



## The Challenge Unlimited Programs at Ironstone Farm

- Challenge Unlimited provides riding lessons and horsemanship for children and adults of all abilities.
- A physician's approval is required of any rider with a diagnosis.

### Welcome to the Challenge Unlimited Programs at Ironstone Farm!

#### What is Challenge Unlimited?

Challenge Unlimited offers recreational riding lessons at Ironstone Farm. For our riders with a diagnosis, this riding is adapted to incorporate therapeutic measures that strengthen muscles, improve balance, coordination and endurance, lengthening attention span and increase determination and ambition. For all of our riders, our focus is to help each individual achieve his or her potential through the benefits derived from riding horses and experiencing the environment of a working farm.

#### Why is Horseback Riding Considered Therapeutic?

Therapeutic Riding is beneficial for a variety of clients with and without disabilities. The movement of the horse strengthens the development of fine, gross motor skills and provides sensory input. With this premise in mind, Challenge Unlimited's staff develops exercises and a variety of activities that are planned to benefit each individual, addressing issues that are not easily addressed in the classroom or clinic enhancing the movement of the client and stimulating a response.

#### How to Get Started in the Challenge Unlimited Programs

##### The Evaluation

Everyone enrolling in the Challenge Unlimited Programs will begin with a one-half hour evaluation session, after which an appropriate program will be recommended.

##### Lessons

Lessons are held at Ironstone Farm in eight (sometimes nine) week blocks of time. After the individual's evaluation, recommendations are made by the licensed instructor in discussion with the rider or the rider's parent/guardian, if applicable. The Challenge Unlimited program director will then call the individual to set up a weekly lesson program based on those recommendations.

Each rider will have a lesson plan created to meet his or her personal goals that will progress the rider from the beginning of the eight week block to the end. Adjustments will be made throughout the block to make sure the rider is progressing in a safe and healthy manner to achieve the greatest potential for the rider. Ironstone Farm encourages communication between riders, parents and caregivers with our instructors and our Challenge Unlimited program director.

##### Staff

All of the riding instructors at Ironstone Farm are licensed by the Massachusetts Department of Agriculture and have been required to take additional courses in horsemanship conducted by Ironstone staff members. Each instructor is certified in CPR and First Aid.

## What Types of Lessons are available in Challenge Unlimited?

### Basic Training: Vaulting

All beginners start in our Basic Training program, which is a 30 minute private lesson on the longe line. The program allows the rider to develop balance, rhythm, and confidence while the instructor maintains control over the horse. In the Basic Training: Vaulting sessions, the rider learns the art of vaulting, which is similar to gymnastics on horseback. Vaulting involves exercises on horseback with a surcingles rather than a saddle. This puts the rider in closer contact with the horse which allows the rider to feel the movement of the horse. The eight week vaulting curriculum focuses on teaching confidence, rhythm, and balance. These objectives are essential to developing a solid foundation for riding. The skills of grooming and horse care will also be introduced. *The minimum age for Basic Training: Vaulting is 6 years old.*

### Basic Training: Under Saddle

After eight weeks of vaulting, it may be recommended that the rider is ready for Basic Training: Under Saddle. The rider will stay on the longe line. This allows the rider to focus entirely on his or her position in the saddle while the instructor is in control of the horse. The rider will continue working on developing balance and rhythm. The main focus of lessons will be on improving the rider's seat, leg and upper body strength and position. As the rider progresses in these areas, reins and steering will be introduced. The basics of grooming and tacking will also be introduced. Basic Training: Vaulting is a strongly recommended pre-requisite for Basic Training: Under Saddle. *The minimum age for Basic Training: Under Saddle is 6 years old.*

Because each rider will progress at different rates, the instructor will determine when the rider is ready to ride independently. This progress must not be rushed as it is essential to develop a sound foundation for riding, which is proper position and balance in the saddle. When the instructor determines the rider is ready to be given more independence, he or she will continue in a 30 minute private lesson off the longe line. The instructor will determine when he or she is ready for a group or semi-private lesson.

### Group Lessons

When the riding instructor believes the rider is ready, the rider may move into a one-hour group lesson. The rider must be able to steer independently at the walk and trot before moving into a group. We 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, and that they stay 10- 15 minutes after their lesson to care for their horse and put equipment away.

### Friday Night Fun

Friday Night Fun is an adult-only, one-hour group lesson that is offered every other Friday of the block. This is a great way for adults who have prior riding experience to get back into horseback riding. The format encourages a fun, relaxed atmosphere and is often theme-related.

### **Peanuts on Ponies**

Peanuts on Ponies is a program for 4-6 year olds and their parent or guardian. The program focuses on teaching horsemanship in a fun and developmentally appropriate way. With an instructor, the child and parent/caregiver fetch their pony, brush and care for the pony, tack-up, and ride. The parent is encouraged to take part in interactive pre-school games led by the instructor. Parent/guardian will not ride but must be comfortable walking alongside or leading the horse as the child rides.

### **Summer Camp**

Challenge Unlimited at Ironstone Farm offers a summer day-camp (morning, afternoon or full-day) for children ages 7-16. Riders will learn horsemanship, vaulting, group riding lessons, horse management, teamwork, games, and horse/farm –themed arts and crafts. Ironstone Farm Summer Camp is inspected and licensed by the Andover, MA Dept. of Health and meets the regulations promulgated by the Massachusetts Department of Public Health.

### **Therapeutic Riding**

Challenge Unlimited at Ironstone Farm offers individuals as young as 3 years of age the ability to receive the physical, occupational and speech-language therapeutic benefits of the movement of the horse in a private, thirty-minute session led by a licensed riding instructor. These sessions are not riding lessons but rather, in-hand therapeutic riding sessions so that the rider benefits physically and cognitively from the movement of the horse and the position changes and activities conducted by the instructor. This session is available to individuals 3 years of age and older with a diagnosis.

### **Lease an Ironstone Farm Horse or Pony**

Challenge Unlimited at Ironstone Farm offers qualified applicants one hour of riding time a day on a pre-arranged schedule, by the month. Please contact the Challenge Unlimited Program Director for an application.



## The Challenge Unlimited Program at Ironstone Farm

### How Do I Begin?

#### Register for Lessons

Each year, lessons are offered in six blocks of eight or nine weeks: Winter, Early Spring, Spring, Summer, Early Fall and Fall (see Lesson Block Calendar). After the Evaluation, the office will call the client to set up a time that will be his/her regular weekly appointment for the lesson block. For each block of lessons thereafter, registration and payment are required prior to the beginning of the next block. Ironstone Farm's lessons fill up quickly. With over 500 riders to schedule it is necessary that registrations arrive by the due date. All registrations must be returned by their due date. Late registrations will be assessed a \$25 surcharge.

The rider is offered the chance to select two dates for pre-cancels during the lesson block and make-up lessons will be offered for only those dates that were pre-canceled during the same lesson block. Ironstone Farm is unable to schedule make-ups for lessons otherwise missed.

Each individual enrolling in the Challenge Unlimited programs must provide the office with a registration form (available on-line or in the Ironstone Farm Welcome Center). Any individual with a diagnosis must provide a completed physician's approval form.

#### Riding and Horsemanship

Riders are asked to arrive 15 minutes prior to the start of the lesson and to check in at the Welcome Center. The Welcome Center Receptionist will direct the rider to the location of the lesson and let the rider know which horse he or she will be riding.

Any of the lessons may include unmounted activities such as learning to tack up, grooming and cooling out the horse and putting tack and lesson-related equipment away.

#### Importance of Proper Clothing

An equestrian helmet (ASTM/SEI approved), long pants, and shoes or boots with a firm, square heel are required for all riders in saddles.

Basic Training: Vaulting: A helmet (ASTM/SEI approved), loose fitting or stretch attire (such as sweats or leggings) and sneakers. Sneakers are only appropriate for Basic Training: Vaulting or riders who are led in our in-hand lessons. Riders in saddles should ride a boot or shoe with a small flat heel. Please check with the Challenge Unlimited Program Director for your appropriate footwear.

Ensuring safety is a top priority. Riders will not be allowed on the horse unless properly dressed.

## **Our Horses**

Ironstone Farm is home to a unique, carefully chosen herd of horses. Horses are schooled by Ironstone Staff to work with riders of all abilities. Although many of the 35 horses are Haflingers, the herd also contains horses from the Suffolk Punch, Paint and Quarter Horse breeds.

## **Weather and Lesson Locations**

Ironstone Farm is open year-round and rarely closes due to weather. Should the Farm close, each participant will be called and a make-up lesson will be scheduled. If the rider cancels and the Farm is open, a make-up lesson cannot be offered.

Lesson location may take place outside in our white ring, the small indoor, the large, indoor arena or on the trails. Although every effort is made to allow riders to ride inside in inclement weather, all riders must be prepared to ride outside in all weather conditions. Ironstone Farm highly recommends that the rider dress in layers. Please dress appropriately.



## **The Challenge Unlimited Program at Ironstone Farm Please Join Us!**

### **Other Ways to Get Involved and Enjoy Ironstone Farm**

#### **Challenge Unlimited Volunteer Program**

Challenge Unlimited depends upon the assistance of over 220 volunteers each week. Volunteers lead our horses or side-walk alongside clients to ensure the safety of the rider. If interested, please contact the Volunteer Coordinator. Each interested volunteer will complete one, 2.5 hour workshop where he or she will be introduced to our Ironstone herd and instructed in how to work with our horses and our clients. No experience is necessary. Must be 13 years of age or older.

#### **Challenge Unlimited Feeding Program**

Challenge Unlimited offers volunteers the chance to get to know our herd! Feeders are needed for morning feeding and related Farm chores. Please contact the Herd Manager by calling the office for more information.

#### **The Challenge Unlimited Working Student Program**

Offered to individuals 13-18 who have proven their interest through volunteering at Ironstone Farm. The Working Student position is conducted as a "first job" for students and the skills of customer service, responsibility, follow-through and team work are taught, demonstrated and encouraged. Working Students will be given a work schedule and trained in a variety of equine-related jobs. The Working Student accrues riding lessons and "free" riding time.

#### **Horsemanship Program**

Challenge Unlimited offers an 8-week course that provides an overview of the basics of equine understanding, care and management. The Horsemanship Course is a pre-requisite for apprentice instructors at Ironstone Farm preparing for Massachusetts licensure, and an elective for others interesting in expanding their knowledge of horses beyond riding. Evening classes are taught by a team of Ironstone Farm staff members who bring varied expertise and perspective for a dynamic program. Classes will be split between lecture and outdoor hands-on activities.

#### **Apprentice Instructor Program**

Challenge Unlimited offers an opportunity for people interested in becoming a licensed Massachusetts horseback-riding instructor. The Challenge Unlimited Apprentice program contains practical and classroom instruction that provides a framework to prepare for the Massachusetts Horseback Riding Instructor Test administered by the Massachusetts Department of Agriculture. Sixty apprentice hours (to be completed within six months – one year) are required by the Commonwealth of Massachusetts Department of Agriculture prior to taking the test. These hours are completed through hands-on practical instruction with an Ironstone Farm staff member as mentor.

The Challenge Unlimited Horsemanship Program is a required pre-requisite to taking the Challenge Unlimited Apprentice Instructor Program. Apprentices must be 18 years of age or older.

Please contact the office for more information on these or any of the programs offered at Ironstone Farm.



**2011 Lesson Calendar**

**Lessons are conducted in  
8 or 9 week blocks listed below**

Winter Block	8 Weeks	January 3 – February 27, 2011
Early Spring Block	8 weeks	February 28 – April 24, 2011
Spring Block	9 weeks	April 25 – June 26, 2011
Summer Block		
Option 1	4 weeks	June 27 – July 24, 2011 (no pre-cancels)
Option 2	4 weeks	July 25 - August 21, 2011 (no pre-cancels)
Option 3	8 weeks	June 27 – August 21, 2011
Summer Camp	8 weeks	June 27 - August 19, 2011
Early Fall Block	9 weeks	August 29 – October 30, 2011
Fall Block	8 weeks	October 31 – December 23, 2011

For those of you who are Saturday riders during the Fall block, please call in advance to reschedule your lesson of December 24<sup>th</sup>. Ironstone Farm will be closed December 24<sup>th</sup>, 2011.

\*Cancellation Policy: Riders receive the opportunity to pre-cancel two lessons per block for which a make-up lesson is provided during that same block. Cancellations other than those that are pre-canceled cannot be made-up and are non-refundable.

<u>Lesson type</u>	<u># of Riders</u>	<u>Cost Per Rider</u>	
		<u>8 week Block</u>	<u>9 week Block</u>
Private 1/2 hr	1 Rider	\$360.00	\$405.00
1 Hour Group	3-6 Riders	\$280.00	\$315.00
1 Hour Semi Private	2 Riders	\$360.00	\$405.00
1 Hour Private	1 Rider	\$520.00	\$585.00

Lessons will be held during all school vacations and all holidays with the following exceptions:

- Christmas Eve
- Christmas Day
- New Year's Day
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day



## 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 Therapy, Inc. & Ironstone Farm**

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

Client Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
Phone# Home: \_\_\_\_\_ Work: \_\_\_\_\_ Emergency: \_\_\_\_\_  
Parent/Spouse: \_\_\_\_\_ Parent/Spouse: \_\_\_\_\_ Guardian: \_\_\_\_\_  
Client Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
Name & Phone# of Company/Business (parent/spouse): \_\_\_\_\_  
Name & Phone# of Company/Business (parent/spouse): \_\_\_\_\_  
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: \_\_\_\_\_

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**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 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

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

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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.

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**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)

<p><b>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.</b></p>
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Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Signature**

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



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 \_\_\_\_\_

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

(rev. 11.09)