



MACH1 – Move A Child Higher, Inc. – 1430 Topeka Street
Pasadena - CA 91104 – Tel.: 626 798 1222 – Fax: 626 798 3234
www.moveachildhigher.org

WELCOME !

Thank you for your interest in therapeutic riding/equine assisted activities and horsemanship. We've attached our packet containing information about MACH 1 and some forms that must be filled out prior to enrollment, please.

MACH 1 is a 501-c-3 non-profit corporation that provides equine assisted activities for children and adults with disabilities. Our year-round program includes riding lessons, horsemanship skills including barn activities, developmental vaulting and equine facilitated therapy. MACH 1 is celebrating it's fifteenth year serving the San Gabriel Valley and enjoys a cooperative effort with the City of Pasadena's Adaptive Recreation programs. MACH 1 is a PATH (Professional Association of Therapeutic Horsemanship International) Premier Center. PATH is a new name for NARHA (North America Riding for the Handicapped Association.)

Students are referred by doctors, therapists, teachers and friends. Once a student is accepted into the program a lesson plan is designed to address his or her special needs. Therapists volunteer their time at MACH1 and work with the Program Director and instructors to design lessons that are helpful, challenging and fun.

We love having you as a student and applaud every single developmental milestone that occurs with the MACH 1 program. However, equine assisted activities are not for everyone and as we evaluate each student's ability level and progress there are some situations where discontinuing the student from the program may be warranted. Please read the paperwork thoroughly so you will be able to evaluate whether or not the program is for you.

We at MACH 1 want you to enjoy and grow through our program.

Questions? Just let us know.

Sincerely,



Joy Rittenhouse

Joy Rittenhouse, Executive Director

MOVE A CHILD HIGHER, INC. MACH1

RULES AND POLICIES FOR PARTICIPANTS

MESSAGE CENTER 626-798-1222

ELIGIBILITY REQUIREMENTS FOR MACH1 PARTICIPANTS

WHO CAN RIDE:

Our program provides a safe and positive experience for all our participants. We assess an individual's participation with a "Risk/Benefit" analysis for acceptance into the program. Will the benefit of the equine activity outweigh the risk? A consensus by the participant, parent, guardian, PATH instructor, educator, therapist, and physician will determine participation.

- Participants, parents or legal guardian must fill out and return all forms in the Participant Packet. This information will be reviewed annually and if changes are to be made they will be made at this time. The Physicians assessment and update will be submitted annually.
- If riding will cause a decrease in the participant's function, an increase in pain or generally aggravate the medical condition; it may not be the activity of choice.
- If the interaction is detrimental to the participant or the equine, equine activities may be contraindicated.
- MACH 1 does not use back riding unless on very rare occasions, the PATH rules are followed and a MACH 1 therapist is involved.
- Riders who do not ride independently and require side walkers will be evaluated on their weight regarding safety.



- Riders who ride independently and can properly distribute their weight will be evaluated on weight restriction and each participant's situation may be taken into consideration.
- Riders must be at least 4 years of age unless a therapist is conducting the lesson. Right now we are not in that position.
- The majority of participants will learn to ride at the walk. Instructors will determine when riders are able to handle learning to ride at the trot. On rare occasions will participants ride at the canter.

MEDICAL PRECAUTIONS AND CONTRAINDICATIONS

Upon reviewing the physician's statement, if a precaution exists MACH 1 will obtain additional information from the participant's physician before permitting that participant to ride or work around equines. MACH 1 will use the expertise of our therapists who volunteer at our center. The presence of a contraindication makes riding in our program inappropriate. Should a participant's condition experience a flare-up, involve surgery, or becomes unstable mounted riding lessons will be discontinued. Participants may return with approval of a physician.

STAFF

It is MACH 1's policy to accept participants who can be capably served by the qualified MACH 1 staff and volunteers. Due to the nature of our staff and volunteers, the size, age, and disability of participants must be a consideration (noted above). If we cannot provide necessary horse leaders and side walkers then that participant's lesson will need to be canceled for the day.

APPAREL

- All riders must wear an approved riding helmet. We will provide an ASTM/SEI approved helmet until such time as you are able to purchase one.
- Leather shoes with heels to prevent the foot sliding through the stirrup are preferred rather than tennis shoes unless the vaulting surcingle is used, however, safety stirrups are mandatory and are provided with the saddles. **Sandals and slip-on shoes** are not allowed. Braces and prostheses may be worn with whatever shoes are required for them.



- Long pants are required made of any material except corduroy.
- Please wear clothes without fringe, dangling jewelry or other loose material that might catch on something.

ATTENDANCE

- It is the attendance policy of MACH 1 that following (3) unexcused and/or un-notified absences, a student will be put on the waiting list or terminated from the program.
- **Notify MACH 1 24 hours before the scheduled lesson times for an absence to be excused.** The exception to this is for an emergency or sudden illness, which will also be considered as excused absence if MACH 1 is notified as soon as possible after the onset of the illness or emergency. If the excuse is warranted please notify us within 24 hours after your lesson time so we understand the situation.

SCHEDULE CHANGES

- In case of rain, classes might be cancelled for a minimum of 24 hours following the end of the rain if needed. This is to allow time for the arena to dry.
- Classes might be cancelled if there are strong winds or is the temperature at the barn is above 95 degrees. Please check with message center or cell phone.
- Because we are located in the foothills we may receive more rain than others or it might be raining or not raining different then where you are. Please call the MACH 1 cell phone or message center to confirm.
- **Our message center number is 626-798-1222 or Cell 626-695-2894**

PROGRAM FEE POLICY

- For now the tuition will stay at \$35.00 for a 30-minute session. Payment for the month will be due by the 1st of each month and mailed to the center at that time. Fees must remain current for riders to continue in the program. If you don't want to pay in advance then the fee is \$40.00 per lesson but we will need a weekly commitment to guarantee your lesson space. This will be considered a special case for approval.



- MACH 1 is vended with Regional Centers. If you would like funding through your Regional Center please contact them in regards to your authorization, however, funding is very difficult to receive due to state budget cuts.
- Should you decide to take a leave of absence from the program, MACH 1 cannot guarantee that a riding time will be available upon your return.
- Financial circumstances may be discussed with the Director of Operations or the MACH 1 board.
- We do offer scholarships when they become available however volunteer time will be required.

Please remember it costs MACH 1 \$80.00 for each student lesson with only 30% of our program expenses covered by lesson fees. Lesson fees help to offset the costs for the feed, board and care of the equines. Because of these on-going expenses, we ask that tuition be paid on time.

It is our wish that we turn no one away and our desire is to grow and serve more students in the San Gabriel Valley. It is our policy that Pasadena residents not go on the waiting list but are put into the program if a lesson spot is available and workable for both parties.

GENERAL POLICIES

- **NO SMOKING** at the center.
- Only service dogs on premises for MACH 1 lessons.
- Children must be **supervised** at all times. **Please do not leave your children unattended.**
- Do not “drop off” your children for lessons and leave the center.
- Please remind your children: no rock throwing, no digging, no running and no yelling.
- Please remain in the designated “waiting area”.
- **DO NOT FEED OR APPROACH** Rose Bowl Riders horses or MACH 1 equine unless supervised by MACH 1 staff or a Rose Bowl Riders member.
- Authorized Personnel Only in the hay/equipment room, office shed, trailer. (Staff and volunteers)
- First Aid supplies are kept in the office shed. Please report any injuries so that we may attend to them.



- Please do not come to the center wearing open-toed shoes or sandals. Please be sure that no one in your family comes to the center barefooted. Not even babies.

PARTICIPANTS MEDICALS

All riders must provide annual physician assessment updates. If not provided the rider will go on the waiting list. It is not guaranteed that the rider will have his/her space secured after the form is completed. Evidence of Atlantoaxial Subluxation clearance is required for all Down Syndrome riders. The Program Director/instructor should be informed of any medication changes.

LOCATION

MACH 1 is located at the Pasadena Equestrian Center in the Hahamongna Watershed Park, Pasadena. A map showing directions is included in the student and volunteer packets.

MESSAGE CENTER 626-798-1222

PLEASE FOLLOW OUR RULES

- No child shall be left unattended. A parent or volunteer **MUST** be with the student at all times.
- **NO RUNNING.** Be aware and considerate of riders outside the MACH 1 arena.
- Facilities are for Rose Bowl Riders members only. Please use the ADA portable toilet.



- Helmets MUST be worn during entire lesson – both ring and barn activities.
- All visitors, parents and siblings are to use the MACH 1 designated areas.
- NO SMOKING is a must.
- No standing or climbing on fences or gates.
- If you are a Rose Bowl Riders member please follow all the RBR rules and policies.
- No cell phone use in the arena during lessons.
- Only service dogs on premises for MACH 1 lessons.
- DO NOT FEED OR APPROACH Rose Bowl Riders horses or MACH 1 horses unless supervised by MACH 1 staff or a Rose Bowl Riders member.
- Only go to the facility during MACH 1 hours or with permission of MACH 1.
- Please park next to the clubhouse when arriving and departing and walk to and from the arena.
- If handicapped parking is needed please park next to the arena or the shed.

THANK YOU