



Owners: Steve & Sonja Eyer

95 Allen Road, Presque Isle, ME 04769

Phone (for emergency only): 207-227-0570

Website: <http://eastofedenstables.com>

Follow us on Facebook for updates and all things East of Eden!

Remind app and EOE Facebook Messenger are our preferred contact methods so our Instructors and Office Staff can help you.

Student Policy Manual

Please complete this paperwork and return as soon as possible. Please keep pages 1-7 for your records on lesson agreement and policies. Please **COMPLETE AND RETURN PAGE 8**. If forms are not completed and signed it will delay your continuation in our lesson program.

Please provide the most complete and accurate information possible. Information shared will be kept CONFIDENTIAL.

Any additional information you would like to provide would be much appreciated. The more knowledge we have about a student the better we can facilitate a successful and supportive ride.

Welcome to East of Eden Stables! We look forward to working with you!

East of Eden Stables is an educational center committed to bringing horses and riders together in a safe, encouraging, and supportive environment. We strive to foster healing, confidence, community, and collaboration.

We offer therapeutic/adaptive riding, both English and Western, equine meditation, women's beginner classes, kids camps, specialty clinics, and trail rides upon request.

Meet our Staff

Sonja Plummer Eyler - Owner and Lead Instructor

Sonja started riding in Utah in 1998 and purchased her first horse in 2012. Her passion is for trail riding and dressage, not necessarily in that order. In 2018, she studied therapeutic riding instruction at a PATH I certified facility in Southern Maine and completed her student teaching in 2019. Desiring to bring therapeutic riding to those in her community with the most need, she and her husband Steve opened East of Eden Stables in 2019 and provide lessons for students of all abilities. Sonja is especially interested in working with students who need a trauma-informed approach to instruction.

All our staff is trained to assist in therapeutic riding lessons as well. We are here to give you the support you need for the safest and best ride possible.

Please read the following agreement carefully. It contains not only expectations of the students but requirements that must be followed in order to participate in our lesson program. If you have any questions about the lesson agreement, please feel free to contact the Director, Sonja Eyler.

Rules & Responsibilities of Student and Parent/Guardian -

- Please arrive on time for your scheduled lesson.
- Lessons consist of an introduction to horses, grooming time, learning to put a saddle on, preparing your horse to ride, and riding instruction.
- Attendance is important! Students and parents must make a commitment to the rider's lessons as progress cannot be made. East of Eden has the expectation that students will not cancel more than one time per month. If a student's cancellations are excessive, the student will lose their time slot and go back on the waiting list.
- Students must wear closed toe shoes to every lesson. Students will not be permitted to ride if they show up in open toed shoes.
- Safety helmets are provided and must be worn while riding. No exceptions.
- We try to schedule appropriate students together. Sometimes a change in lesson times and/or day may be requested. If it is not convenient for your schedule, we will do our best to accommodate you. Thank you in advance for your understanding.
- Parents are required to stay on the property during their student's lesson unless otherwise arranged with the Director, Sonja.

- Parents, siblings, grandparents, and other guests are welcome to observe the lesson from the outside of the arena unless otherwise advised by the instructor. Please no coaching from the sidelines, only encouragement and support. We kindly ask that you not interact with the students during their lesson since it can be very distracting. The students need to be focusing on their movements and skills.
- Minor siblings or guests not riding must be under direct supervision of their parent/guardian at all times.
- Students and parents must have cellphones on silent during lessons.
- Only staff members are allowed in the horse pastures.
- No dogs allowed on the property.
- No smoking on the property.
- Please no throwing rocks, running, screaming, or spooking horses, etc.
- Remember, if you can see horses, they can see you too. Your movements and noises could result in a dangerous, life-threatening spook or accident.

Communication -

We use an app called Remind to communicate with our lesson families. This is where you'll hear from us about cancellations or closures due to weather or holidays and where you can contact us if you need to cancel your lesson or have questions. Here are the directions to get started. Please do this as soon as possible.

1. Download the Remind app on your smartphone. It is a blue square with an R.
2. Set up an account with your email address and cell phone number.
3. Then send a text message to 81010. In the message type "@eastofeden"
4. If you can't get the text message to work you can also go to this link, <https://www.remind.com/join/eastofeden>
5. Follow directions to join our "class."

We will be able to see when you join the class, and you'll see previous announcements about cancellations. You will be able to send us messages directly and no one else in the class will be able to see them, they will be private. Please let us know if you have any problems or questions with this.

Cancellation Policy -

You are joining students of all ages and abilities. We have limited resources (horses, volunteers, and arena space) available and therefore can only schedule a limited number of lesson students. Please be respectful of your scheduled lesson time and arrive on time.

We realize life can get busy so please be respectful of our time and message us on the Remind app if you need to cancel your lesson. We plan ahead for your lesson and coordinate horses and volunteers to give you the best ride and support possible.

We have a **24-hour cancellation policy**. If a student cancels with less than 24-hours notice or inadvertently misses their lesson, **you will be charged** for that lesson.

If canceled with more than 24-hours notice, you will not be charged for that lesson.

Students and families must make a commitment to the rider's lessons as progress cannot be made with frequent cancellations/no shows. **Additionally, we have a long waiting list of students who very much want the time slot you have.** East of Eden has the expectation that students will not cancel more than one time per month. If a student's cancellations are excessive, the student will lose their time slot and go back on the waiting list or may be dismissed from the program. We can make exceptions if cancellations are planned in advance (i.e. vacations) so we can fill your time slot with other students. We will be as flexible as possible while trying to run a consistent and sustainable program for our students.

Make up lessons are not available at this time. Our schedule is organized very carefully, we do not have the flexibility to change days or times.

If you would like to withdraw from our lesson program, please notify the Director, Sonja or message us on the Remind app.

No Call/No Show -

Students who have two (2) No Call/No Shows to a lesson, will be removed from their time slot and will go back on the waiting list or may be dismissed from the lesson program. A missed lesson, without notice, really causes a burden as staff and volunteers prepare for the lesson and wait. **You will be charged for a missed lesson that is not canceled with more than 24-hours notice.**

Late to Lesson -

If a student arrives fifteen (15) minutes or later past their lesson time they will still be able to ride during your scheduled lesson time but will be charged the **full amount**.

Weather -

East of Eden is an outdoor facility; therefore, instructors may cancel the lesson due to weather, illness, or other extenuating circumstances. When the weather does not allow for mounted lessons, (thunderstorms, heat, severe cold or icy conditions) un-mounted in barn lessons will be offered instead. We believe that un-mounted lessons are just as important as mounted lessons. There is so much you can learn about communicating with a horse from the ground. What you learn on the ground helps you in the saddle too. We also believe in teaching students how to build trust and a relationship with the horse as well as how to care for the animal.

Please watch our Facebook page for updates on cancellations due to weather or holidays. We will also contact you about any cancellations. Students will not be billed for any lessons canceled by our Instructors.

Suggested Attire -

Closed toe shoes are required for lessons. We suggest a hard soled boot, but sneakers are acceptable as well. No sandals or Crocs. Long pants are suggested. We ride year-round, so gloves and a warmer jacket are a must when the weather gets colder. Helmets are provided and must be worn during the lesson. No exceptions.

Health & Safety -

We follow the Maine Center for Disease Control and Prevention guidelines. We have some students who are immunocompromised therefore we must be careful about illness. We are mindful about cleanliness and hand hygiene. We also disinfect helmets and reins after each lesson. If one of our staff members or volunteers are sick, they will stay home that day.

For the health and safety of our staff and riders please stay home if your student is sick and contact us to cancel your lesson. If your student is not sick and you (parent/guardian) are sick but **not contagious**, you may bring them to lessons.

Please DO NOT come to our facility if you've had:

- A fever of 100 or higher in the last 24 hours. Once you are fever free for 24 hours, without fever reducing medication, you may return.
- Vomiting or diarrhea. You must have no symptoms for 24 hours before you can return to our facility.
- A persistent cough.

You must be fever free, without fever reducing medication, and no other symptoms for 24 HOURS before you can return to our facility.

COVID-19

Please DO NOT come to our facility:

- **If you've been in contact with someone who has tested positive for COVID in the last 10 days. Please stay home and contact us to cancel your lesson. Please follow the CDC guidelines and get tested or quarantine for 10 days.**
- **If you or a member of your household has tested positive for COVID in the last 10 days. Please stay home and contact us to cancel your lesson. Please follow the CDC guidelines and get tested or quarantine for 10 days.**

COVID-19 is a respiratory illness that ranges from mild to severe. The virus mainly spreads when an infected person coughs or sneeze and an uninfected person breathes in the virus. Signs and symptoms include:

- Fever of 100 or higher
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Here is some helpful information about the differences between allergies, cold, flu and COVID.

COVID-19 compared to other common conditions				
SYMPTOM	COVID-19	COMMON COLD	FLU	ALLERGIES
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Loss of smell and taste	Sometimes	Common	Common	Common
Shortness of breath	Sometimes	X	X	Common
Headaches	Sometimes	Rare	Common	Sometimes
Aches, muscle pains	Sometimes	Mild	Common	X
Sore Throat	Sometimes	Common	Sometimes	X
Fatigue	Sometimes	Sometimes	Common	Sometimes
Chills, repeated shaking	Sometimes	Rare	Common	X
Diarrhea, vomiting	Rare	X	Sometimes*	X
Swollen toes	Rare	X	X	X
Runny nose	Rare	Common	Sometimes	Common
Sneezing	X	Common	Sometimes	Common

*Sometimes for children

Sources: CDC, WHO, American College of Allergy, Asthma and Immunology

INSIDER

Fees -

1 hour lesson \$40.

Payment is expected at the time of your lesson.

Please place your cash or check in an envelope marked with your student's name on it in the blue mailbox. Checks can be made out to "East of Eden." If your check is returned for insufficient funds a service fee of \$25 applies.

We also accept PayPal or Venmo. Please make payments to,

PayPal - <http://paypal.me/SonjaPlummer> (make sure you select payment type as "Friends and Family")

Vemno - @sonja-eyler

If you have a hardship or want to make arrangements to pay monthly please reach out to the Director, Sonja.

If payment isn't made after 4 lessons, then you must pay in advance BEFORE your next lesson. Missing multiple payments could result in losing your time slot and going back on the waiting list or being dismissed from the program.

Student Dismissal -

It is at the discretion of the owner and instructors to accept or remove a student from the program. Possible grounds for dismissal may include, but are not limited to:

- Conduct endangering another student, staff, horse, or themselves.
- Consistent failure to follow safety procedures with respect to the horses and facility.
- Exceeding rider weight restrictions of approximately 190 pounds, impacting equine welfare.
- A change in medical condition should it be determined that it is no longer safe or beneficial for a rider to continue.
- Continued failure to show up for scheduled time or excessive lateness.

Questions?

If you have any questions, the best way to contact us is by messaging the Remind app, or our Facebook page, East of Eden Stables. All instructors and office staff will receive your message and be able to respond within 24-48 hours.

Lesson Policy, Contract & Payment Agreement

I have read, understand, and agree to the lesson and payment policies contract agreement and will abide by the stated policies.

Student Name:

Student Signature:

Date:

Parent/Guardian Signature:

Date:

Permission to use Photos and Videos

I, _____ (Student’s Name) hereby grant and authorize East of Eden the right to take, edit, alter, copy, exhibit, publish, distribute and make use of any and all pictures or video taken of me to be used in and/or for legally promotional materials including, but not limited to, newsletters, flyers, posters, brochures, advertisements, fundraising letters, annual reports, press kits and submissions to journalists, websites, social networking sites and other print and digital communications, without payment or any other consideration. This authorization extends to all languages, media, formats, and markets now known or hereafter devised. This authorization shall continue indefinitely unless I otherwise revoke said authorization in writing.

I understand and agree that these materials shall become the property of East of Eden and will not be returned.

I hereby hold harmless, and release East of Eden from all liability, petitions, and causes of action which I, my heirs, representative, executors, administrators, or any other persons may make while acting on my behalf or on behalf of my estate.

(If student is under the age of 18 we need a parent/guardian signature below)

If the person signing is under the age of consent, then this release must be signed by a parent or guardian, as follows:

I hereby certify that I am the parent or guardian of named above and do hereby give my consent without reservation to the foregoing on behalf of this individual.

Parent/Guardian Signature:

Date:

(If student is 18 years old or older sign below)

Student Signature:

Date: