



# HORSEMANSHIP STUDENT MANUAL

Please read this manual and then sign and return the  
Receipt of Horsemanship Manual form.

We are grateful that you are interested in Horsemanship with StirrUp Purpose!

Horses, and their incredible impact to humans, has been our passion for 20+ years. Long ago, we fell in love with the idea that lives can be changed by the gifts that horses offer. StirrUp Purpose was created to share those gifts with as many people as possible, particularly people those with disabilities. Our Therapeutic Horsemanship and Sport Riding programs strive to provide opportunities for people to experience horses in an impactful way and to help people to find purpose through their interactions with these amazing animals.

Jeff and Penny Campbell, Founders

541-410-0164

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## TABLE OF CONTENTS

About StirrUp Purpose.....	page 4
Our Services.....	page 5
Application, Orientation, Scheduling and Fees.....	page 6
Scholarships and Eligibility.....	page 6-7
Lesson format and volunteers.....	page 8
Weather and Smoke policies.....	page 8-9
Cancellations and Tardiness .....	page 9
Calendar, Attire and Communication.....	page 10
Confidentiality & Dismissal.....	page 10-11
Safety Procedures.....	page 11-12
How Can You Help?.....	page 13
Property Map.....	page 14

## ABOUT STIRRUP PURPOSE

StirrUp Purpose is an equine assisted services organization founded in 2023. Core operations take place on the 20-acre equine facility in SE Bend, while additional services are provided in Sisters, OR.

### Mission Statement

To provide purpose and healing through meaningful equine experiences.

### Vision

StirrUp Purpose envisions a world filled with communities powered by purpose, inspired by the equine-human relationship and grounded in values such as kindness, care and compassion which results in purpose and hope.

### Values

- 🏠 Relationships - Forming meaningful connections between people and horses through shared experiences and therapeutic services.
- 🏠 Excellence - Improving the lives of individuals in need by acting on the core values of excellence and integrity.
- 🏠 Empathy - "Empathy is seeing with the eyes of another, hearing with the ears of another, and feeling with the heart of another." - Alfred Adler
- 🏠 Service - We have an undeniable passion for serving. This passion for service and helping others find purpose in their lives will be central and integral to every decision, motivation, and action undertaken by StirrUp Purpose.
- 🏠 Community – a more significant impact is achievable when there is partnership among individuals and organizations with a shared vision.

### Address

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### Contacts

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### Website

[www.stirruppurpose.org](http://www.stirruppurpose.org)

## Our Services

### Therapeutic Horsemanship (TH)

Interacting with horses, on the ground or on their backs, has a profoundly positive effect on the physical, emotional, and cognitive health of children and adults with diverse needs. Qualified instructors lead activities in riding, handling, leading and grooming in a safe and encouraging environment. Therapeutic Horsemanship is a non-therapy service that builds strength, coordination, balance, confidence, connection and purpose.

Classes are offered 6 days per week in private lessons or groups of up to three students.

*Tuition fees are \$35 per lesson.*

### Veterans/First Responders

StirrUp Purpose is dedicated to supporting and improving the lives of its veteran and first responder communities. Equine services provide emotional, cognitive, social and physical benefits for veterans, first responders and their families. Multi-day camping retreats, equine-assisted activities and back country rides provide an opportunity for relationship building through recreation.

*We honor our veterans / first responders by offering retreats free of charge.*

### Hippotherapy (HPOT)

Hippotherapy refers to the utilization of natural, rhythmic equine movement as a specific treatment tool by occupational therapy, physical therapy, or speech-language therapy professionals as part of their overall treatment plans. Clients can experience more normal movement patterns which can improve posture, balance, sensory integration, endurance and ultimately, gait. With the support of a therapist, sidewalker and professional horse handler, clients work astride the horse for approximately 30 minutes.

StirrUp Purpose partners with Treehouse Therapies (a nonprofit pediatric PT,OT, BH organization with multiple clinics throughout central Oregon, including one on the StirrUp Purpose site) and Trudi Trygg, PT providing adult physical therapy.

*Our clinical partners handle insurance billing for hippotherapy clients.*

### Sport Riding

StirrUp Purpose believes in empowering individuals with an enthusiasm for learning the art of being with horses, fostering skill development and enriching lives through positive and healthy connections with these incredible animals. Beginner lessons in horsemanship, ground work and sport riding are offered on a limited basis.

*Tuition fees are \$35 per lesson.*

## GETTING STARTED

### Application

If you have questions about the services that best fit your needs, please contact us. To begin the application process for Therapeutic Horsemanship and Sport Riding lessons, please fill out the appropriate application on our website, [www.stirruppurpose.org](http://www.stirruppurpose.org). Once StirrUp Purpose reviews your application, you will be contacted to schedule an orientation.

### Orientation

The orientation provides students an opportunity to tour the StirrUp Purpose facility and to meet the horses. Potential students are assessed in relation to eligibility requirements, availability and contraindications. Student goals are discussed as well. A physical therapist may participate.

### Scheduling

StirrUp Purpose schedules 1-hour lessons Monday-Saturday, 9:00 am-5:30 pm. New students are added to the schedule based on student availability, horse availability and best fit to existing classes. When scheduling allows, a new student may be offered a private lesson to allow further assessment before joining an existing class.

### Fee Information

StirrUp Purpose invoices on the first of the month for the previous month's lessons. Invoicing can be provided through Venmo, Paypal or Quickbooks. Credit card processing is not available at this time.

### Scholarship Opportunities

StirrUp Purpose offers students financial assistance through an application process, annually. Scholarships are awarded based upon financial need, and on a first come first serve basis, until all monies are assigned. StirrUp Purpose does not ask for financial information in its application, instead trusting that only those in need will request help.

Each scholarship requires 20 hours of volunteer time each year. These hours can be fulfilled by the student's parents, guardians, family, or friends. The volunteer application process can take place after the student has been notified of their scholarship award. Please see below for volunteering opportunities.

### Eligibility Guidelines

StirrUp Purpose will make every effort to meet the needs of all students who apply for our Horsemanship lesson. However, the nature of these equine activities

includes limitations, precautions and contraindications. These are due to an assortment of causes, such as:

- 🚩 Size and weight-carrying ability of the available horses.
- 🚩 Nature of a disability or condition that would make it unsafe for an individual to participate.
- 🚩 Inability to schedule lesson time to coincide with a student's school or work schedule.

### *Age Requirements*

The minimum age for a student to begin is 4 years old.

### *Weight Restrictions*

StirrUp Purpose reserves the right to impose a maximum weight limit for students while taking into consideration the safety of staff, volunteers, and our equines. Decisions regarding participation will be based on the availability of a suitable horse related to the height, weight, cognition and balance of the student. The maximum weight listed for students is 250 pounds. The weight limit may be lower as determined by available equines and the ability of staff and volunteers to safely support the student at the time services are requested. StirrUp Purpose staff will evaluate the student's weight and physical abilities to determine if riding is a safe and suitable activity based on available equines, staff, and volunteers.

- 🚩 250 lbs. for a well-balanced centered student not requiring sidewalkers.
- 🚩 180 lbs. for an unbalanced student needing sidewalker assistance.
- 🚩 Each horse has individual weight limitations based upon the horse's height, weight, age, and physical/medical condition. (Not all horses can safely manage the above weights)

### *Postural Control*

Students must have adequate head and neck strength to prevent hyperextension. Students over 80 lbs. must be able to maintain a sitting position; at least by holding on with one hand.

### *Behavior*

Inappropriate, unsafe or disruptive behavior or any condition where the individual is harmful to him/herself, others, or animals is a contraindication to our equine-assisted services.

## WHAT HAPPENS AT STIRRUP PURPOSE?

### **Lesson format**

StirrUp Purpose lessons focus on mounted and unmounted activities to develop horsemanship skills and provide the healthful benefits of interacting with horses. Classes are taught by Certified Instructors, who specialize in teaching horsemanship to individuals with disabilities. Students are therapeutically impacted through the multi-dimensional sensory experiences that are unique to horses, riding horses and a barn environment. There are behavioral, physical and educational components incorporated into the lessons.

### **Volunteers**

It takes many volunteers to make things work at StirrUp Purpose! Students may require a volunteer Horse Handler and/or one or two Sidewalkers. Sidewalkers provide much of the teaching during the grooming and tacking portion of the lessons and provide support to the student during the lesson by walking beside the horse. Horse Handlers focus on the horse's needs and safety throughout the lesson.

*Parents/Caregivers:* We would highly encourage parents and caregivers to attend a volunteer training. Because our program relies heavily on volunteers, there is always a chance that we may have volunteer cancellations. It is very helpful to the StirrUp Purpose staff to know that we have trained parents able to step in for absent volunteers. This will also enable students to continue with their lesson as planned.

### **Parents, Caregivers and visiting children**

StirrUp Purpose values the support and encouragement from each student's support people while still maintaining a safe and focused lesson. Parents, caregivers and other guests may observe lessons from the aisle way in front of the offices in the main barn and from the outdoor seating area under the trees near the round pen. The barn aisle along the stalls is reserved for students, staff and volunteers. Please access the outdoor areas through the viewing room or the front barn door. Children are to be supervised at all times. Loud noises, running and sudden movements can bother a horse and take its attention from his student.

### **Weather and Smoke**

When extreme weather or smoke impacts the health and safety of our students and horses, we will make the decision to cancel lessons. Cancellation notifications

will be sent by text no less than 1 hour prior to lesson start time. The following policies are guidelines as measurement systems can differ.

### *Smoke*

We use the Purple Air/Paku App and decisions will be based on our device or those in the Billadeau area .

0-99 AQI: No Lesson Restrictions

100-149 AQI: Ground Lessons only

150+ AQI: No Lessons

### *Temperature:*

We use the Wunderground App and decisions will be based on the temperature shown on devices in the Billadeau area.

20 degrees or below: No lessons

95 degrees or hotter: No outside lessons

100 degrees: No lessons

### *Precipitation/Storms*

Indoor arena classes will continue as scheduled if the instructor deems the environment safe. A ground class may be offered.

Outside classes will be cancelled when heavy precipitation, hail, thunder or lightning is present or eminent.

### *School District Cancellations & Delays*

When Bend La Pine school district issues a cancelation, a 2-hour delay or early release due to weather/hazardous roads, StirrUp Purpose will cancel classes falling into the associated time frames.

## **Cancellations and Tardiness**

Preparation for each lesson requires scheduling horses, volunteers, instructors, curriculum development, and financial support.

*Cancellations* at least 24 hours before lesson start times are appreciated. Last minute cancellations (less than 1 hour ) and no-shows will be charged at the full lesson fee.

*Tardiness:* Lesson times will start at the designated time, regardless if the student is present or not. *If a student is 15 or more minutes late for a lesson, they will NOT be permitted to partake in that lesson.*

## Calendar

StirrUp Purpose operates 12 months out of the year. We will take all major holidays off as well as additional time to give the herd a break or offer special events. Our calendar can be viewed on our website. Please ask if you would like a paper copy.

## Attire

- 🏠 All students must wear close toed shoes (preferably with a heel) around the horse.
- 🏠 Clothing layers are recommended. The barn is usually colder than outside temps. Jackets and sweaters must be buttoned/zipped.
- 🏠 Glove with fingers are recommended to allow feel of the reins and fine motor skills work.
- 🏠 All students must wear long pants when working with the horse.  
Helmet Policies:
  - Students have the option to bring their own helmet or use one provided.
  - All helmets must be ASTM-SEI certified helmet with a manufacture date no older than 5 years.
  - Mounted Work
    - All mounted students must wear a helmet.
  - Ground Work
    - All students under 18 years of age must wear a helmet around a horse.

## Communication

Students may direct questions regarding their lessons to their instructor, including cancellations and tardiness. For billing, scheduling and general questions, please contact Candace at 541-241-6597.

## Confidentiality Policy

- 🏠 StirrUp Purpose shall preserve the right of confidentiality for all individuals in its program.
- 🏠 No one associated with StirrUp Purpose will reveal any medical, social, referral, personal or financial information regarding any student or any other person associated with StirrUp Purpose to anyone unless required by court order.
- 🏠 This policy applies to: students, full and part time staff, independent contractors, temporary employees, volunteers and board members.
- 🏠 Children under age 18 do not have legal authority to consent to disclosure. Only parent(s), legal representatives, or others defined by state stature generally have this authority.

## Student Discharge & Dismissal Policy

It is at the discretion of StirrUp Purpose's staff to accept or remove a student from the program. The results of a risk/benefit analysis will also be considered. Students who do not follow the policies or meet the guidelines for eligibility are subject to discharge or dismissal. Please be advised of the following reasons that could lead to a student's dismissal from the program. This is not inclusive of all reasons:

- 🚩 The student's inability to maintain head and neck control while riding presents a safety concern.
- 🚩 The student's inability to maintain sitting balance while riding presents a safety concern.
- 🚩 The student exceeds a weight that can be safely managed by staff, volunteers, and/or horses.
- 🚩 Uncontrolled and/or inappropriate behavior that constitutes a safety risk to student, volunteers, staff and/or horse.
- 🚩 Any change in the student's medical, physical, cognitive, or emotional condition that makes therapeutic horsemanship unsafe for the student, staff, volunteers and/or horse.
- 🚩 Frequent cancellations or no shows.

Students at StirrUp Purpose shall have no history of inappropriate behavior with fire, or any tendencies or history of abuse/violence directed toward other people or animals. StirrUp Purpose reserves the right to deny services to any individual based upon concerns for the applicant's safety and/or the safety of the horses, volunteers, staff, facility.

No student will be discharged without an opportunity to discuss the reasons with supervisory staff. The student may at any time, for whatever reason, decide to sever the student's relationship with StirrUp Purpose. Notice of such a decision should be communicated as soon as possible.

## SAFETY PROCEDURES

### Emergency Response

In the event of an emergency, everyone needs to be familiar with the proper procedures.

- 🚩 All Instructors are CPR and First Aid certified.
- 🚩 All staff and volunteers receive annual training in emergency procedures.

- 🚒 Fire extinguishers are stored at each end of the main indoor arena. Flashlights are stored near the tack room door.
- 🚒 Emergency numbers are posted near the tack room door.
- 🚒 First Aid kit is in the drawer in the tack room.
- 🚒 The instructor is responsible for directing volunteer's and student's actions during an emergency. Listen for instructions!
- 🚒 If a student falls, the instructor will evaluate for injury and begin first aid if needed. Parents and caregivers must wait for clearance from the instructor to enter the arena.
- 🚒 In the event of a sudden severe weather emergency, students may be dismounted if riding is deemed to be unsafe.
- 🚒 In the event of a barn fire, students will be dismounted and evacuated to the emergency meeting area at Treehouse Therapies with all barn visitors.

### **Wild Fire:**

StirrUp Purpose staff will execute an evacuation procedure for the horses and other livestock. Students and families/caregivers will be asked to leave the area and get themselves to safety.

### **General Farm and Safety Rules**

To keep everyone safe, there are a few things to remember when on the StirrUp Purpose grounds:

- 🚒 No smoking or vaping.
- 🚒 No alcohol, or illegal substances.
- 🚒 Respect "Staff Only" areas.
- 🚒 The speed limit is posted at **5 mph**. Please don't be in a hurry.
- 🚒 Only service dogs are allowed; dogs must be identified as such, on leash and supervised at all times.
- 🚒 Visiting minors must be supervised at all times.
- 🚒 Treat animals with respect.
- 🚒 Please do not feed treats or carry them in your pockets. You are welcome to offer healthy treats for a staff member to feed at meals.
- 🚒 Please, no pictures of other clients or students without written consent.
- 🚒 Visitors should not approach, feed or touch horses without permission.

## HOW CAN YOU HELP?

Many opportunities exist at StirrUp Purpose to give back to our community in need. Please consider supporting the program by helping out.

- 🐾 Horsemanship Sidewalker – greets, secures helmet and pays constant attention to horsemanship students in tasks of grooming, tacking, groundwork and riding. Gives physical and motivational support as indicated by the instructor.
- 🐾 Hippotherapy Sidewalker – support mounted physical and occupational therapy clients under the direction of therapists.
- 🐾 Horse Handler – maintain constant awareness and control of the horse before, during and after therapeutic horsemanship lessons to ensure a safe and enriching experience for the student.
- 🐾 Mounted Schooler – Beginner and Advanced mounted schoolers support the fitness and training goals of the StirrUp Purpose herd.
- 🐾 Unmounted Schooler – groundwork support for the herd.
- 🐾 Facility Volunteer – provide manure management, barn upkeep and cleanliness and grounds beautification.
- 🐾 Administrative Volunteer – office support in areas of mailings, data entry, filing, special events and more.

StirrUp Purpose is also in need of in-kind items and services, donations and other financial support. Please consider friends, family and acquaintances that may be interested in supporting our work.

Thank you for considering StirrUp Purpose. Please do not hesitate to reach out with questions!

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# Property Map

