






***To provide therapy to persons with physical, mental and emotional challenges through
a carefully structured program of equine activities***

Sonrisas Trails Therapeutic Riding Center Mission

Dear Veteran Trails participant:

Thank you so much for your interest in our Veteran Trails riding program. The goal of this program is to improve the lives of servicemen and women who have suffered mentally or physically in the line of duty, helping them adjust physically and emotionally to their post-war lives. ***This is a free program for all veterans and military personnel funded by individuals, organizations, and foundations within Texas.***

To enroll:

-  All applicants need to be referred by Veteran Services at West Texas Counseling & Guidance 36 E Twohig, Cactus Hotel, 1st Floor, vets@wtcg.us / www.wtcg.us / Veteran Services Office 325-944-2561
-  Complete all forms. *A physician's permission is required prior to mounted activities.*
-  Please send your completed forms to: Megan Kirkwood mkirkwood@sonrisasriding.org Cell 432-413-3656

ELIGIBILITY GUIDELINES

Age: No maximum age limit.

Riding Weight Maximum: 250 lbs. If you weigh over 200 pounds, there could be times when we will not have a horse available for you to ride due to the limited number of horses that can carry that weight range. We will do our best to accommodate you, which may include participation in various ground activities that involve partnering with a horse.

Postural Control: *Rider must be able to maintain a sitting position while mounted.*

REQUIREMENTS

DD214 or military ID

Evaluation by Sonrisas Trails staff and WTCG Counselor

Physician release

Required to wear an ASTM/SEI approved Equestrian Helmet, provided by Sonrisas Trails only while doing mounted activities.

WEATHER: The Center will remain open and in operation during session hours with the exception of the following:






1. Local ISD's have closed schools.
2. The National Weather Service has issued a severe weather alert.
3. There are high winds, lightning, thunder, hail, or tornado warnings.

SAFETY: Anytime the Instructor or Horse Leader feels that safety is an issue, rides may be terminated immediately.

OPERATIONAL: Lessons will be cancelled if there are not appropriate horses and adequate staff and volunteers to conduct a lesson safely.

Every effort will be made to give 24 hours notice of possible cancellations. Final decisions may not be made until two hours before lessons begin. Participants are urged to call their instructor or the Sonrisas Trails Center before departing home for the lesson during inclement weather days.

Please note:

-  Classes are held Wednesdays at 5:30 during the Spring and Fall riding sessions
-  Preferred clothes for riding are long pants and hard soled boots with a low heel. Shorts are discouraged due to rubbing and pinching of saddle. Dress for comfort and according to the weather. Wear close-fitting clothing for safety as well as comfort. Loose or baggy clothing can get caught and tangled in equipment.
-  Closed toe shoes or boots
-  No dangling jewelry is permitted.
-  **All riders are required to wear an ASTM/SEI approved Equestrian Helmet, provided by Sonrisas Trails.**