



P.O. Box 463  
 Maple Plain, MN 55359  
 (952) 934-0057  
 Fax: (952) 974-9688  
 clients@wecanride.org

## We Can Ride

# 2023 Medical History Form

**Physician Signature Required**

NAME:: \_\_\_\_\_ GENDER: \_\_\_\_\_ DOB: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 PARENT/GUARDIAN: \_\_\_\_\_  
 DIAGNOSIS: \_\_\_\_\_  
 SCOLIOSIS: YES \_\_\_ NO \_\_\_ (DEGREE & REGION) \_\_\_\_\_  
 IMMUNIZATIONS UP TO DATE: YES \_\_\_ NO \_\_\_ HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ (MUST BE FILLED TO PARTICIPATE)  
 Allergies: Yes \_\_\_ No \_\_\_ If yes, to what?: \_\_\_\_\_

SEIZURES: YES \_\_\_ NO \_\_\_ SEIZURE TYPE: \_\_\_\_\_  
 CONTROLLED: YES \_\_\_ NO \_\_\_ DATE OF LAST SEIZURE: \_\_\_\_\_

Indicate any problems and/or surgeries in any of the following areas by checking Yes or No; If yes, please comment.

Area	Yes	No	Comments
Vision or Auditory			
Speech Delay			
Attention, Learning			
Cognitive Delay			
Psychological			
Cardiac, circulatory			
Pulmonary			
Neurological			
Orthopedic - scoliosis, subluxation/dislocation, osteoporosis			
Pain			
Tactile Sensation			
Muscular/Balance			
Immunity			
Breathing			
Digestion/Elimination			

**MOBILITY (PLEASE CIRCLE):** INDEPENDENT CANE CRUTCHES BRACES WALKER WHEELCHAIR

PLEASE INDICATE ANY SPECIAL PRECAUTIONS: \_\_\_\_\_

In my opinion, this patient can receive horseback riding therapy or participate with an equine on the ground, under appropriate supervision. However, I understand that *We Can Ride, Inc.* will determine whether they can safely provide services.

**Doctor Name (Print):** \_\_\_\_\_ **Signature:** \_\_\_\_\_  
 Date: \_\_\_\_\_ Stamp Address Here: \_\_\_\_\_  
 Clinic Name: \_\_\_\_\_  
 Phone : \_\_\_\_\_

**We Can Ride**  
**2023 MEDICAL HISTORY**  
**INFORMATION PAGE**

Dear Client/Parents:

In order to safely provide equine activities, we request that you complete the attached Medical History form. Note that the following conditions may suggest precautions and contraindications to equine activities. Please review and indicate any precautions or contraindications on the attached form.

**Orthopedic:**

Atlantoaxial Instability - include neurologic symptoms  
Coxarthrosis  
Cranial Defects  
Heterotopic Ossification/Myositis Ossificans  
Joint subluxation/dislocation  
Osteoporosis  
Pathologic Fractures  
Spinal Joint Fusion/Fixation  
Spinal Joint Instability/Abnormalities

**Neurologic:**

Hydrocephalus/Shunt  
Seizure  
Spina Bifida/Chari II Malformation/Tethered Cord/Hydromyelia

**Other:**

Age - Under 4 years old  
Indwelling Catheters/Medical Equipment  
Medications  
Poor Endurance  
Skin Breakdown

**Medical/Psychological:**

Allergies  
Animal Abuse  
Cardiac Condition  
Physical/Sexual/Emotional Abuse  
Blood Pressure Control  
Dangerous to Self or Others  
Exacerbations of Medical Conditions (RA, MS, etc.)  
Fire Setting  
Hemophilia  
Medical Instability  
Migraines  
PVD  
Respiratory Compromise  
Recent Surgeries  
Substance Abuse  
Thought Control Disorders  
Weight Control Disorders

Please keep for your reference unless above conditions apply



## Payment Policy

Clients, Families and Caregivers:

We appreciate having you as part of our We Can Ride family! Please read this **2023 Payment Policy Notice** carefully and contact the office if you have any questions ([finances@wecanride.org](mailto:finances@wecanride.org)). Fee changes reflect changes in prices for horse care and upkeep of programming.

### 2023 Fees:

#### Ground Lessons:

<b>Private Ground Lesson:</b>	Winter - \$522.00 six-week session Spring - \$696.00 eight-week session Summer, Fall - \$783.00 nine-week session
<b>60 Min. Private Ground Lesson:</b>	Winter - \$654.00 six-week session Spring - \$872.00 eight-week session Summer, Fall - \$981.00 nine-week session

#### Therapeutic Riding:

<b>Group Therapeutic Riding:</b>	Winter - \$522.00 six-week session Spring - \$696.00 eight-week session Summer, Fall - \$783.00 nine-week session
<b>60 Min. Riding &amp; Ground Group:</b>	Winter - \$672.00 six-week session Spring - \$896.00 eight-week session Summer, Fall - \$1008.00 nine-week session
<b>Semi-Private:</b>	Winter - \$600.00 six-week session Spring - \$800.00 eight-week session Summer, Fall - \$900.00 nine-week session
<b>60 Min. Riding &amp; Ground Semi-Private:</b>	Winter - \$768.00 six-week session Spring - \$1024.00 eight-week session Summer, Fall - \$1152.00 nine-week session
<b>Private:</b>	Winter - \$696.00 six-week session Spring, Summer - \$928.00 eight-week session Fall - \$1044.00 ten-week session
<b>60 Min. Riding &amp; Ground Private:</b>	Winter - \$876.00 six-week session Spring - \$1,168.00 eight-week session Summer, Fall - \$1,314.00 nine-week session



## Hippotherapy:

<b>Specialty OT/SLP:</b>	<b>Winter - \$1,542.00 six-week session</b> <b>Spring - \$2,056 eight-week session</b> <b>Summer, Fall - \$2,313 nine-week session</b>
NEW Client Screening:	\$83.00 <b>due at the time of the screening</b>
Annual Registration:	\$73.00 <b>due with registration paperwork (nonrefundable)</b>
Family Registration (2 or more):	\$88.00 <b>due with registration paperwork</b>
Session Deposit:	\$100.00 <b>due with registration paperwork</b>

**Responsibility:** A \$100 per session deposit must be made in order to register for each session. This deposit will go toward the total session fee.

- A \$25.00 late fee will be assessed if payment has not been received within a week following each session's due date.
- The deposit is refundable if a cancellation is made **30 days prior to class start date**.
- If a cancellation is made less than 30 days prior to the class start date, the remaining class fee remains the client's responsibility and must be paid in full prior to attending another session. **The entire \$100 deposit is NOT refundable.**
- If you sign up for a session within the 30 day window, the \$100 deposit will apply for any cancellations made and cannot be used for a different session deposit.
- Exceptions will be made for individuals who pay through a 3<sup>rd</sup> party & on a case by case basis.
- There will be a \$20.00 admin. fee assessed for **refund** checks, when requested.

The full **Session Fee** **must be paid three weeks prior to the start of the Session.** Please contact the Finance Manager at [finances@wecanride.org](mailto:finances@wecanride.org) prior to the payment due date if you need to make arrangements due to financial hardship. **All credits will expire at the end of the current calendar year. Unless otherwise instructed, credits will be used to support We Can Ride's program operation.**

If the client is scheduled for more than one session, payment is due only for the immediately upcoming session; payment for the next enrolled session will be due three weeks prior to that session's start date.

We Can Ride does not administer third party billing. You will be invoiced directly. **You are responsible for all charges due on your account, even if you are seeking insurance coverage or waiver services.**

**If the session fee is not paid in full by the payment due date, or arrangements have not been made with the Finance Manager by that date, the client will be removed from class for that session and their spot given to another client.**

**\*By signing the registration form, you are agreeing that you have read and understand the payment policy and will pay all fees applied to your account\***



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## **2023 Session Dates**

**Please keep for your own record**

Saturday	Session I:	Jan. 7, 14, 21, 28, Feb. 4, 11. Make-up Feb. 18th.
	Session II:	March 11, 18, 25, April 1, (Off April 8th) 15, 22, 29, May 6. Make-up May 13 <sup>th</sup> .
	Session III:	June 3, 10, 17, 24, (Off July 1st) July 8, 15, 22, 29, Aug. 5. Make-up Aug. 12th & 19th.
	Session IV:	Sep. 16, 23, 30, Oct. 7, 14, (Off Oct. 21st) 28, Nov. 4, 11, 18. (Off Nov. 25th) Make-Up Dec. 2nd.
Sunday	Session I:	Jan. 8, 15, 22, 29, Feb.5, 12. Make-up Feb. 19th.
	Session II:	March 12, 19, 26, April 2, (Off April 9th) 16, 23, 30, May 7. Make-up May 14 <sup>th</sup> .
	Session III:	June 4, 11, 18, 25, (Off July 2nd) July 9, 16, 23, 30, Aug. 6. Make-up Aug. 13th & 20th.
	Session IV:	Sep. 17, 24, Oct. 1, 8, 15, (Off Oct. 22nd) 29, Nov. 5, 12, 19. (Off Nov. 26th) Make-up Dec. 3rd.
Monday	Session I:	Jan. 9, 16, 23, 30, Feb. 6, 13.. Make-up Feb. 20th.
	Session II:	March 13, 20, 27, April 3, (Off April 10th) 17, 24, May 1, 8, Make-up May 15 <sup>th</sup> .
	Session III:	June 5, 12, 19, 26, (Off July 3rd) July 10, 17, 24, 31, Aug. 7. Make-up Aug. 14th & 21st.
	Session IV:	Sep. 18, 25, Oct. 2, 9, 16, (Off Oct. 23rd) 30, Nov. 6, 13, 20. (Off nov. 27th) Make-up Dec. 4 <sup>th</sup> .
Tuesday	Session I:	Jan. 10, 17, 24, 31, Feb. 7, 14. Make-up Feb. 21st
	Session II:	March 14, 21, 28, April 4, (Off April 11th) 18, 25, May 2, 9. Make-up May 16th.
	Session III:	June 6, 13, 20, 27, (Off July 4th) July 11, 18, 25, Aug. 1, 8. Make-up Aug.15th & 22nd.
	Session IV:	Sep. 19, 26, Oct. 3, 10, (Off Oct. 17th) 24, 31, Nov. 7, 14, 21, (Off Nov. 28th) Make-up Dec. 5 <sup>th</sup> .
Wednesday	Session I:	Jan. 11, 18, 25, Feb. 1, 8, 15. Make-up Feb. 22nd.
	Session II:	March 15, 22, 29, April 5, (off April 12th) 19, 26, May, 3, 10. Make-up May 17th.
	Session III:	June 7, 14, 21, 28, (Off July 5th) July 12, 19, 26, Aug. 2, 9. Make-up Aug. 16th & 23rd.
	Session IV:	Sep. 20, 27, Oct. 4, 11 (Off Oct. 18th) 25, Nov. 1, 8, 15, (Off Nov. 22nd) 29. Make-up Dec. 6 <sup>th</sup> .
Thursday	Session I:	Jan. 12, 19, 26, Feb. 2, 9, 16. Make-up Feb. 23rd.
	Session II:	March 16, 23, 30, April 6, (Off April 13th) 20, 27, May 4, 11. Make-Up May 18th.
	Session III:	June 8, 15, 22, 29, (Off July 6th) 13, 20, 27, Aug. 3, 10.. Make-up Aug. 17th & 24th.
	Session IV:	Sep. 21, 28, Oct. 5, 12, (Off Oct. 19th) 26, Nov. 2, 9, 16, (Off Nov. 23rd) 30. Make-up Dec. 7th.

### **Days Off in the 2023 Riding Season:**

Saturday April 8th through Friday April 14th.

Saturday July 1st through Friday July 7th.

Tuesday October 17th through Monday October 23rd.

Wednesday November 22nd through Tuesday November 28th.



# Riding & Hippotherapy Guidelines

In order for We Can Ride to provide a safe environment for all individuals involved in our programs and to accommodate and adapt to specific needs within our programming and client base, We Can Ride abides by the following riding guidelines.

It is We Can Ride's goal to be able to offer services to all those in need. If possible, we may be able to make exceptions to some of the precautions listed based on diagnoses, age, height and weight.

## **Physical Precautions:**

In order for a client to participate in riding lessons, the following requirements in his/her weight category are required:

### **Weighs 100 pounds or less:**

- A. The ability to safely mount/dismount the horse with support provided (2 staff maximum).
- B. If client needs more support during mounting, accommodations will be discussed and provided if safe to do so.
- C. An appropriate horse is available for the client.

### **Weighs 101-150 pounds:**

- A. The ability to safely mount/dismount the horse with support provided (2 staff maximum).
- B. If client needs more support during mounting, accommodations will be discussed and provided if safe to do so.
- C. Client is able to assist with repositioning while mounted.
- D. An appropriate horse is available for the client.

### **Weighs 151-190 pounds:**

- A. The ability to safely assist with the mount/dismount with support provided.
- B. An appropriate horse is available for the client.
- C. Client is able to self-adjust while mounted 100% of the time.

### **D. Neck Control:**

- a. Ability to independently turn head.



- b. The ability to hold head in an upright position with a helmet on, without uncontrolled falling, snapping, or tilting of the head forward or backward.

#### **Weight Bearing:**

- a. The ability to stand on one foot with moderate assistance or both feet and the ability to take steps backwards.
- b. Exceptions may be made if client has a strong upper body and can help transfer.

#### **Trunk Control:**

- a. The ability to bench sit for 2 minutes without assistance.
- b. The ability to sit moderately balanced while astride the horse.

#### **Behavior/Cognitive:**

- a. Does not have strong or violent emotional outbursts.
- b. Does not pursue movement to the point of interfering with daily life.
- c. Does not take excessive risk that puts self or others in danger.
- d. Does not have behavior that injures the horse, volunteers, instructor or self. Behaviors to include hitting, kicking, spitting, hair pulling, scratching, screaming, pushing, removing helmet, self-dismounting, bouncing, rocking, excessive movement.

\*If the client does not meet the above requirements, he/she will not be able to participate in mounted therapeutic riding or hippotherapy but may be appropriate for **UNMOUNTED** lessons.

\*If a client exhibits any of the aforementioned precautions and are currently participating, a re-evaluation by a therapist will take place. The client may be required to change type of programming or discontinue participation.

\*If the client is new to the program, they will be screened for all precautions previously mentioned.

It is our intention that We Can Ride programming will be as adaptable as possible and will have the ability to serve a wide range of disabilities and special needs. If you believe you/the client fits into one of the above mentioned categories, please contact the Program Director to discuss further.

*\*We Can Ride reserves the right to deem programming inappropriate for a client, at any time.*



# We Can Ride Weight Limits

In keeping with our veterinarian's' recommendations, the following rider weight limits have been established. Depending on horses and volunteers available, WCR reserves the right to refuse service to anyone in order to provide the safest service. Special consideration will be made, if necessary, based on muscle tone and mobility. **Please be sure the medical history form height/weight is listed and accurate!**

**\*Weights for hippotherapy follow different guidelines.**

<b><u>Height</u></b>	<b><u>Maximum weight</u></b>
<b>Under 5 feet</b>	<b>- 150 lbs</b>
<b>5' – 5'6"</b>	<b>- 165 lbs</b>
<b>5' 7" – 6'</b>	<b>- 180 lbs</b>
<b>6'1" – 6' 5"</b>	<b>- 190 lbs</b>