

TEEN EQUINE GROUP AT GRACE REINS FARM



For teens with anxiety, depression or going through a life transition. Sessions will focus on identifying thoughts and emotions experienced by teenagers and finding a path to success as a teen.

What to Expect:

Sessions will be with the horses in the indoor arena. Facilitators will ask participants to interact with the horses and do activities with them to facilitate learning. Activities will assist with learning about ourselves through the relationship with the horses.

Please wear comfortable clothes and boots or sneakers you don't mind getting dirty.

When:

Wednesday's May 22nd, 29th, June 5th & 12th 3:30 p.m – 4:30 p.m. (The bus will leave school at 3 and we will return by 5). Students will need to be picked up at the Jr./Sr. High school at 5pm.

Facilitators:

Janet Botaish, ES, EAGALA Certified and Katherine Rice

Janet Botaish is a life-long horse person, and an EAGALA certified, advanced trained Equine Specialist. Janet spent three years working at Pal-O-Mine Equestrian as an Equine Facilitator and coach for many different special needs and mainstream populations. Many of the groups she has worked with were high school students who learned life skills through Equine Assisted Learning. Currently, she is working with Hoosick Falls School District to create an “in curriculum” horse program.

Location:

The Indoor Arena @ Grace Reins Farm, 5 Rice Road, Nassau, NY 12123

Cost:

Free

Registration and Questions:

Call or email Jennifer Delaney @ 518-732-7701 (1255) or jdelaney@schodack.k12.ny.us

Frequently Asked Questions**What is Equine Assisted Growth and Learning?**

It is an experiential learning model designed to allow clients to learn and grow from the horse-human relationship. The focus is on moving and participating in activities with the horses.

Why Horses?

Horses are especially attuned to our emotions and intent. Because of their sensitivity, we can work with them to solve problems in symbolic terms in the arena. They respond to us with a high level of perception, providing experiences that help us grow, learn and heal.

Will I need to ride the horses?

No, all the work is done on the ground in the enclosed arena. Participants will use props that may include hoops, noodles and cones to create the activities for the horses.

Do I need to have previous experience with horses?

No, not at all. For this kind of work with horses, you just need to “be yourself” and be open to learning from yourself and the horses. Your facilitators will answer any questions you may have about the horses.

Grace Reins Farm 5 Rice Road Nassau, NY 12123
Equestrian Liability Release Form

Inherent Risks and Assumption of Risk: The undersigned acknowledges there are inherent risks associated with equine activities such as described below, and hereby expressly assumes all risks associated with participating in such activities. The inherent risks include, but are not limited to the propensity of equines to behave in ways such as running, bucking, biting, kicking, shying, stumbling, rearing, falling or stepping on, that may result in an injury, harm or death to persons on or around them; the unpredictability of equine's reaction to such things as sounds, sudden movement and unfamiliar objects, persons or other animals, certain hazards such as surface and subsurface conditions; collisions with other animals; the limited availability of emergency medical care; and the potential of a participant to act in a negligent manner that may contribute to injury to the participant or others, such as failing to maintain control over the animal or not acting within such participant's ability.

The undersigned expressly releases Evelyn and Michael Rice from any and all claims for personal injury or property damage, even if caused by negligence (if allowed by the laws of this State) by owners of Evelyn and Michael Rice or its representatives, agents or employees.

WARNING -You are advised that there are inherent risks, including the risk of serious injury or death, while engaging in equine activities. By engaging in equine activities and in accordance with the terms of this agreement you hereby assume all risks of injury or death.

I understand that horses can be unpredictable and that observing, grooming, tacking, handling, riding, driving, and working horses whether on or off the ground can be a dangerous activity and is done at my own risk. I agree to hold Evelyn and Michael Rice and its owners, managers, agents and employees completely harmless and not liable for any injury or death whatsoever caused to me and /or any loss or damage to my personal property and hereby release any claims that I and my heirs may now have or may have in the future against Evelyn and Michael Rice and **its owners, managers, agents and employees**. I also agree to pay for any and all legal fees generated from any complaints brought against Evelyn and Michael Rice, its owners, managers, agents or employees and between myself and heirs.

I have read, have had the opportunity to ask questions, understand, and agree to the terms and conditions as stated above.

Printed name of Equestrian: _____ Date signed: _____

Signature of Participant or Legal Guardian if < 18 yrs of age _____

Address: _____

Phone: _____

Contact in case of emergency: _____ Phone: _____

Greenstone Experiential, Inc.

120 Defreest Dr. Suite 120, Troy NY 12180

Equine Services at Grace Reins Farm, 5 Rice Road, Nassau, NY 12123

Liability Release Form

Inherent Risk and Assumption of Risk: The undersigned acknowledges there are inherent risks associated with equine activities such as described below, and hereby expressly assumes all risks associated with participating in such activities. The inherent risks include, but are not limited to, the propensity of equines to behave in ways such as running, bucking, biting, kicking, shying, stumbling, rearing, falling or stepping on, that may result in an injury, harm or death to persons on or around them; the unpredictability of equine's reaction to such things as sounds, sudden movement and unfamiliar objects, persons or other animals; certain hazards such as surface and subsurface conditions; collisions with other animals; the limited availability of emergency medical care; and the potential of a participant to act in a negligent manner that may contribute to injury to the participant or others, such as failing to maintain control over the animal or not acting within such participant's ability.

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- I understand that equines can be unpredictable and that observing, grooming, tackling, handling, riding, driving and working equines whether on or off the ground can be a dangerous activity and is done at my own risk.
- I agree to wear an ASTM/SEI riding helmet and footwear with at least 1" heels when riding or driving any horse.
- I understand that if using my personally owned tack and equipment that the care, maintenance, and it will be the sole responsibility of myself to maintain improper working/ safe condition.
- I agree to hold Greenstone Experiential, Inc. and its owners, manager's agents and employees completely harmless and not liable for any injury or death whatsoever caused to me and/or any loss or damage to my personal property and hereby release any claims that I and my heirs may now have or may have in the future against Greenstone Experiential, Inc. and its owners, managers, agents and employees.
- I also agree to pay for any and all legal fees generated from any complaints brought against Greenstone Experiential, Inc., its owners, manager, agents or employees and between myself and heirs.
- I have read, have had the opportunity to ask questions, understand, and agree to the terms and conditions as stated above.

Printed Name of Equestrian Activity Participant: _____

Address of Participant: _____

Signature of Participant / or Legal Guardian and relationship if under 18 years of age:

_____ Date: _____

Contact in Case of Emergency: _____ Phone: _____