

## JOIN OUR TEAM!

Volunteers are an essential part of our success and there are many ways you can help. We are always looking for people to horse handle, side-walk, groom and tack or to help fundraise.

If you are able to help out or would like more information about our program, please contact our Office & Volunteer Coordinator at 604-485-0177 or simply fill out this form and one of our staff will contact you.

## THANK YOU!!!

Training is provided for Side Walking and Horse Handling, no experience with horses required.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Areas of Interest: \_\_\_\_\_



## SPONSOR A HORSE & RIDER

The actual cost for one session is \$685 and our fee is one-sixth of that. Some riders are sponsored by School District 47, KidsportBC, Canadian Tire Jumpstart, Ministry for Children & Families, Foundations, Variety, the Children's Charity and private donors.

One Session: \$ 680  
Two Sessions: \$1,370  
Three Sessions: \$2,050



PRTRA is a registered non-profit charitable society and fundraising is an on-going challenge. Tax receipts are issued for donations over \$20. Thank you for your support.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Enclosed is my cheque or money order, in the amount of \$ \_\_\_\_\_ payable to PRTRA.



PRTRA ACKNOWLEDGES FINANCIAL SUPPORT FROM THE PROVINCE OF BRITISH COLUMBIA

## POWELL RIVER THERAPEUTIC RIDING ASSOCIATION



604-485-0177

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

## VISION

PRTRA is a secure organization that works collaboratively within the community to provide unique, accessible therapy to people with disabilities in Powell River.

## MISSION

The Powell River Therapeutic Riding Association will continue to provide therapy with horses, while focusing on increased sustainability and engagement of our community.

## OBJECTIVES

Our **primary** objective is to provide a comprehensive alternative therapy for individuals with various physical, emotional and/or developmental challenges, from pre-school age to seniors. Riders require a Doctor's referral and must have an assessment from one of our physiotherapists or staff prior to entering the program. Please contact us for further information if you feel you, or someone you know, 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 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 an effective 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.



**Most of all, riding is fun!**

## PHYSICAL, EMOTIONAL AND PSYCHOLOGICAL BENEFITS

The goal of our therapeutic program is to relax and stretch tight muscles, to develop strength and endurance in weakened areas; improve posture, balance, coordination, concentration and attention. This all leads to better social skills, communication and confidence which helps the riders to be better prepared for school and to participate more fully in all aspects of daily living.

The motion that occurs in the pelvis and hips when riding is similar to that of walking, so it provides the rider with the "movement experience" of what it feels like to walk. For some people this will actually aid in the development of walking.

Riding also provides sensory experience, through touch, sight, sound, smell and movement. For individuals with sensory dysfunction, the contact with the horse and the motion of riding help to calm, regulate and integrate the sensory system.

Riding provides a stimulus and challenge in acquiring a new skill and a feeling of achievement from the mastery of the horse. It improves confidence and self-esteem, develops empathy and a close companionship with a large animal.

It increases verbal and non-verbal communication skills motivated by the need to acquire vocabulary and express needs.

Increases attention span, patience, self-control, concentration and improves body awareness.

Dedication, respect and responsibility are lessons learned by putting the horse first.