



MOVE A CHILD HIGHER, INC. MACH 1

MACH1 – Move A Child Higher, Inc. – Mailing: P.O. Box 41308

Pasadena - CA 91114 – Tel.: 626-695-2894

Location: 4810 Oak Grove Dr. Hahamongna Watershed Park, Pasadena CA
91101

www.moveachildhigher.org

WELCOME PACKET!

Thank you for your interest in MACH 1. The Participant Packet is located at the center and contains the forms that must be filled out prior to enrollment.

MACH 1 is a 501-c-3 non-profit corporation that provides Equine Assisted Services (EAS) for participants with disabilities. The year-round program includes Equine Assisted Horsemanship (EAH) Equine Assisted Learning (EAL) and Equine Assisted Therapy (EAT).

The center is celebrating its 25th 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 Intl (Professional Association of Therapeutic Horsemanship International) Premier Accredited Center.

Doctors, therapists, teachers and friends refer students. Once a participant is accepted into the program a lesson plan is designed to address the participant's needs and goals. When available, therapists volunteer their time and work with the MACH 1 Program Director and certified CTRI Instructors to help design lessons that are helpful by providing therapeutic results.

The certified staff applauds every milestone that occurs with all participants; however, Equine Assisted Services are not for everyone. There are some situations where after a participant has been in the program discontinuing lessons may be warranted. Please read the paperwork thoroughly so you will be able to evaluate whether or not the program is for you.



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RULES AND POLICIES FOR PARTICIPANTS

BARN MESSAGE CENTER 626-695-2894

ELIGIBILITY REQUIREMENTS FOR STUDENTS

WHO CAN RIDE:

The goal of the MACH 1 center is to provide safe and productive Equine-Assisted Services for all participants. The center assesses 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 Intl CTRI Instructor, educator, therapist, and physician can help to determine participation.

- ... Participants, parents or legal guardian must fill out and return all forms in the Participant Packet. If changes arise please let the staff know. The Physicians assessment and update will need to be submitted annually.
- ... If riding will cause a decrease in the student'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, volunteer, CTRI instructor, or deemed unsafe for the equine, activities may be contraindicated.
- ... If a parent or caretaker is needed in the arena regarding center equines they **MUST** become a volunteer and take the required training and fill out the proper paperwork. A parent can only enter the arena with the permission of the PATH Intl CTRI Instructor.



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- ... Riders who do not ride independently and require side walkers will be evaluated on their weight and balance regarding safety to the sidewalkers
- ... Riders should be 4 years of age unless a therapist is conducting the lesson. MACH 1 doesn't provide a one-on-one interaction with a therapist right now.
- ... The majority of students will learn to ride at the walk. CTRI Instructors will determine when riders are able to ride at the trot. On rare occasions independent riders might canter.

MEDICAL PRECAUTIONS AND CONTRAINDICATIONS

Upon reviewing the physician's statement, if a precaution exists, if needed, MACH 1 will require additional investigation from the participant's physician before permitting that participant to ride or work around equines. The presence of a contraindication makes this activity 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 center's qualified staff and volunteers, however, due to the nature of the staff and volunteers, the size, age, and disabilities of participants must be a consideration (noted above). If the necessary horse leaders and sidewalkers are not available then the lesson will need to be canceled for the day. Arrangements can be made for another lesson.

APPAREL



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- ... All participants must wear a helmet during the lesson whether mounted or unmounted. An ASTM/SEI approved helmet will be provided until such time the participant can purchase a personal 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.
- ... **Please notify MACH 1 24 hours before the scheduled lesson times for an absence to be excused.** The exception to this would be an emergency or sudden illness, which will also be considered an 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 the center within 24 hours after your lesson time so the staff can better understand the situation and provide a solution.

SCHEDULE CHANGES

- ... In case of rain, classes might be cancelled for a minimum of 24 hours following the end of the rain. This is to allow time for the arena to dry.
- ... Classes might be cancelled due to strong winds or if the temperature at the center is above 95 degrees. The staff will try to send out an email alerting you if there is time to do so. If you are not sure please call the barn cell phone.



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- ... There may be more rain or no rain at a different location than the foothill MACH 1 location during and after a storm. Please call the MACH 1 barn cell phone to confirm if you are unsure.
- ... **THE BARN CELL: 626-695-2894**

PROGRAM FEE POLICY

- ... For now the tuition will stay at \$40.00 for a 30-minute session or if you are a Pasadena resident, \$35.00. Payment for the month will be due by the 1st of each month and mailed to the center at that time or handed to a MACH 1 staff person. Fees must remain current to continue in the program. A weekly commitment to guarantee your lesson space is needed. If you cannot commit for a weekly lesson commitment then the lesson will be considered a special case for staff approval.
- ... MACH 1 is vended with Regional Center through their Self-Determination Project. If you would like funding through your Regional Center please contact them directly in regards to your authorization.
- ... Should a participant decide to take a leave of absence from the program, the staff cannot guarantee that a session time will be available upon return, however, MACH 1 will make every reasonable effort to do so.
- ... If financial aid is needed the financial circumstances may be discussed with the Director of Operations, Executive Director or the MACH 1 board in order to receive scholarship funding. Scholarships are limited.
- ... We do offer full and half scholarships when they become available, however, volunteer time will be required. Pasadena residents receive priority. Scholarships will be re-evaluated after 6 months.
- ... MACH 1 offers a year-round program, however, the center is closed from July 15-Sept.1 due to extreme heat. The center is closed Sundays and Mondays.

Please remember that it costs \$120.00 for each student lesson with only 30% of the 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, please pay lesson fees at the lesson or before.



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MACH 1's goal is to serve more people in the Pasadena community and the San Gabriel Valley. Pasadena residents have first priority and can be admitted into the program immediately providing the paperwork is acceptable, if equine assisted activities are appropriate, and if a lesson spot is available and workable for both parties..

GENERAL POLICIES

- ... **NO SMOKING** at the center.
- ... If working around horses please wear closed shoes. Be sure no one comes to the center barefooted. Not even babies.
- ... 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: no rock throwing, no digging, no running and no yelling.
- ... Please remain in the designated "waiting area".
- ... **DO NOT FEED OR APPROACH MACH 1** equine unless supervised by MACH 1 staff or a qualified volunteer.
- ... Authorized Personnel Only are allowed in the feed shed, tack shed, volunteer sign in/horse shed, welding shed cage, modular, and trailers.
- ... First Aid supplies are kept in the tack shed. Please report any injuries so that first aid can be administered. Please park by the main entrance gate and go through the pedestrian gate.
- ... The ADA portable toilet is located next to the gate by the parking area.
- ... Water is available in the small refrigerator located in the welding shed.

PARTICIPANTS MEDICALS

Participants may need to provide annual physician assessment updates. Evidence of Atlantoaxial Subluxation clearance is required for all Down syndrome riders. The Director of Operations/PATH Intl Instructors need to be informed of any medication change or any change that might affect the lesson.

LOCATION

MACH 1 is located in the Hahamongna Watershed Park, Pasadena. Directions are included in the student and volunteer packets or on the website at moveachildhigher.org. **BARN CELL NUMBER 626-695-2894**



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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 inside and outside the MACH 1 arena.
- Helmets MUST be worn during entire lesson – both arena and barn activities.
- All visitors, parents, siblings and caretakers are to use the MACH 1 designated areas. Spectators area is in the welding shed next to the office/modular.
- NO SMOKING is a must.
- No standing or climbing on fences or gates.
- Cell phones off when in the arena during lessons.
- Only service dogs or dogs on leash allowed on premises.
- Please DO NOT FEED OR APPROACH the horses unless supervised by a MACH 1 staff member or a trained volunteer.
- Please visit the center during MACH 1 hours or with permission.
- Please park next to the center but if you are a volunteer please park at a distance to allow the participants room to access and depart easily.
- Cars are not allowed to enter the center unless given permission.



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- The speed limit into and out of the center area is 5 MPH. Please abide by these rules for the safety of others.

THANK YOU