

WHAT IS CHALLENGE UNLIMITED AT IRONSTONE FARM?

Challenge Unlimited is a therapeutic riding program based at Ironstone Farm in Andover, MA. The program's main focus is on helping people with disabilities achieve their potential through the benefits derived from riding horses and experiencing the environment of a working farm. Challenge Unlimited serves more than 350 individuals weekly, year round.

The Therapy

The basic premise of therapeutic riding is that when an individual sits on a walking horse, the movement of the horse has the same effect on the person as the normal walking movement. With this premise in mind, Challenge Unlimited's staff develops exercises and activities that are planned to benefit each individual, addressing issues that are not easily addressed in the classroom or clinic. The end result? Directed exercise, strengthening of muscles, improvement of balance, coordination and endurance, lengthening attention span and increased determination and ambition.

Documentation and Evaluation of Programs

Each individual enrolling in the Challenge Unlimited programs must provide the office with a physician's referral (enclosed), a registration form, including information regarding medications, allergies and hospital affiliations. Before scheduling a regular weekly time, clients are involved in an evaluation process. This includes discussion of program goals, introduction to the facility, equipment, staff and animals, and recommendations of program direction. Clients are then assigned to the appropriate staff person or persons for riding lessons. Daily notes and attendance records are kept on "Day Sheets" that are prepared and maintained by a Program Coordinator. The staff meets once a month to discuss policy, needed changes, upcoming activities, and client situations.

Challenge Unlimited Staff

Administrative Staff includes an Executive Director, Program Director, Development Director, an Office Manager, Volunteer Coordinator(s) and Program Coordinator(s). Operational Staff includes a daily Host/Hostess, two full time instructor(s), nine part time instructors, fifteen working students, and more than one hundred volunteers. All of our instructors are licensed by the Massachusetts Department of Agriculture and certified in CPR and First Aid.

Challenge Unlimited Philosophy

Challenge Unlimited stresses a philosophy of individual responsibility and the importance of the work ethic. Everyone involved is expected to do the best they can do - and everyone does - enjoying the responsibility, being part of the team, and pitching in to help, whatever the daily goal might be. The individuals enrolled in the Challenge Unlimited program, regardless of their disability, are also part of the "team", and are expected to put that extra effort into their own therapy sessions not necessarily accomplished in the classroom or clinic. Challenge Unlimited staff have seen remarkable progress made by literally hundreds of participants, with continual reports from physicians, therapists, teachers, parents and riders themselves of carried over improvements in daily functional life skills.

Challenge Unlimited at Ironstone Farm

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Horsemanship-Education-Exercise-Therapy-Freedom-Fun!!

The following are the Guidelines governing the Horsemanship Program at Ironstone Farm. Please read and understand them before registering.

Program Format

...Everyone enrolling in the Horsemanship Program will begin with a one-half hour evaluation session, after which an appropriate program can be recommended. Lessons are then scheduled in eight or nine-week blocks of time, so that each block is conducted as a "course" in horsemanship, with each block enabling the student to progress as his/her abilities allow. (Please see next page for registration information)

Basic Training

...For those new to riding, Ironstone Farm offers a carefully designed program to furnish the beginner student with a unique experience in the field of riding instruction. Altogether, the "basic training" program has been carefully planned to give beginners a safe, educational, and enjoyable experience.

Basic Training I: This course consists of a block of one-hour group lessons which offer a combination of un-mounted vaulting exercises (which increase stability, flexibility and strength) and a series of exercises performed on horseback while on the longe. On the longe, the rider learns to feel the movement of the horse and will learn a series of exercises while sitting on the horse. This method has been very successful in development of posture, balance, coordination, and self-confidence on horseback thus creating a solid foundation for all future riding experiences. Additional skills will be taught in grooming, tacking, use of the reins, and how to make the horse walk, trot and halt.

Basic Training II: Building upon the foundation learned in Basic Training I, riders will start on the longe line, will then move into a buddy system and then will progress to independence in the saddle. They will learn how to bridle and saddle the horse, how to get ready for their lesson, and will learn how to steer using patterns and figures. At the end of this course, students will be able to ride independently.

Next Step

...It is recommended that upon the completion of Basic Training (Parts I & II,) that students move on to traditional riding lessons in a group format where they will build upon their independent riding skills in the saddle. These lessons are for one hour, and we ask that riders arrive approximately 10 minutes before their lesson begins, which will allow the time needed for students to prepare their horse before they ride each week, and that they stay 10- 15 minutes after their lesson to care for their horse and put equipment away

The Horses

...Ironstone Farm is home to a unique, carefully chosen herd of horses. In 1993, farm Manager Dick Donovan hand selected and purchased eleven young, registered Quarter Horses from ranches in Texas and New Mexico. The herd was shipped home and schooled for use in the programs. A year later, Mr. Donovan purchased thirteen Haflingers from the Midwest, chosen for their size, strength, temperament and versatility. The Haflinger is an Austrian mountain horse that is beautiful, full of personality, and fun to ride. In addition to the Quarter Horses and Haflingers, the herd includes other breeds chosen to meet the diverse needs of the programs, numbers about 35 in total. All of the horses are schooled to work with riders of all abilities.

In Summary:

...The Ironstone Farm Horsemanship programs are run by a fully licensed and caring staff. Although you will find that each instructor is unique, all of the lessons are structured around three basic tenets: that the rider is taught safety; that the rider receives an education in the world of horses, and that the rider has fun in the process.

Registration: ...Each year, lessons are offered in six blocks of eight or nine weeks: Winter, Early Spring, Spring, Summer, Early Fall and Fall. After the initial evaluation, the office will call the client to set up a time that will be his/her regular weekly appointment for the next session. For each session thereafter, registration and payment are required prior to the beginning of the next block. If it becomes necessary to bill for payment of a current session, a surcharge of \$25 will be added to cover additional costs incurred.

Time ...Beginners and very young riders in one-hour lessons will spend part of the hour learning proper grooming and tacking procedures before the mounted lesson on the horse. More experienced and independent riders should plan to arrive 15 minutes before and remain 15 minutes following the scheduled lesson time to groom, tack and properly care for the horse after use. In the event of tardiness, horses will be held no longer than 15 minutes beyond the scheduled lesson start time. The remaining time may be spent in unmounted activity at the farm.

Make-up ...***Make-up times will be scheduled if notifications of planned lessons missed are made at the time of registration, or if the Farm finds it necessary to cancel. These make-ups must be taken within the current session.*** There will be no carry-overs. Students are responsible for keeping track of lessons and scheduling their own make-up times before the end of the current lesson block.

Clothing ...**Riding:** A helmet (ASTM/SEI approved), long pants, and shoes or boots (no sneakers!) are required for all independent riders in saddles.
...**Basic Training:** A helmet (ASTM/SEI approved), loose fitting or stretch attire (such as sweats or leggings) and sneakers.
For their own safety, riders will not be allowed on the horse unless properly dressed.

Other Programs ...The following programs are offered at Ironstone Farm in addition to the Horsemanship program:
1. Monthly Lease: Offered to qualified applicants allows 1 hour of riding time a day on a pre-arranged schedule, for 1 month. Cost: \$275.00 (applications available-ask for details).
2. Challenge Unlimited Volunteer Program: Free therapy - guaranteed to lift the lowest spirits!! Help with Challenge Unlimited riding program for people with disabilities. Volunteer workshops held. Call for details.
3. Summer Camp: A week long, day camp that gives youngsters a unique farm experience. If interested, call for a brochure.
4. Working Student/Feeder Program: Offered to individuals 13 or over who qualify. Working students may do farm related chores in return for riding lessons and “free” riding time. Those interested should call the office. Those interested in Feeder Program should call the office or speak to the herd manager.
5. Apprentice Instructor Program: An educational, hands-on course preparing the apprentice to become licensed with the MA Department of Agriculture as a Riding Instructor

Regarding Weather ...***Programs are held in all weather!*** Don't assume that there are no lessons because of weather conditions. The only reasons for cancellation would be hazardous driving conditions or hazardous conditions for the horses or riders. A staff member will call you if your lesson is being cancelled. ***Please consider the weather when dressing for your lesson!*** A raincoat, gloves and warm shoes or boots can make a big difference in the success of your riding experience. If you are unsure of how to dress, call the office or talk with your instructor for “helpful hints” regarding appropriate clothing.

2009 LESSON BLOCK CALENDAR

March 2 – April 26	Early Spring Lesson Block 2009
**April 27 – June 28	Spring Lesson Block 2009
June 29 – August 23	Summer Lesson Block 2009
June 29 – August 21	Summer Camp 2009
**August 24 – October 25	Early Fall Lesson Block 2009
October 26 – December 20	Fall Lesson Block 2009
<i>December 21 – January 3, 2010</i>	<i>Winter Break 2010</i>

*****Please note, these two lesson blocks will have nine (9) weeks and pricing will be adjusted to reflect the additional lesson.***

<u>Lesson Type</u>	<u># of People</u>	<u>Cost Per 8 wk Block</u>	<u>Cost Per 9 wk Block</u>
Evaluation	1 Person	\$40.00	\$40.00
Private ½ Hr	1 Person	\$360.00	\$405.00
1 Hr Group	3-6 People	\$280.00	\$315.00
1 Hr Semi-Private	2 People	\$360.00	\$405.00
1 Hr Private	1 Person	\$520.00	\$585.00

Ironstone Farm will observe the following holidays in 2009

There will be No Lessons on the following dates:

Christmas & New Year's Day*

(*Winter break)

Memorial Day 5/25/09

Independence Day 7/04/09

Labor Day 9/7/09

Thanksgiving Day 11/26/09



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, horse 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: The animals at Ironstone Farm live in harmony with one another. Introduction of a new animal is handled very carefully. Visiting pets will upset this harmony and can be very disruptive. **Please leave your pet(s) at home.**

TREATS: Our animals are on a routine feeding schedule. Their daily intake is carefully monitored. Treats may be harmful to some animals. Also, hand feeding 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 – the treat bucket is located on the window sill of the small indoor arena.

PARKING: **Please park in designated parking 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 open/close 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 a 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 are trained professionals. **Please remain outside the teaching area during lessons.** You are invited to watch from a designated area.

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're 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!

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

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

Student Name: _____ DOB: _____ Height: _____ Weight: _____

Phone# Home: _____ Work: _____ Emergency: _____

Parent/Spouse: _____ Parent/Spouse: _____ Guardian: _____

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

Email: _____ Cell Phone: _____

Name & Phone# of Company/Business(parent/spouse): _____

Name & Phone# of Company/Business(parent/spouse): _____

Name of party 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: _____

Healthcare Insurance Co: _____ Policy # _____ Current tetanus shot? _____

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.

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

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

(continued)

discharge Challenge Unlimited, Inc., Ironstone Therapy, Inc. and Ironstone Farm, its employees, agents, independent contractors, officers, directors, representatives, assigns, members, and insurers, and others acting on their behalf, of and from all 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.

Photo Release (optional): I 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 son/daughter/my ward for promotional material, educational activities, and exhibitions or for any other use for the benefit of the programs. **Yes** **No** **(please check one).**

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.

Date: ____/____/____

Signature

Parent/Guardian must sign for all students under the age of 18.

2009

CHALLENGE UNLIMITED at Ironstone Farm

Physician's Referral

Please complete & return

Name _____ **Date of Birth** _____

Occupation _____

Parent/Legal Guardian _____

Address _____

Street City State Zip

Diagnosis _____ **date of onset** _____

Medical History:

Surgical Procedures: _____

Psychological (include IQ where pertinent) _____

Medications: _____

Visual Impairments _____ **Auditory Impairments** _____

Speech Impairments _____ **Circulation** _____

Neuro-Sensation _____

Balance _____ **Coordination** _____

Spasticity and/or Rigidity _____

Braces _____ **Assistive Devices** _____

Seizures _____ **Incontinence** _____

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

****Physician's Signature:** _____ **Date** _____

****Form must be signed by the Physician**

1/2007