



Risk/Benefit Assessment of equine movement and adaptive activities specifically for

Risk to Rider

1. Possibility of contracting COVID-19 despite infection control measures taken by Inspire.
2. Potential to fall from horse despite safety measures and equine training taken by Inspire.

Risk Potential (please check all that apply)

- _____ is at higher risk due to having an underlying medical condition.
_____ is at higher risk because he/she struggles to maintain social distancing.
_____ is at higher risk because he/she is unable to comply with wearing a mask.
_____ is at higher risk because he/she touches his face/mouth frequently, drools,

Benefits to Rider (please circle all that apply)

1. Provides general exercise and gentle cardio workout.
2. Provides sensory stimulation in a rhythmic way which modulates the sensory system that helps to calm the overactive areas and stimulate the underactive areas.
3. Requires rider to maintain midline and balance in response to each unique step of the horse, with the added balance challenges provided by games and/or riding skill challenges.
4. Works on social interaction, engagement and command following.
5. Provides rider with a place to be normal and have fun.
7. Provides an activity that can customized based on abilities on that day.
8. *Provides an opportunity to use both hands equally in activities.*
9. During COVID-19 pandemic, rider has fewer opportunities for social interaction, exercise, and cognitive challenge.

After assessing the risk/benefit specifically for _____ and considering the attached infection control policies:

Parents/Guardians (circle one): agree / disagree that the benefits outweigh the risks

Inspire Executive Director (circle one): agree/disagree that the benefits outweigh the risks

_____ will continue/will not continue at this time riding/driving lessons.
(Inspire will make final determination)

Parent Signature: _____ **Date:** _____

Executive Director Signature: _____ **Date:** _____