



Riding for the Disabled Association NSW

More than a SPORT, more than a RIDE!



HIPPOTHERAPY ACCREDITATION COURSES



Hippotherapy Team

Hippotherapy is a form of physical and occupational therapy in which a therapist uses the movements of a horse to provide carefully graded motor and sensory input. A foundation is established to improve neurological function and sensory processing, to improve a wide range of daily activities. Unlike therapeutic horseback riding (where specific riding skills are taught), the movement of the horse controlled by the horse handler is a means to a treatment goal when utilising hippotherapy as part of the treatment programme to achieve functional goals.

Presenters: Pippa Hodge -distinguished international Physiotherapist & Hippotherapy Practitioner from Canada
Sally Francis - renowned RDA Coach Educator from Victoria

When: 22-24th November, 2013

Where: RDA NSW Raymond Terrace & Lower Hunter Centre
3219 Pacific Highway Raymond Terrace. 2324

Enquiries: wgsharp@iprimus.com.au or 02 4987 1402

Courses: Therapists and Level 1 and Level 11 Hippotherapy Horse Handlers

Please keep in mind that there are limited places in the course both for Hippotherapist (15) and Hippotherapy horse handler accreditation streams (15). Places awarded on a first come first serve basis and consideration is given to Centres who have therapists and horse handlers attending course.



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NOVEMBER 2013 DRAFT COURSE SCHEDULE

NOTE: At this time the Schedule is in draft form indicating presentations, so as to have the flexibility to meet the needs of participants once registration forms have been received. There will be a maximum of 15 Therapist and 15 Horse handlers and preference will be given to areas who have teams intending to begin Hippotherapy programs.

Friday 22

8.30 am Registration & Welcome – Housekeeping – Introductions

Areas Covered by all Participants

Definition of Hippotherapy

- Indications and contra indications
- Video

Horse/Human Interaction

- Planes of Movement, Human Gait Patterns
- Video – analysis of Horse & Human movement

The Therapy Horse, moods, behaviours & instinctive responses

Therapists

- Benefits of Hippotherapy balance posture movement
- Client assessment – long and short term goals.
- Pre and post Hippotherapy actions for clients

Horse handlers

- Warm up procedures and correct leading skills
- Conditioning of therapy horses

Combined Strands Practical session

Practical in arena

Assessing a potential therapy horse – conformation, soundness, quality of movement, function

Therapists

Experience the movement of a variety of horses

Horse handlers

Practise leading skills & participate in feedback re movement type and quality

Combined Discussion

Unique aspects of equine movement for treatment

Importance of correct leading

Questions and close

6 for 6.30pm Welcome Dinner – Sir Frances Drake Motel

Saturday 23

Safety and Emergency procedures

Practical –morning tea breaks taken as necessary

- Equipment/facility safety
- Mounting procedures and safety issues
- Side/walking/guarding
- Emergency dismount procedures

Combined Theory and Practical demonstrations of Long reining

- Horse handler practise long reining

Alternative positions and equipment

Matching horse and rider

Video of clients

Group discussion on matching clients to horses

Horse Handlers

- Level 1 practical training & assessment

Therapists

- Develop treatment plans including short & long term goals
- Presentation of treatment plans/group discussion
- Tools to measure treatment outcomes, tools and props

Questions and close

Sunday 24

How to start Hippotherapy programme –

- Insurance
- Safety guidelines
- Competency standards
- RDA and new insurance coverage
- Use of mentors

Combined demonstration

- How to start a horse long reining, benefits of long reining

Combined Session

- Client treatment practical
- Feedback on treatment sessions

Therapists

- Treatment progressions, documentation, discharge criteria, research

Horse handlers

- Theory training, assessment and completion of workbooks

Afternoon Tea and close

HOW TO BECOME A THERAPIST PRACTISING HIPPO THERAPY

Course Requirements

- The candidate must be a currently registered physiotherapist or occupational therapist
- The candidate must attend an approved 3 day Hippotherapy course
- The candidate should read the Manual thoroughly
- After the course the candidate needs to submit a short video (up to 15mins) of a hippotherapy treatment session together with treatment plan and report including areas to be addressed and outcomes so far
- After successful assessment of work submitted an RDANSW Therapist Hippotherapy Certificate will be issued

HOW TO BECOME A LEVEL1 HIPPO THERAPY HORSE HANDLER

Course Prerequisites

- The candidate must be an experienced horse person preferably with experience in working with clients with disabilities - not necessarily an RDA Coach
- The candidate must be 18 years of age at time of Assessment

The Process

- Candidate completes an Intention to Commence Training as an RDANSW Hippotherapy Horse Handler Form and sends with course registration form
- Once the forms have been processed, the candidate will be supplied with the course syllabus/workbook and course manual.
- Candidate should read the Horse Handlers Manual thoroughly
- The course is comprised of a combination of practical and written assessments
- Candidates must bring their partially completed workbook to the course

Please note:

- Practical assessments will only be conducted at approved Hippotherapy courses.
- Current RDANSW Coaches will not have to complete any questions appearing in bold in the syllabus as they have been previously assessed for this work
- The written assessments in the workbook are in two sections:
 - Unit 1 Admin, Unit 3 Medical and Unit 4 Horsemanship are to be completed prior to the course
 - Unit 2 Hippotherapy, Unit 5 Aids & Equipment, Unit 6 Arena Movements, and Unit 7 Leading and Long Reining are to be completed during the course
- The workbook will be retained by Assessors at the conclusion of the course for evaluation.

HOW TO BECOME A LEVEL 11 HIPPO THERAPY HORSE HANDLER

Course Prerequisites

- The candidate must hold Level 1 HH Handlers certificate
- The candidate must also hold an RDA Coaching or Whip accreditation

Course Requirements

- The candidate must attend an approved 3 day Hippotherapy course
- The candidate must have a minimum of 12 hours experience working as part of a hippotherapy team

- The candidate must understand the reasons for long reining
- The candidate must be able to demonstrate long reining for Hippotherapy

The Process

- Candidate completes an Intention to Commence Training as an RDANSW Hippotherapy Horse handler for Level 11 Form
- Once the forms have been processed, the candidate will be supplied with the course syllabus/workbook sections relevant to Level 11 long reining
- Candidate should read the Hippotherapy Manual sections relevant to long reining - thoroughly
- The course is comprised of a combination of practical and written assessments

Please note:

- Practical assessments will only be conducted at approved Hippotherapy courses

RECOMMENDED OPTIONAL QUALIFICATION – LUNGING THE HORSE

Course Requirements

- The candidate must complete RDANSW Lunging the Horse workbook
- The candidate must be able to demonstrate lunging the horse correctly

PROFILES PRESENTERS – HIPPO THERAPY WORKSHOP NOVEMBER 2013

Philippa Hodge –

Pippa is a Physiotherapist specializing in Pediatrics. She works as a consultant in the school district and infant development programs. She was instrumental in developing Valley Therapeutic Equestrian Association, where she treats adults and children using hippotherapy. She is an examiner for the Canadian Therapeutic Equestrian Association (CANTRA) and is a member of the CANTRA Medical Committee. She has been active in therapeutic riding since the early 1980's. Pippa has taught workshops in the UK, New Zealand, Australia and in the USA, as well as most Provinces in Canada. Pippa is a founding member and board member of the American Hippotherapy Association and attended the Rommel Klinik, in Germany. In 1990 she produced a video "Analysis of Horse & Human Movement" which has sold internationally and won first prize for research in the 1997, 2nd Festival du Film Hanid Cheval in France.

SALLY FRANCIS

At 25, Sally became a State Coach with Rideability Victoria (formally known as RDA Victoria) and has become a national coach educator and assessor for RDAA and Pony Club Australia.

Sally became involved in the Australian Para Equestrian teams in 1994 when she went to the World Championships in Hartpury UK as a carer and then in 1996 she was the Chef d'equipe of the Australian team that went to Atlanta. At Sydney 2000, Sally was one of the National Technical Officials that officiated at the Paralympic Equestrian events and then her interests returned to assisting the Australian Paralympic Equestrian team at Hong Kong in 2008 as the assistant coach. Sally has been a part of the EA High Performance Program since 2009 as the Chef d'equipe of the Para equestrian team and again is the Chef d'equipe for London 2012 team .



Riding for the Disabled Association NSW
Hippotherapy Course Registration Form

Name: _____ RDA Centre: _____

Address _____ Ph: _____

Email: _____ Mob: _____

Previous Hippotherapy Course/Qualifications _____

Registration for stream – includes material and morning/afternoon teas and lunches:

THERAPIST - includes Manual and course materials \$400

Therapist qualification/status: _____

LEVEL 1 or 11 HIPPOThERAPY HORSE HANDLER- inclS Syllabus & Manual \$130

Must complete the attached Intention to Commence Training form.

RDA qualification/status: _____

Optional Friday Night 2 course Dinner – Sir Francis Drake Motel \$ 40

TOTAL FEE ENCLOSED: \$ _____

Dietary requirements: Any special needs? YES NO If yes please note:-

Travel: Type of transport please tick: Plane Car Bus

Date and estimated time of arrival: _____

Date and estimated time of departure: _____

Do you need transport to your accommodation? YES NO

Accommodation: Name address of Motel: _____

Do you need transport to the Centre from your accommodation? YES NO

DISCLAIMER STATEMENT

I, _____, (participant's name) acknowledge and agree as a condition of participating that neither the RDA Centre, presenters, course participants, RDANSW or any subdivision thereof, shall be under any liability for any bodily injury, loss or damage which may be sustained or incurred by me, as a result of participation in, or being present at the Hippotherapy Course, except in regard to any rights I may have arising under the Trade Practices Act 1974.

I acknowledge that equestrian activities are dangerous and that accidents causing death, bodily injury, disability and property damage, can, and do, happen.

I agree that any photograph or television filming taken of the participant taking part in the event may be used to further the objects of RDANSW.

BY SIGNING HEREUNDER, I CONFIRM HAVING READ AND UNDERSTOOD THE CONTENTS OF THIS DISCLAIMER

Print name here _____ Sign here _____ Date: _____

**Please mail all Registration forms and cheque payments payable to RDA RT&LH Centre:
 PO Box 624 Raymond Terrace 2324 Closing date of registration: 31st October 2013.**

Riding for the Disabled Association NSW



Notification of Intention to Commence Training as an RDANSW Hippotherapy Horse Handler

Applicant's Details

Surname _____ Given Name(s) _____

Home Address _____ Post Code _____

Phone (H) _____ (W) _____ (Mob) _____

e-mail _____ DOB _____

Indicate which level you wish to attain (please circle):

Level I Level II and/or Lungeing the Horse

Applicant's Signature: _____

Applicant's Experience

RDA experience _____ RDA Qualifications _____

Other equestrian qualifications held _____

Detail your horse riding, management and competition experience – on attachment if needed

Does this include the last 2 years? Y / N Do you currently own a horse? Y / N

Have you any medical condition or disability that may affect your capacity to participate as a Hippotherapy Horse Handler Y / N If yes, please state nature of the disability or condition.

Centre Approval

Volunteer and Working with Children Declaration forms completed Yes No

Approved by: _____ Centre Position _____

Signature: _____ Date: _____

State Office Use – Coordinator	Coaching Administrator
Received form Date.....	CASP approval Date.....
Syllabus/workbook issued Date.....	Trainee Record files set up
Manual issued Date.....	

ACCOMMODATION OPTIONS

Participants will be responsible for arranging their own accommodation – below is some information to assist with this. Motels and Caravan Park are all approximately 4-7 kms south of RDA Centre on same road

The Friday night welcome dinner will be held at Sir Francis Drake Motel

Sir Francis Drake Motel 2259 Pacific Highway HEATHERBRAE NSW 2324

Ph: (02) 49 871 444 Fax: (02)49 871 393 www.sirfrancisdrake.com.au

Standard queen suite: \$145

Executive queen suite: \$155

Standard family suite: \$165 - up to four

Executive family suite: \$175 - up to four

Extra person in room: \$25

Sleepy Hill Motor Inn 92 Adelaide Street (Old Pacific Highway) Raymond Terrace

Phone 02 4987 2321 email: sleepyhill5@bigpond.com

Single/night = \$105.00 Double/night = \$120.00

Queen/single/night = \$140.00 Triple/night = \$140.00

Quad in 1 room \$170.00 night

Family rooms which are 2 room units sleep 4, 5, and 6 people \$220 night.

All rooms include a continental breakfast buffet style available from 7-to 9 am in our breakfast room.

Motto Farm Motel 2285 Pacific Highway Heatherbrae 2324

p: 02 4987 1211 f: 02 4987 1214 email: events@mottofarmmotel.com.au

Single Queen or Queen and single Rooms - \$115 (10r 2 persone)) \$10 per extra person

Family Suites –\$160 (1-4 share) 2 bedrooms extra persons to 6 \$10

Queen bed in one room, 2 sets of bunks in another room & kitchenette Sleeps 5 or 6 with 2 sharing Queen Extra persons \$25.00

Our family rooms have microwaves & toasters in the kitchen as well as a fully functioning oven & cook-top.



Bellhaven Caravan Park 206 Adelaide Street RAYMOND TERRACE NSW 2324

Tel: 02 4987 2423 Fax: 02 4987 7662

