**Risk/Benefit Assessment** of equine-assisted activities and therapeutic riding specifically for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (name of client)



**Risk to Rider**

1. Possibility of contracting COVID-19 despite infection control measures taken by Horses of Hope/Caballos de Esperanza Inc.
2. Potential to fall from horse despite safety measures and equine training taken by Horses of Hope/Caballos de Esperanza Inc.

**Risk Potential**

\_\_\_\_\_\_\_\_\_ is at higher risk due to having an underlying medical condition.

\_\_\_\_\_\_\_\_\_ is at higher risk because he/she struggles to maintain social distancing.

\_\_\_\_\_\_\_\_\_ is at higher risk because he/she is unable to comply with wearing a mask.

\_\_\_\_\_\_\_\_\_ is at higher risk because he/she touches his face/mouth frequently, drools, etc.

\_\_\_\_\_\_\_\_\_ is at higher risk because he/she has difficulty following verbal instructions.

**Risk to Others** (e.g., allergies, drooling, touching face) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Benefits to Rider**

1. Provides general exercise and gentle cardio workout.
2. Provides sensory stimulation in a rhythmic way which modulates the sensory system that helps to calm the overactive areas and stimulate the underactive areas.
3. Requires rider to maintain midline and balance in response to each unique step of the horse, with the added balance challenges provided by games and/or riding skill challenges.
4. Works on social interaction, engagement and command following.
5. Provides rider with a place to do healthy outdoor activities and have fun.
6. Provides an activity that can be customized based on abilities on that day.
7. Provides an opportunity to use both hands equally in activities and improve fine motor skills.
8. During COIVID-19 pandemic when rider has fewer opportunities, provides a chance for social interaction, exercise, and cognitive challenge.

**After assessing the risk/benefit specifically for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and considering the attached infection control protocols and policies, Horses of Hope/Caballos de Esperanza Inc. staff and parents both agree that [check one below]:**

**\_\_\_ the benefits outweigh the risks and riding is appropriate at this time.**

**\_\_\_ the benefits do NOT outweigh the risks and riding is not appropriate at this time.**

**Parent/Guardian Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Executive Director Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**