

JOIN OUR TEAM!

Volunteers are the backbone of our program and there are many ways you can help...we are always looking for new volunteers to horse handle, side-walk, groom & tack and to help fundraise...

If you are able to help out or would like more information about our program, please contact our

Volunteer Coordinator or Program Instructor

at 604-485-0177

Or simply fill out this form and one of our staff will contact you...

THANK YOU!!!

*Training is provided for horse handling and Certificates of Completion are offered.

Name: _____

Address: _____

Telephone: _____

Areas of Interest: _____



WAYS YOU CAN HELP...

SPONSOR A HORSE:

- 1 session - \$ 650
- 2 sessions - \$ 1,300
- 3 sessions - \$ 2,600



SPONSOR A RIDER:

- 1 session - \$300
- 2 sessions - \$600
- 3 sessions - \$900



PRTRA is registered non-profit charitable organization and securing funding is an on-going challenge...

NAME: _____

ADDRESS: _____

POSTAL CODE: _____

TELEPHONE #: _____

ENCLOSED IS MY CHEQUE OR
MONEY ORDER IN THE AMOUNT
OF: \$ _____

*Please make cheque or money order payable to: Powell River Therapeutic Riding Association...tax receipts will be issued for donations of \$10 or greater. Thank you for your support!



**PRTRA ACKNOWLEDGES THE FINANCIAL
SUPPORT WE RECEIVE FROM THE
PROVINCE OF BRITISH COLUMBIA**

POWELL RIVER THERAPEUTIC RIDING ASSOCIATION



Phone: 604-485-0177
Fax: 604-485-0178
E-mail: prtra@shawbiz.ca
www.prtherapeuticriding.com

Riding Centre located at:
4356 Myrtle Road, Powell River, BC
V8A 4Z3

Mailing Address:
C-6 Valley Road, Powell River, BC
V8A 4Z2

MISSION STATEMENT

To provide therapeutic rehabilitation, under medical advisement for persons with disabilities, through the use of the horse; and to become a major contributor to the health and well being of persons with disabilities in our community.



Powell River Therapeutic Riding Association was formed in 1991 to provide Therapeutic Horse Back Riding for children and adults with physical, mental, emotional and learning disabilities.

OBJECTIVES

Our **primary** objective is to provide a comprehensive alternative therapy for individuals with various physical or mental challenges, from the preschool age to seniors. Riders must provide a Dr's referral and have an assessment from one of our physiotherapists prior to entering the program. Please contact us for further information if you feel you may benefit from this form of therapy.

Our **secondary** objective is to enable our Instructors and Volunteers to become knowledgeable regarding safe, appropriate procedures for the delivery of the program.

We are members of the Canadian Therapeutic Riding Association and the BC Therapeutic Riding Association, and our Instructors are required to meet and maintain standards established by these associations.

The medical professionals within our community are aware of and show their support for this alternative therapy through referrals and endorsements.

INTRODUCTION TO THERAPEUTIC RIDING

Therapeutic Riding is a collective term which encompasses all those divisions of riding, emphasizing the learning of functional riding skills for therapeutic purposes. Riding is a pleasurable activity for many people and it is a social skill that can be great fun for all involved! It's also empowering for many children and adults with disabilities who might otherwise be confined to a wheelchair.

Therapeutic Riding is widely accepted as a useful method of improving the physical and mental well being of riders suffering from a wide range of disabilities. Some of these include, but are not exclusive of, Brain and Spinal Cord injury; Brain Lesions; Spina Bifida; Stroke; Cerebral Palsy; Downs Syndrome; Multiple Sclerosis, Autism and Learning Disabilities. Riding provides an opportunity for invigorating exercise and recreation and it gives the rider a sense of achievement and self worth.



PHYSICAL AND PSYCHOLOGICAL BENEFITS

Riding helps improve balance and coordination and prevents contractures. It helps build confidence and self-esteem and increases attention span. It also gives the rider a measure of independence, and it's exercise in the form of FUN!!!



PHYSICAL

- Improves balance and coordination
- Mobilizes the pelvis, lumbar spine and hip joint
- Develops head and trunk postural control
- Facilitates development of righting and equilibrium reaction
- Improves symmetry
- Improves body awareness
- Stretches selected muscles
- Positive effect on circulation
- Improves spatial orientation
- Improves endurance

PSYCHOLOGICAL

- Builds confidence and self-esteem
- Increases attention span
- Gives a measure of independence
- Exercise in the form of FUN!!!