm, I, the student, client or volunteer, for myself and on behalf of my child and/or legal ward, heirs, administrators, personal representatives or assigns, do agree to release, hold harmless, and discharge Challenge Unlimited, Inc., Ironstone Therapy, Inc. and Ironstone Farm, its employees, agents, independent contractors, officers, directors, claims, demands, causes of action and legal liability, whether the same be known or unknown, anticipated or unanticipated, due to ordinary negligence or legal liability; and I do agree to release any claims, demands, legal actions and causes of action, against Challenge Unlimited, Inc., Ironstone Therapy, Inc. or Ironstone Farm, and its employees, agents, independent contractors, officers, directors, representatives, assigns, members, and insurers, for any damages due to bodily injury and/or death and/or property damage, sustained by me and or my minor child or legal ward in relation to the premises and operations herein, including, but not limited to, riding, driving, training, handling or otherwise being near or around horses owned, leased or boarded by Challenge Unlimited, Inc., Ironstone Therapy, Inc., or Ironstone Farm.

*****WARNING*****

Under Massachusetts law, an equine professional is not liable for injury to, or death of, a participant in equine activities resulting from the inherent risks of equine activities, pursuant to Section 2D of Chapter 128 of the Massachusetts General Laws.

In case of a medical emergency, efforts will be made to notify parent(s)/guardian(s). In the event that parent(s)/guardian(s) cannot be reached, the undersigned authorizes Challenge Unlimited, Inc., Ironstone Therapy, Inc., and/or Ironstone Farm, to provide such medical assistance as they determine to be necessary.

The undersigned authorizes any licensed physician and/or medical facility to provide any medical/surgical care and/or hospitalization for the client, including anesthetic, which they determine necessary or advisable, pending a receipt of specific consent from the undersigned.

Weight Limits. Weight limits are important for the safety and well-being of both horses and riders. Please be accurate when disclosing the client's current weight on our registration form. Limits are: 200 lbs. for ponies and smaller horses and 225 lbs. for larger horses. Notwithstanding the above, Management reserves the right to adjust program options and/or to restrict client participation based on weight and weight distribution.

Photo Release: I/We hereby consent to and authorize the use and reproduction by Challenge Unlimited, Inc., Ironstone Therapy, Inc., and/or Ironstone Farm of any and all photographs and any other audiovisual materials taken of me/my child/my ward for promotional material, educational activities, and exhibitions or for any other use for the benefit of the program. Opt out: No, I do not consent. _____

I would would not be willing/able to assist with my child's/ward's lesson if additional staff/volunteers are not available. (Please check one)

I/We represent that I/We have read this entire agreement (consisting of two pages) and in particular the sections labeled Inherent Risk/Assumption of Risks, Liability Release and Warning. I/We also represent that I/We have read and understand the Policies, Procedures and Safety Regulations for the Programs held at Ironstone Farm.

Date: ____/____/____

Signature Please print and sign (Parent/Guardian must sign for all clients under the age of 18).



New Rider Evaluation

Parent/Guardian or Student: Please complete this top section and the questions on the reverse, if applicable. Please do not leave any information blank. Unless otherwise noted, payment needs to be made at the time of Evaluation (\$40.00). Thank you.

Client Name: _____ Age: _____

Street Address: _____ Tel: _____

City, State, Zip: _____

Client Availability for Lesson (Days & Times): 1st choice _____

2nd choice _____ 3rd choice _____

PLEASE TURN OVER AND COMPLETE QUESTIONS ON REVERSE

Instructor completes this section: _____ Date: _____

Instructor Name: _____ Name of Horse: _____

Rider Level: _____ Assisted _____ Number of Volunteers Needed: _____

Independent beg interm adv

Type of Lesson:

Group Semi Private 1/2hour Private 1 Hour Private

Equipment/ Tack: _____

Mounting requirements: _____

Evaluation Notes:

Goals: _____

For office use only:
ER: _____ PA: _____ Additional forms: _____
Height: _____ Weight: _____ Called to confirm: _____
Amount Due: _____ Payment method: cc: ___ cash: ___ check #: _____
Scheduling: _____ QB: _____ CIF: _____



In order to assist us with creating an appropriate lesson plan for all riders, please answer the following questions:

1. What are the goals you would like to work on while participating?

2. Are you /rider comfortable working with and around horses?

For an individual with a diagnosis or disability:

3. Is your son/daughter non-verbal? Yes No Limited

If your son/daughter is non-verbal or has limited communication abilities, how do you communicate with him/her? Example: ASL, Communication Boards, Other.

4. Does your son/daughter respond best to “choice-making” and if so, what tools help him/her to choose?

5. What types of “tools” assist your son/daughter? Examples: Visual Schedules, Token Boards, Icons, Other.

6. How does your son/daughter handle changes in routines?

7. If applicable, what type(s) of de-escalating behaviors work best with your son or daughter?

8. Are there triggers (words, phrases or activities) that might bring on unwanted behavior?

9. Is there anything else you would like to share with us?



Physician's Approval Form
 A Physician's Approval is required of any rider with a diagnosis.

Name: _____ **Date of birth:** _____

Patient's Height: _____ **Patient's Weight:** _____

Address: _____
Street City State Zip code

Diagnosis: _____ **Date of onset:** _____
 Physical or other

Mobility: Independent Ambulation: ___ Y ___ N ; **Assisted Ambulation:** ___ Y ___ N

Braces/Assistive Devices: _____

For Clients with a diagnosis of Down Syndrome:

AtlantoAxial X-Ray, date: _____ **Result for subluxation:** ___ Positive ___ Negative

Neurological Symptoms of AtlantoAxial Instability:

Please indicate any special concerns in the following areas, including surgeries:

Area	yes	no	comment
auditory			
visual			
speech			
cardiac			
circulatory			
pulmonary			
neurological			
muscular			
orthopedic			
allergies			
learning disabilities			
mental impairment			
psychological impairment			
other			

In my opinion, this patient can receive riding instruction under appropriate supervision.

Precautions or restrictions to therapeutic horseback riding _____

Physician's name (print please): _____ **Phone:** _____

Address: _____
Street City State Zip code

****Physician's signature:** _____ **Date:** _____

Please print & sign

**Form must be signed by the physician

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Information for Physicians

The following conditions, if present may represent precautions or contraindications to equine assisted activities. Therefore, when completing this form, please note whether these conditions are present, and to what degree. If you have any questions or concerns, please feel free to contact us at 978.475.4056.

Contraindications:

Indwelling Catheter

Orthopedic:

Spinal Joint Fusion/Fixation

Spinal Joint Instabilities/Abnormalities

Atlantoaxial Instabilities (incl. Neurological symptoms)

Joint Subluxation/Dislocation

Osteoporosis

Pathological Fractures

Coxas Arthrosis

Heterotopic Ossification/Myositis Ossification

Osteogenesis Imperfecta

Spinal Orthoses

Internal Spinal Stabilization Devices

Neurological:

Hydrocephalus/Shunt

Spina Bifida

Tethered Cord

Chiari II Malformation

Hydromyelia

Seizure Disorders

Multiple Sclerosis

Medical /Psychological:

Allergies

Hemophilia

Cardiac Condition