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The Comox Valley (and Campbell River) Program includes;

PROGRAM #1: THERAPEUTIC RIDING FOR THE MENTALLY AND PHYSICALLY DISABLED

This is learning all aspects of horsemanship (i.e. grooming, saddling, stable management and riding skills). Exercises to improve balance, coordination, posture, increase motor control, increase muscle development by decreasing abnormal muscle tone, increase muscle strength and flexibility, prevention of contractures, increased joint mobility and range of motion, improved endurance, improved cardio respiratory function, improved circulation, provision of sensation to non-weight bearing, strong symmetrical stimulations for asymmetrical problems, to experience a gait (riding the horse) similar to that of a human (walking), increased sensory input to touch and smell. To improve psychological benefits, social benefits and education benefits.

PROGRAM #2: HIPPO THERAPY

This is the use of the horses movements to provide physical therapeutic intervention. The rider does not actively direct the horse but balance and co-ordination is stimulated in a passive manner. (See Physiotherapy).

PROGRAM #3: EQUINE EXPERIENTIAL LEARNING PROGRAM

A special program developed for autism spectrum disorders, specifically aspergers syndrome. The clients learn stable management and horsemanship skills, on the ground before learning the basics of being on a horse. The benefits are physical, psychological, social and educational. Especially beneficial is increased attention span, self control, concentrations, body awareness, memory and the ability to learn structure and organization, improved body image, increased special awareness, cognition practice while learning theory and also improving their speech.

PROGRAM #4: THE STABLE PROGRAM

Some of the characteristics and symptoms to be addressed in this program are: low self esteem, attentional issues, low frustration tolerance, difficulty managing emotions, hyperactivity, over and under sensitivity to the environment, poor personal boundaries, limited social skills, and anxiety. The "Stable Program" will be facilitated by a therapeutic horseback riding instructor, an assistant instructor, two Child & Youth Mental Health therapists, and an Aboriginal Mental Health Support worker. There will be volunteers assisting these children during the horseback riding portion of the program who are experienced equestrians and good with children. Groups will begin with a 30 minute check-in, then a 60 minute horse instruction period, and followed by a 30 minute snack and debrief session. Snacks provided by CVTRS and prepared by parents

PROGRAM #5: VOLUNTEERS REHABILITATION PROGRAM

This program is developed in order to accommodate those special needs students from the schools and community who need specific direction and assistance.

Program 5 benefits volunteers who can easier establish themselves in the community. The program benefits those volunteers who are usually independent living adults with caregivers. Psychological, social and educational benefits stem from working with the clients, the horses, the facility, the grounds clean up, the trail maintenance, painting, gardening, fencing and general maintenance.

PROGRAM #6: THE PEER LIASON AND COMMUNITY OUTREACH

This program has been developed in order to accommodate those students and volunteers from the North Island College (for example, nursing students) and Community College students who desire long term postings for work experience (for example, 3 to 6 months).

PROGRAM #7: THE VAULTING PROGRAM

This program has been developed in order to accommodate those children who are physically more active and need special attention, instruction, and assistance. They have a one-on-one assistant in order to learn specific exercises and drills according to the Canadian Vaulting Association rules and regulations. Vaulting is the performance of gymnastic and dance like movements to music on a moving horse. The horse is controlled by a lunger who sends him in a circle around them on a lunge line, which is attached to the horse's bridle. Vaulters begin working on stationary vaulting boxes and move slowly towards working at the walk (on the horse) and progress to be able to perform movements at a trot or canter. All this is done under the stringent tutelage of CVTRS's B.C. Vaulting Qualified Instructors.

All programs are fully booked up for the fall so get your applications in early, for the winter of 2008.



WINTER SESSION IS JANUARY 21st - MARCH 4th

EASTER OPEN HOUSE IS MARCH 23rd

SPRING SESSION IS MARCH 31st - JUNE 6th

**THANK YOU TO ALL OUR VOLUNTEERS
NO ONE COULD RIDE WITHOUT YOU HERE**

**DON'T FORGET TO DONATE TO THE UNITED WAYS OF
COURTENAY AND CAMPBELL RIVER THIS FALL.**