

**New Kingdom Trailriders
Parent/Student Handbook**



**18929 81ST STREET
SHERRARD, IL 61281**

CONTACT INFO

The phone is (309) 764-4220. Our office hours for visits are posted on our website www.nktriders.org, please check before coming out.

The address is 18929 81st Street in Sherrard, IL 61281.

The email address is info@nktriders.org and the website is www.nktriders.org.

STAFF PHONE NUMBERS

Angie Nelson, Executive Director (309) 764-4220

Beccah Yuswak, Instructor/Volunteer Coordinator

(815) 275-9672

Theresa O'Keefe, Instructor

(563) 349-3973

INTRODUCTION

NEW KINGDOM TRAILRIDERS (NKT) is a non-profit, tax-exempt corporation founded by a group of Christian horse owners wishing to dedicate their animals toward helping people. This desire to be of service to the community has produced a therapeutic horseback riding program that serves people of special challenges in the greater Quad City area and surrounding communities.

The program is open to any person with special challenges including physical, mental, social and developmental needs.

BENEFITS

The three-dimensional, rolling gait of the horse not only helps relax spastic muscles, but also strengthens muscles and promotes good posture. Riders gain a new self-confidence and an improved self-image. This combination of physical, mental, social and educational stimulation makes this a mode of therapy that many times is more effective than conventional modes given in a classroom or clinical setting.

Besides providing a unique opportunity, our program also provides training of volunteers with the goal of developing improved understanding of and attitude toward those with special challenges.

Some of the benefits of therapeutic horsemanship, in addition to being a recreational and social activity include:

- Improved balance, coordination & posture**
- Strengthened & relaxed muscles**
- Increased joint mobility**
- Improved concentration**

- **Improved self-esteem/confidence**

ACCREDITATION

NKT is a Premier Accredited Center with PATH (Professional Association of Therapeutic Horsemanship) Intl. PATH Intl provides support through setting of safety standards, accreditation, instructor certification, insurance coverage, literature and seminars. We will be reaccredited in 2017!

MISSION STATEMENT

New Kingdom Trailriders (NKT) services the greater Quad City area and surrounding communities by empowering children and adults facing physical, mental, emotional, and social challenges to create active, healthier and more fulfilling lives through equine assisted activities.

CLASS FEES & SCHEDULES FOR 2015

Riding session fees are \$150 for a six-week course. Riders can choose Monday, Tuesday, Wednesday or Thursday night based on instructor recommendation and the broad descriptions below.

2017 CLASS SCHEDULE

Session 1 – 2/13-3/23

Session 2 –4/3-5/11

Session 3 –5/22-6/29

Session 4 – 7/10-8/17

Session 5 – 8/28-10/5

Session 6 – 10/16-11/22

CLASS DESCRIPTIONS

Lesson times are 5:00, 6:00 and 7:00 each night, and are group lessons consisting of up to 4 riders.

Private lessons are available for more independent riders Monday through Thursday, at pre-scheduled times, and at the discretion of the student and instructor.

Monday – classes are designed for our most independent riders, typically between the ages 8 at 18

Tuesday – classes are geared toward adults of moderate independence, needing little assistance

Wednesday – classes are for students between the ages of 3 and 70, those who need moderate assistance

Thursday – classes are for students between the ages of 3 and 70, those who need maximum assistance

WHO IS ELIGIBLE TO RIDE?

- **First come, first served**
- **Riders may ride if there are suitable horses; size, temperament and training of available horses are taken into consideration as well as the rider's need**
- **Riders may ride if there are sufficient number of trained volunteers available to maintain safety for the class**
- **Riders may ride if there is a Certified Instructor present**
- **Riders may ride if it is determined that the rider will be benefitted and not be harmed by riding**
- **Riders may ride if the rider's weight does not exceed 190 pounds. Exceptions are made if they are independent riders with good balance and if there is a suitable horse that can carry their weight**
- **Riders who have contagious diseases or conditions may not ride until they are deemed safe by the Director/Instructor**

PARENTAL PARTICIPATION

Parents may actively participate in the student's riding lessons as a side walker under the following conditions:

- Parents must participate in Volunteer Training
- Parents will be assigned to assist with a rider, not necessarily their own child, at the discretion of the instructor

Other parental volunteer opportunities include the following:

- **Fundraising/Special Events – As of the 2017 riding year this is going to be a requirement of all parents and families in order for NKT to maintain our affordable pricing.** NKT has not had a price increase in over 10 years and while we currently charge \$150/session our actual cost is \$342/session for each rider. We have attached a calendar at the back of the handbook and would ask that you all prayerfully consider what you can do to help NKT. Along with each fundraiser will be a "buy out" option. If you have any questions please do not hesitate to reach out to our fundraising committee chair or staff. We greatly appreciate your support with our fundraising efforts!
- Photographing/videotaping riders/classes
- Class Greeter
- Special projects as need arises

REGISTRATION PROCEDURES

A potential rider must submit an annual application by going online to www.nktriders.org/user-registration and filling out the required data. Every year, riders will login to update information and goals, and also to submit an updated Medical History/Physician's Release and the necessary liability and medical authorization forms.

Riders may then go to the "Riding Classes" tab to register for classes.

Assignment of classes is made on a first come, first served basis. New riders need to be approved before riding, and medical forms need to be turned in before a new rider can be evaluated.

FINANCIAL ASSISTANCE

Limited funds have been donated to assist in cases of financial need. Riders may indicate the need for assistance during the application process. This paperwork needs to be turned in for board review prior to the beginning of the requested session, so please call for required deadlines.

REFUND POLICY

Refunds or credits of unused session fees are available only on the following basis:

- **Withdrawing due to medical reasons**
- **NKT initiated rider cancellation**
- **NO FEES WILL BE REFUNDED FOR WEATHER RELATED CLASS CANCELLATIONS**

REFUSAL POLICY

NKT's right to refuse a person riding privileges includes, but is not limited to, the following reasons:

It is determined the rider's behavior, weight, or medical condition creates an unsafe or unhealthy situation for either the rider, staff, horse or team of trained helpers.

CLASS FEES

Fees are paid per 6-week session.

Fees are due prior to the beginning of each session.

Riders who are delinquent in paying their fees and have not made arrangements for a payment schedule are ineligible to enroll for additional sessions until their account is cleared.

It should be understood that the therapeutic horseback-riding program sponsored by NKT is offering riding classes at a minimal cost. Riding fees are kept at or below the fee rate of area riding stables.

RIDER OPPORTUNITIES

All riders are eligible to participate at riding demonstrations and horse shows that we are invited to do from time to time.

RULES AND PROCEDURES

CLASS CANCELLATIONS

The safety and good health of riders, volunteers and horses are the most important concerns of NKT. Class will not be held during the following conditions:

- **Weather Related**
 - **Temperature extremes (heat index over 95 degrees or dangerous cold conditions)**
 - **High winds**
 - **Lightning**
 - **Thunderstorm or Tornado Warnings**
- **Other reasons for cancellations**
 - **There are no Certified Instructors available to be on site**
 - **Lack of appropriate horses (illness, lameness, etc.)**

NKT WILL MAKE EVERY ATTEMPT TO NOTIFY RIDERS OF CANCELLATIONS. IF IN DOUBT CALL (309) 764-4220 or your instructor.

No fees will be refunded due to cancellations.

ABSENCE POLICY

Consideration for NKT volunteers and staff is appreciated. Riders are asked to give 24 hours notice whenever possible if unable to attend a class or event.

No fees will be refunded due to absences.

CLOTHING REQUIREMENTS/DRESS CODE

Safety helmets are mandatory for anyone sitting on or riding a horse. Helmets are provided but riders may bring their own helmet providing they are ASTM-SEI rated and approved by the instructor.

Long pants are recommended for students riding in a saddle and strongly suggested for all other riding.

Any rider dressed inappropriately will ride in a bareback pad or not at all.

Shoes with sturdy heels, oxfords or riding boots are recommended for those riding in saddles. Ennis shoes are acceptable footwear if no boots are available. No sandals or open-toe shoes are permitted.

Safety stirrups will be used on all saddles, especially when proper riding boots cannot be worn.

For special events such as horse shows or demonstrations, NKT logo clothing is encouraged in order that NKT makes a unified impression. English riding competitors are encouraged to invest in breeches and boots. Western riders may wear jeans and boots.

RIDER/PARENT RESPONSIBILITY

- **Arrive on time**
- **Give 24 hour notice of absence if possible**
- **Dress appropriately (see Clothing Requirements)**
- **Assist in events that occur during the rider's riding session**
- **Let the volunteers assisting you and your student know that you appreciate the donation of their time**
- **Notify your instructor of any changing conditions of the rider**
- **Do what you can in your circle of friends and business acquaintances to promote NKT and seek volunteers and funding**

RULES

- All children must be under adult supervision at all times.
- No smoking in the buildings or around the riders.
- We request that the language of all participants be appropriate for the setting
- No yelling and screaming or rock throwing
- No standing on gates or fences
- Drive slowly on farm property
- Reserve the parking areas closest to the doors for riders with physical challenges
- No pets, please (NKT's cats, allergies, and insurance risks)
- Horse stalls are off limits except to authorized people
- Never sit on a horse that is tied up
- If you open a gate, also close it

**THANK YOU FOR YOUR PART IN MAKING NKT TO BE A SAFER
PLACE FOR ALL**

VOLUNTEERING

The support and participation of volunteer workers are an important and integral part of the success of the program. Therapeutic horsemanship is made possible with the assistance of many dedicated volunteers. Besides working in the arena with the horses and riders other volunteer opportunities include: horse care, stable maintenance and special event assistance. Volunteer training provides individuals, fourteen years of age or older, with the skills and confidence to successfully participate in the riding program.