



Rider and Horse Weight Ratio Policy

Safety is our number one priority at PARD. Due to the nature of the program, a rider's weight needs to be taken into consideration, to ensure the safety of the rider, instructors, volunteers and the horses involved.

If a rider exceeds 175 lbs, the rider's suitability for inclusion or continuation in the program will be determined by one or more of the following:

- An updated physical assessment completed by the physiotherapists &/or instructors
- The mount/dismount procedure and amount of assistance required
- Amount of assistance required throughout the therapy lesson to maintain sitting and/or standing posture and balance
- Weight distribution on the horse
- Weight of tack and/or special equipment required on the horse
- Availability of suitable horses

A rider may be required to provide PARD with an updated weight upon request and/or on a yearly basis. PARD reserves the right to weigh a rider on the premises, if safety is of concern. If the rider's weight is approaching the weight limit, every effort will be made to contact the rider and their family, to allow the rider time to make lifestyle changes, if applicable, in order to continue riding. All decisions are made on an individual basis and exceptions may be considered based on the above criteria.