



P.O. Box 23, Decorah, IA 52101

Dear Great Strides Participant,

Thank you for your interest in participating in the Great Strides of Northeast Iowa therapeutic horseback riding program. We sincerely hope that you will find it to be an enjoyable and rewarding experience!

FORMS: Because there are certain precautions and contraindications to therapeutic horseback riding, we ask that you have your physician complete the **Participant’s Medical History** and **Physician’s Statement** form prior to your scheduled five-week session. Please return these forms, along with your completed **Client Registration and Release**, and **Authorization for Emergency Medical Treatment** forms. In addition, it would be helpful to us if you filled out the **Special Needs** form and include any information you feel would be valuable to us in your particular situation. All information is kept confidential. Please mail your completed forms to Great Strides at the address above. If you have any questions, contact Eunice Veeder, Program Coordinator, at **563-419-9033**. For the safety of our volunteers, horses, and riders, Great Strides must enforce a **rider weight limit of 225 pounds**.

COST: Great Strides is a tax-exempt, non-profit organization. For all riders, we are asking a **\$5 suggested donation per week, or \$25 for a five-week session**. If there is financial difficulty, the fee can be waived; or, if you choose to donate more than the suggested amount, please feel free to do so. Payment can be received each week when you come, or you may send it when you return your registration forms. Make checks out to Great Strides of Northeast Iowa.

WHAT TO WEAR: Jeans or long pants, but not slippery nylon jogging pants. Do not wear shorts! Wear riding boots if you have them (for riders who will ride in a saddle). If you wear tennis shoes, we must use covered stirrups on the saddle for safety reasons. Therapy riders who will ride on a pad secured with a surcingle are asked to wear close-toed shoes (not sandals). All riders are required to wear a riding helmet, which we provide. We also have a limited size selection of western boots available.

IMPORTANT! If you are unable to attend one of your weekly riding sessions, we need to know! Several horses used in the program are trailered to the arena by their owners. Notifying us of a cancellation may prevent an owner from having to bring their horse if it is not needed. Please call or text Eunice at **563-419-9033** by **NOON** the day of your session if at all possible. Therapy riders may contact Leslie at **563-419-1134** or Sandy at **563-419-0165**. Timely notification may enable us to find a substitute rider for that week.

Thank you again for your interest in participating in what we feel is a unique and beneficial program for individuals with disabilities. We look forward to seeing your smiles when you ride!

Classes are held on **Tuesdays**. You are scheduled for the:

Spring Session: _____ Time: _____
Summer Session: _____ Time: _____
Fall Session: _____ Time: _____

Please try to be on time!