True Friends Horse Therapy is a core service of the True Friends organization, providing individuals of all abilities the year-round opportunity for equine-assisted activities in the form of Hippotherapy, Therapeutic Riding, and horsemanship experiences.

During the camp season, we provide individuals the opportunity to engage with a horse through horsemanship experiences. Depending on the camper, the horsemanship experience may include riding a horse with staff assistance, or it may mean interacting with a horse in other ways including grooming, feeding, or petting.

**SAFETY REQUIREMENTS** for the Mounted Portion of True Strides Horse Camps

There is limited availability for all True Strides sessions. We offer horse experiences and activities both mounted and unmounted. To ensure the safety of the camper, staff, and horse, there are strict criteria that must be followed to ensure a successful experience.

In order to participate in the riding portion of the camps an individual must fall within one of the following criteria:

- **Campers under 200 pounds.** The camper must weigh under 200 pounds and have the ability to sit independently with good head and trunk control without supports; sitting balanced on a moving surface. The individual must be able to independently swing leg up and over a horse from the mounting ramp safely while following verbal directions from True Strides staff.

- **Campers under 150 pounds.** The individual must weigh under 150 pounds and have the ability to sit independently with good head and trunk control. The individual must be able to bear weight and complete a pivot transfer from wheelchair (if used) onto a horse with minimal assist.

- **Campers under 90 pounds.** The individual must weigh under 90 pounds to ride tandem with a True Strides trained back rider. The individual must have independent head control while upright in sitting position with support of back rider.

If a camper does not meet the above criteria, there are many other options available to experience a horse including brushing, feeding, petting, and simply observing the True Strides horses.

**ATTIRE FOR CAMPERS**

Campers will need to prepare for their time with True Strides and must dress appropriately, including wearing closed toed shoes and long pants. Staff recommend wearing sunscreen and sunglasses as well.

Please note in the camper's application and at check-in if the individual is sensitive to heat, as riding a horse outdoors can be warm in the summer.

For more information call 952.852.0126. For a list of summer camp programs available with the True Strides add-on, please refer to the Camp Courage or Camp Friendship program grids on pages 10 and 14.