



Benefit/Risk Assessment of Equine Assisted Activities and Therapies (EAAT) specifically for

Benefits to Rider

We are excited about re-opening Ridin' High's program! Equine Assisted Activities and Therapies create potential for higher function and carryover to life activities through....

1. Increased muscle strength and coordination
2. Increased sensory integration (with potential to organize the sensory system)
3. Increased core strength and sitting balance
4. Increased standing/walking balance, with potential for carryover to life activities
5. Improved social interaction and engagement
6. Higher level of motor planning
7. A safer and improved gait pattern (in response to the horse's movement while walking)
8. Improvement in overall neurological function (due to activities such as crossing midline while the horse is moving, etc.)
9. Increased confidence and self-image
10. Greater level of resilience through relationship building with staff, volunteers, and horses

Potential Risks to Rider

1. Possibility of contracting COVID-19 or other infectious diseases despite infection control measures taken by Ridin' High, Inc., especially for those riders who: Have an underlying medical condition, cannot maintain social distancing, have difficulty wearing a mask, or touch face/mouth frequently.
2. Potential for injury while engaging in Equine Assisted Activities and Therapies or while at the Ridin' High facility despite safety measures by Ridin' High, Inc.

Risk to Others

1. Need for close physical assistance by RH staff/volunteers (with potential to spread disease through allergies, drooling, touching face, frequent use of tissues)
2. Potential to put other family members at risk for COVID-19

After assessing the Benefits and Potential Risks in relation to _____'s participation at Ridin' High and considering the attached infection control policy protocols, the rider and/or guardian (if applicable) along with the Ridin' High Staff, agree that the benefits outweigh the risks and that EAATs are appropriate at this time. Additionally, the parents/rider agree to follow the infection control policy protocols as specified on the Ridin' High Inc Infection Control document.

Parent/Guardian (or Rider, if over 18 years old): _____ Date: _____

Ridin' High Staff Member: _____ Date: _____