TRUE FRIENDS CAMPS – HORSE PROGRAM

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

There is very limited availability for all horsemanship experience 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 staff.
- Campers under 150 pounds. The camper 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 assistance.
- Campers under 90 pounds. The camper must weigh under 90 pounds to ride tandem with a 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 horses.

ATTIRE FOR CAMPERS

Campers will need to prepare for their time with horsemanship experiences 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 952.852.0101. For a list of summer camp programs available please refer to the Camp Courage or Camp Friendship program grids on pages 8 and 12.