

## Central Kentucky Riding for Hope presents 2010 Instructor Workshop Series

Central Kentucky Riding for Hope is hosting a series of workshops for instructors-in- training, certified instructors, volunteers and anyone wishing to further their knowledge of therapeutic riding and other equine assisted activities. There will be many opportunities for sharing ideas and problem solving. RSVP to Denise Spittler, CKRH Program Director.

[denise@ckrh.org](mailto:denise@ckrh.org)

### ***\*Introduction to Instructor Certification: "What you should know"***

*Contact Denise to schedule a private appointment. Denise is an approved NARHA mentor, NARHA associate site visitor, registered level instructor and CKRH Program Director.*

This workshop welcomes you to the registered instructor certification process. A step-by-step guide to get you started on the road to becoming a NARHA registered instructor. Included will be what you need to know about NARHA standards & ethics, the on-line instructor's exam, the CAT exam, the Standards manual, required reading material and much more. A NARHA produced Instructor-In-Training video may be shown.

### **\*Saturday, March 20 from 1:30 p.m. to 5:30 p.m. (Denise Spittler & Jenny Jackson)** *Disabilities and therapeutic goals*

This workshop will be an overview of the characteristics of many physical and cognitive disabilities seen at our centers. Appropriate goal setting, lesson planning, horse movement and tack consideration for each disability will be discussed. Precautions and contraindications will also be addressed.

### **\*Saturday, April 10 from 9:00 a.m. to 5:00 p.m. (Denise Spittler, Jenny Jackson & Joan Wilcoxon)**

#### *Tools for the Toolbox - Safety/ Problem Prevention/Therapeutic Fun on Horseback*

This workshop will help you discover the tools necessary to enhance your current therapeutic riding lesson. We will provide stimulating activities, fun games and innovative ideas. Instructors have the responsibility to ensure safety for ALL, while at the same time conducting a challenging and effective lesson within the time allotted. We will discuss possible challenges during therapeutic riding and give some suggestions for prevention of these challenges. There will be opportunities for role playing and problem solving. From 1:00p.m. to 4:00p.m. attendees will participant in the monthly CKRH volunteer orientation and sidewalker training. From 4:00p.m. to 5:00p.m. will be a question, answer and brainstorming session with attendees and CKRH staff.

**\*Saturday, April 17 from 9:00 a.m. to 6:00 p.m.**

*Lesson Planning/Teaching techniques & strategies/Utilizing Volunteers (Jenny Jackson)*

Discussion will consist of utilizing the team approach to therapeutic riding, including how volunteers can best help riders achieve their therapeutic goals. Participants will also get some practice in developing and writing effective, age-appropriate lesson plans, including assessment of rider goals.

*Horse and tack considerations for therapeutic riding (Joan Wilcoxon &????)*

Participants will observe and evaluate different types of equine movement and discuss pairing horses and riders. This session will also focus on fitting tack to horse and rider, as well as how to do a proper and safe pre-mounting tack check.

*Mounting/dismounting (Denise Spittler)*

A hands-on session to address both mounting and dismounting techniques of riders who need varying degrees of assistance. We will also discuss and practice alternative methods of mounting and dismounting those riders who have equipment considerations and/or physical limitations.

**\*Saturday, June 26 from 9:00 a.m. to 4:00 p.m.**

*Disabilities: Cognitive, Physical / Anatomy & Kinesiology, Emotional / Psychological and Behavior*

This workshop will dive deep into the world of disabilities. It will be presented by professionals who have knowledge regarding each type of disability. They will empower us with knowledge to ensure that each of our lessons has a true therapeutic component.

**\*Required for all instructors in training at CKRH**

These sessions will be held at CKRH and many will include hands on equine activities. Dress for the weather elements. We have an indoor arena and do not anticipate canceling for rain. Please RSVP to Denise no later than three days prior to the session you wish to attend.

**Lunch will be provided.**

**Cost Schedule:**

1) \$70.00 for all day session

2) CKRH 2009 volunteers and instructors may attend at no charge.

(must have volunteered in two sessions during 2009 or 2010 to qualify)