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Dear Prospective Rider,

Thank you for your interest in the Regina Therapeutic Riding Association. RTRA is a member of CanTRA. The Canadian Therapeutic Riding Association formed in 1980.

We are excited to guide you through the steps in becoming a participant in our program. We are a registered charitable organization dedicated to providing qualified instruction in specialized therapeutic horseback riding lessons for children and adults with special needs in the Regina area since 1992.

Applying to become a participant with us is a 3-step process:

1. All forms including the Physician referral form must be completed.
2. Return the completed forms and a screening assessment appointment will be arranged.
3. Together with the Instructor, Medical Advisor and/or Physiotherapist, we will decide if this program is right for you!

We want everyone to get the most from their experience participating in our therapeutic riding program.

Please review the following RTRA guidelines for participants:

- The acceptance and continuation of a rider depends on the availability of an Instructor(s), volunteers and suitable horses.
- Rider weight with consideration of horse's age and back condition as recommended by CanTRA's policies and guidelines.
- RTRA reserves the right at any time to refuse further participation in the program if safety to anyone involved is compromised.
- Medical History and Physician or Physiotherapist referral must be updated annually.
- Riders must wear ASTM-approved riding helmets when near or on horses.
- Appropriate clothing required, e.g. closed-toe shoes (with a heel), long pants, fitted tops.

Thank you again for your interest in our program. I look forward to working with you and/or your rider. If you have any questions, contact us.

Jacquie Kowalski, RTRA instructor