

spero therapy services, llc

Participant Handbook



WHAT YOU NEED TO KNOW ABOUT SPERO THERAPY SERVICES, LLC

Welcome to our Program!

Therapeutic treatment with the Aid of a Horse: Therapeutic riding and equine-assisted activities are designed to improve both mental and physical abilities. This physical improvement is accomplished with exercises that improve the rider's automatic balance, stimulate and stretch muscles, flex joints, and strengthen postural responses. Eye and hand coordination is improved in learning to guide the horse, while the natural movement of the horse replicates human walking. The program also offers riders social, educational, and recreational experiences. Many riders gain improved emotional regulation, communication, and increased self-confidence and assertiveness through participation in equine-related activities. Some of our participants reach the level of achievement where they are riding a horse independently. For other participants, simply holding the reins is a significant goal. Some participants may take part in our un-mounted program where they learn about the nature of horses and how to care for them and understand them, which in turn leads to self-awareness and confidence. All successes, whether large or small, are important milestones in our participants' lives.

Program Information: Spero Therapy Services is a therapy center which provides therapeutic riding, counseling, and equine-assisted activities to children and adults in the Pace area. Spero is affiliated with the Professional Association of Therapeutic Horsemanship (PATH, Intl) and abides by the association's therapeutic teaching techniques and safety standards in every aspect of the program. As a PATH, INTL Certified Instructor, I have extensive experience in horsemanship and riding both in the US and Europe. I am also a Licensed Mental Health Counselor in the state of Florida.

Spero Therapy Horses: Horses are selected for their condition, gentleness, and suitability for the program. Each horse receives training and conditioning by the volunteer staff and instructor.

Volunteers: Volunteers participate in every aspect of the program. They lead horses, support riders as side-walkers during the lessons, care for and feed the horses, maintain the barn, and help with other activities. The program is always in need of new volunteers.

Fees: The program is not conducted year round. There are currently three semesters each year, each consisting of 10 sessions. A fee of fifty dollars (\$50.00) per session is charged each rider. Fees are payable at the beginning of each session. If you should choose to pay for a semester in full, there is a discount of 10% (\$50.00, or one free session). Sliding fee scale and pro-bono services may be available based on financial need.

Completion of Forms: All forms in the participant packet must be completed before someone can participate in the program.

Right to Decline Services: If it is determined by the instructor that a rider is not able to safely participate in the riding program, Spero has the right to decline services. Due to the strenuous and potentially dangerous nature of riding horses, not all individuals are able to safely participate. Riders must be able to safely mount and dismount with assistance from the ramp or mounting block.

SPERO THERAPY RIDERS IMPORTANT INFORMATION

Dear Rider, Parent, Family Member, Guardian or Caregiver,

1. Please sign in when you arrive. You will find sign-in sheets for each rider in the green binder.
2. Please provide your email so we can keep you on the mailing list for important updates and information about the program.
3. If you know that you will not be coming the following week, please inform us. If you have to cancel your class, please call as soon as possible. I will be getting your horse ready and organizing volunteer support unless I hear from you. If I do not hear from you, you will be billed for the missed lesson.
4. Payments are due at the beginning of each session. You may leave cash or a check in the zippered money bag located in the sign-in binder, or pay by debit/credit card using Square. Payment at the start of a semester for a full semester of lessons (10 weeks) will allow you one free lesson.
5. A class schedule is included in the handbook where you will find dates and times for semesters.
6. Medicals are required to be completed by your doctor, once a year. The due date for the next medical is on the sign in sheet. If you see that it is getting close to the due date, pick up a form from the Sign-in binder and have it filled out before the due date, please!
7. The attire for riders is as follows: Sturdy, closed-toed shoes or boots, long pants (not slick), and an approved Riding Helmet (provided by the facility). Please do not wear jewelry during the class.
8. No gum chewing, eating, or cell phone use, for participants, during classes.
9. Please keep all children off the fences and away from the horse pastures. Riders and their families are asked to stay in the barnyard area unless escorted. Please respect the privacy of other participants and the property owner.
10. Please silence all phones during lessons.

Thank you for your help!

Jaimie Baecker, LMHC

Spero Therapy Services, LLC Safety Rules and Regulations

In order for Spero Therapy to provide our participants with a positive experience, we request that you follow these rules designed to ensure the safety of our riders, their families, visitors, volunteers, and staff.

1. The instructor requires your complete attention at all times. In case of emergency, everyone will follow the directions given by the Instructor.
2. Please drive very slowly as you drive down the road into Spero Therapy. The speed limit is 5mph.
3. DO NOT WALK BEHIND THE HORSES.
4. Only the instructor will handle the mounting and dismounting of riders.
5. Only the instructor and trained staff will bridle and unbridle the horses.
6. Riders and parents may not enter the stalls or pastures unless they are accompanied by a volunteer or staff member.
7. Riders must wear safety helmets, long pants, and closed-toe, hard-soled shoes or boots.
8. Helmets must be worn when riding and around the horses.
9. Do not feed anything to the horses unless you have permission from the instructor.
10. Children are not allowed to play on the mounting ramp, mounting blocks, gates, or fences.
11. No running, shouting and/or horseplay allowed. Quiet feet and quiet voices!
12. No chewing of gum or eating when riding horses.
13. Parents, caregivers and guests must stay in the viewing area unless they are going to the bathroom or accompanied by a volunteer or staff member.
14. Riders will stay in the viewing area until it is their time to ride. They will be taken up the ramp for mounting by the instructor or trained staff only.
15. All riders are to be supervised by their caregivers or parents until handed over to the staff.
16. No pets are allowed on the property.
17. Spero Therapy is a non-smoking facility. No smoking of any kind is permitted on the property.
18. Please obey all signs. They are there for your safety.

Please sign to indicate your understanding of the safety procedures. Thank you for your cooperation!

Name _____ **Date** _____

**Spero Therapy Services, LLC
Calendar 2017-2018**

Fall Semester **October 2 – December 15**

No Classes **Friday, November 24**
Friday, December 1

Open House **Saturday, December 16**

Winter Semester **January 26 – March 30**

Spring Break **April 2 – 12**

Open House **Saturday, April 7**

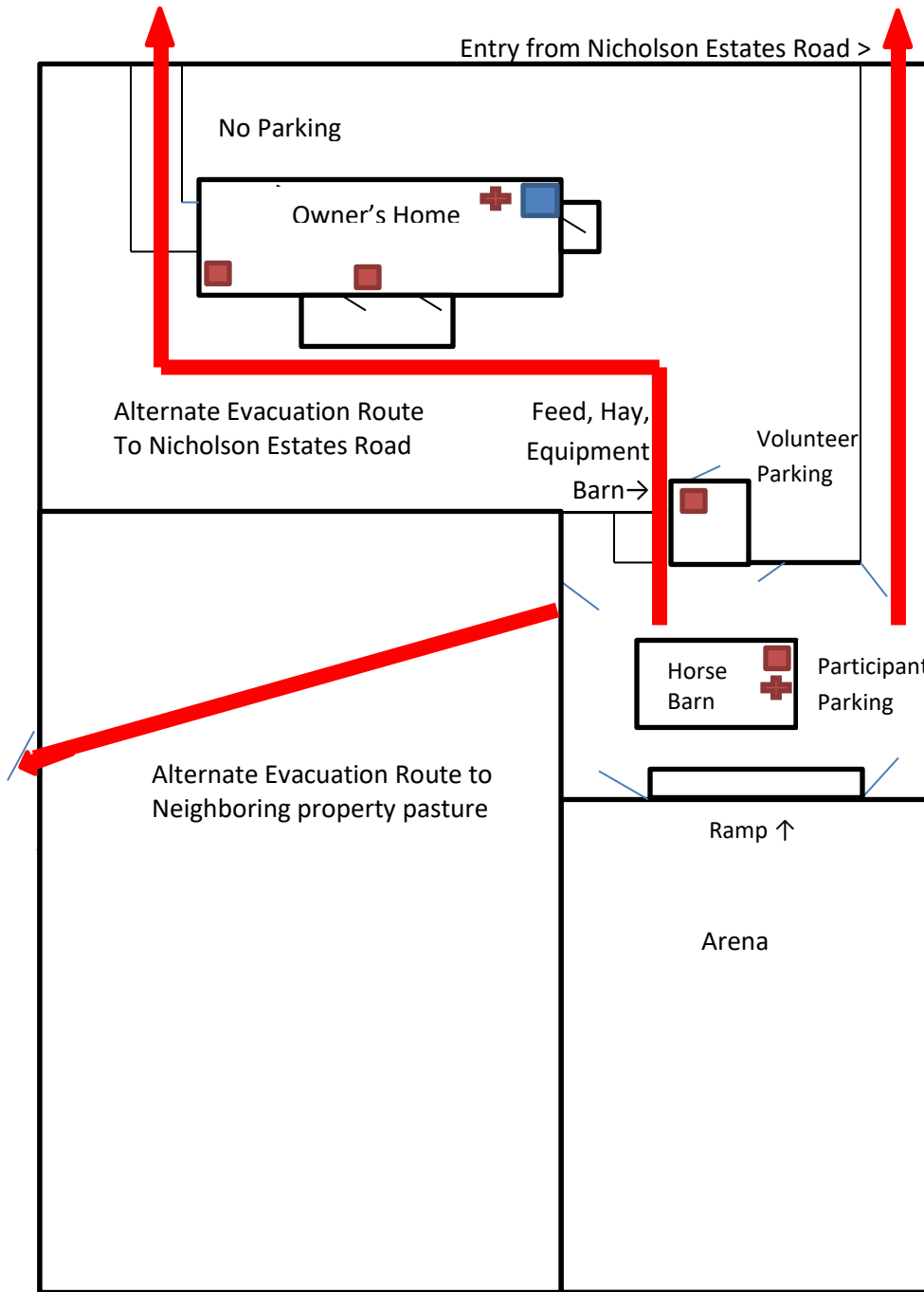
Spring Semester **April 13 – June 15**

Current Classes are scheduled on Fridays, between 1:00-6:00 p.m.
Additional days and times to be added as needed.
For updates, please see the website and sign-in book.

Spero Therapy Services, LLC - Map and Evacuation Routes

3491 Nicholson Estates Road, Pace, FL 32571

850.889.1045



Please enter the property at the second driveway. The first drive is for the owner's entry only unless there is need to evacuate for emergencies.

Drive slowly as you enter/exit the property.

Volunteers: park beside the equipment barn.

Participants: drive through the gate and park beside the horse barn where indicated by the parking sign.

Restrooms are located in the house accessible by the east entrance.

Main evacuation route is the gravel driveway at the east side of the property.

Fire extinguishers are located in both barns and in the house as marked by the red square.

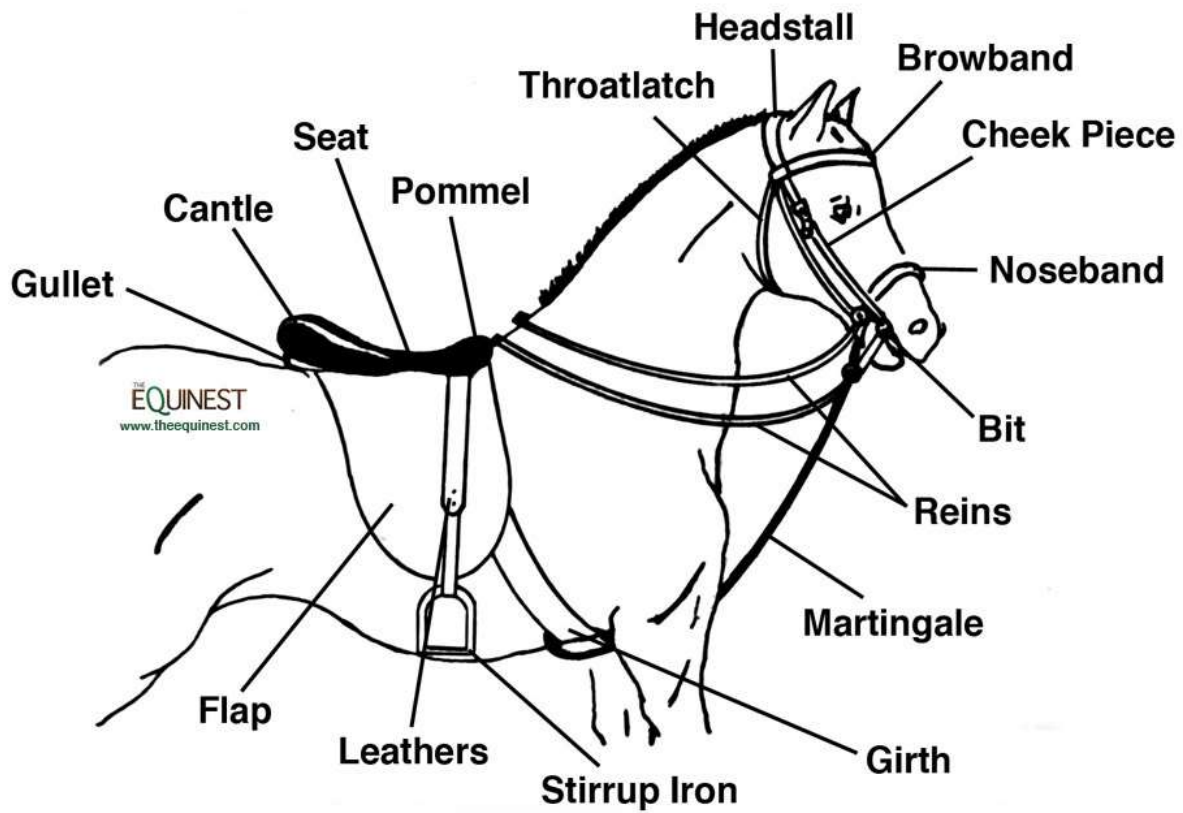
■ Fire Extinguisher

■ Restroom

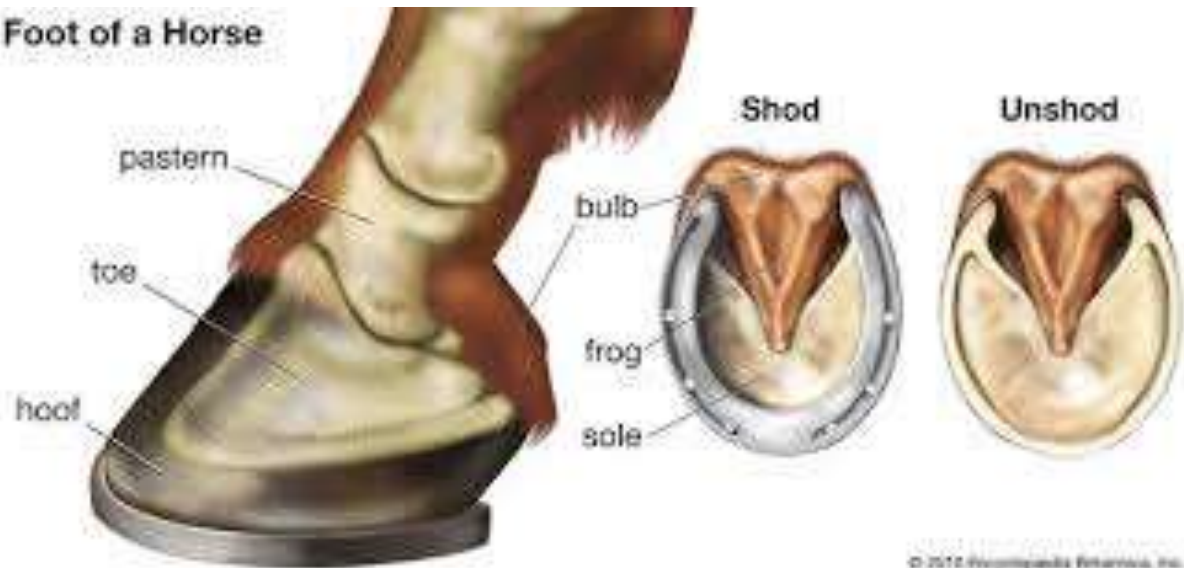
✚ First Aid

█ Evacuation Route

Horse Tack



Foot of a Horse



Parts of a Horse

