

OUTTEN RIDIN' RANCH

Outten Ridin' Ranch (ORR) is offering limited group and private natural horsemanship lessons, annually from October – March on a bimonthly basis. Temporary “grab a lesson” group instruction is available on occasion for students on the current wait list. In addition, as regularly scheduled lesson spots open up, students who are on our waitlist are notified.

April and May are scheduled off months for ORR. In June, ORR adds regularly scheduled weekly lesson options to weekday evenings and scheduled camps on several weekends. The Summer Camp agenda will be posted in May at which time we will begin taking registrations.

Group Riding Lessons are \$50 per lesson and are kept to no more than four students at a time. Reduced class size allows as much individualized attention as possible, while offering a more affordable rate. Instruction is provided to the group and students continue to practice while rotating to direct one-on-one time with the instructor for feedback on the skill. Students do not get undivided individual time for the entire lesson. For those who want undivided attention during a lesson, a Private Lesson is recommended. Occasional larger group unmounted activities are offered and will be announced to current students.



Private Lessons are \$75 per lesson.

Summer Camp options, agendas and prices will be announced separately.

- Payment in full is required at the beginning of each month.
- Cancellations with a 24-hour notice will be credited for future lessons and must be completed within two months or fees are forfeited.
- If ORR needs to cancel a scheduled lesson, make-up session options will be offered.
- Alaskan weather can be unpredictable. On days below ten degrees or days when it has snowed a tremendous amount, we will aim to not cancel lessons but rather to choose material and activities accordingly, including unmounted curriculum inside the barn.
- ORR reserves the right to cancel a lesson if a student is struggling to be in the proper mindset for a productive, healthy lesson.

About Our Lessons

What we are not:

Lessons are not formal clinical therapy, Equine-Assisted Psychotherapy (EAP), Equine-Assisted Learning (EAL), nor hippotherapy. *EAP utilizes a lot of groundwork to help explore feelings, patterns, and behaviors with a goal to help in social, emotional, cognitive, and behavioral ways. Hippotherapy is a occupational/speech therapy using the gait of a horse to provide sensory input to help improve neurologic functions and sensory processes.* We do not offer these services at this time.

What we are:

At ORR, we focus on Natural Horsemanship, an excellent base for all other disciplines, whether it be trails, dressage, reining or barrel racing. Core concepts include teachings on pressure and release, feel and timing and making the right thing easy for the horse. Equitation and balance of the rider is another key focus of our lessons. 'Equitation' or 'proper riding posture' is not just about looks! It is based on physics and has a huge impact on the safety and effectiveness of any rider. Something as simple as holding the reins incorrectly can throw the rest of your body out of position and hinder your riding. Learning equitation and proper balance in motion will open up a world of possibilities for a rider.



Outcomes:

Students develop a heightened self-awareness, learn how non-verbal communication can impact others, including their horse, and gain self-confidence. As they progress through the levels, students improve coordination, balance, posture, muscle tone, confidence, and well-being.

Curriculum & Lesson Plans:

Lessons use a progression of Natural Horsemanship Skills. A detailed lesson plan/goals for each level are provided once a student enrolls. The introductory level for young riders aged 4 through 7, who are not yet able to ride and care for a pony independently, always practice their skills with the supervision and assistance of an instructor and a horse-handler. Students are provided study guides and achievements in horsemanship are measured each step of the way and celebrated as they progress.

Tracking Progress

Curriculum checklist and Progress Booklets track and chart students' progress. Progress charts are completed monthly for each student. Videos and pictures, providing a glimpse of skills being practiced, are sent to students/parents.

Graduation/Progression

All skills must be demonstrated to progress to the next level, with the student maintaining a safe, basic balanced position: heels down, eyes up, quiet hands, and a line running from the head through the shoulder and hip to the heel. Students are awarded ribbons and certificates of completion when they demonstrate skills at each level. Parents will be invited to a demonstration of their child's skills in each ribbon ceremony. Children do best at gaining equine skills with repetition and consistent exposure balanced with steady, incremental progress, from success to success.

Realistic Expectations:

It generally takes 2 years to develop enough competence to learn all the basics of horse care and be able to ride on your own (e.g. catch, tie, lead, tack up, ride, go down the trail). Each student progresses at their own rate and natural talent, age and number of hours in the saddle impact progression rates. The more you ride the better you get.

High level milestones for students each year include:

First year- During the first-year students learn all about safety and balance - they will learn how to halter, tie, lead, groom, tack and ride. This does not mean they will master these skills in the first year, but students should at least be able to understand the previously mentioned terms. In the first year, students should be able to walk and trot, ride basic patterns and begin canter work.

Second year- During the second year students should be refining the walk, trot, and canter, and ride more difficult patterns with increasing accuracy. They may learn how to ride a horse in collection or in the bridle and introduction to a day on the trails may be possible. At this point, it is recommended for students to increase exposure and education by joining a pony club, 4H, attending a camp, horse show or clinic. We will provide opportunities we are aware of along the way.

Third year- During the third year of lessons, students should be at a point to safely ride independently. However the best of riders know the importance of learning for life and ongoing lessons and attending clinics to hone in more advanced skills or specifics to a discipline (e.g. English Pleasure, Hunter Jumper, Saddle Seat, Dressage, Reining, Barrel Racing etc) are recommended. When a rider is competent to ride and care for a horse independently, I recommend leasing before buying. Leasing a horse is a great way to increase saddle time without taking on the commitment or expense of owning. Leasing also allows you the experience of caring for a horse fully, a great way to figure out if you are ready for a horse of your own.

We encourage parents and students to understand that learning how to master the skills to be a proficient and safe rider takes practice. LOTS of practice. A good rider knows that learning and practicing new skills never ends. As a student, no matter your level of experience, you will have good lesson days, GREAT lesson

days, and days where it seems like nothing will jive between you, your horse, and the whole world. Learning to become a safe, proficient rider requires time, lots of practice, and patience as you build your basics. We will always encourage students and the horse to relax, have fun and be safe.

Required Equipment

HELMETS

Students are required to wear an ASTM approved helmet and boots. Adjustable helmets are available for use, or students are welcome to purchase their own helmets. Helmets can be purchased locally at MBarD or on Amazon.

BOOTS

Boots must have a 1" heel to help keep the foot from slipping through the stirrup and have a smooth sole surface. Boots with treads or boots without a 1" heel will not be allowed. Students will not be able to ride without boots.

CLOTHING

Students should wear long pants that are stretchy or have give/flexibility and a long sleeve shirt.



Beginner Riding goals

Include but are not limited to:

1. Basic Care (Grooming, cleaning stalls, feeding)
2. Learning basic parts of tack and the horse
3. Basic Groundwork
4. Mounting and dismounting
5. Balanced position, posture building blocks (eyes, hands, legs, seat)
6. Using aids to instruct your pony
7. Holding reins
8. Performing warm-up exercises at the walk
9. Performing walk-halt transitions
10. Performing maneuvers at a walk
11. Simple ground poles
12. Dropping and picking up stirrups without looking

Parents

Parents are invited and welcome to observe/watch their child's lesson as long as they remain 'off duty.' Horse lessons are not the time to intervene on behavior nor add instructions. The student needs to be fully focused on their horse and instructor and distractions should be kept at a minimum. If you are a nervous parent or will tend to worry about your child being hurt, it may be best for you to enjoy the videos and pictures captured and not stay to observe. Questions are welcome and the instructor enjoys an open communication with parents.

To Sign Up

To sign up for lessons, please complete the attached application. Prior to acceptance, we will schedule a meeting to discuss our program more in depth and ensure we are a good fit for your goals. The emergency information, AK Statute Sec. 09.65.145. and liability form are required. The media release is optional.



ORR APPLICATION

What kind of lessons are you interested in:

Group lessons Private lessons Grab a Lesson

How many lessons are you interested in: _____

(ongoing, temporary, weekly, bimonthly, summer only etc)

Has the potential student had lessons or experience with a horse previously? Yes No

If so, please describe in detail _____

PERSONAL INFORMATION -Please complete all fields

Full Legal Guardian Name: _____
First Middle Last

Student Name: _____ **Age:** _____ **Approximate Height/Size:** _____

Gender: Female Male

Mailing Address: _____

City: _____ State: _____ Zip: _____

Preferred Phone: Cell _____ Home _____ Other _____

What is the best time to contact you? _____ AM PM

Email Address: _____

Please note: If you have not responded after two messages have been left, your application will be waitlisted.

How did you learn about ORR?

Personal Invitation Advertisement/Flier Family/Friend Web search: _____



RELEASE OF LIABILITY FORM

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

READ THIS AGREEMENT CAREFULLY BEFORE SIGNING IT. YOUR SIGNATURE INDICATES YOU UNDERSTAND IT AND AGREE ON ITS TERMS. BY SIGNING THIS AGREEMENT, YOU ARE GIVING UP CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE OR RECOVER DAMAGES IN CASE OF INJURY, DEATH OR PROPERTY DAMAGES, FOR ANY REASON, INCLUDING BUT NOT LIMITED TO, THE NEGLIGENCE OF THE STABLE; IT'S OWNER, EMPLOYEE AND AGENTS ("THE RELEASEES").

I, _____ on behalf of myself (and if applicable, my minor child) _____

In consideration of and in order to handle and ride a horse, on behalf of myself, my child or our personal representatives, heirs, next-of-kin, spouses and assigns, I HEREBY:

1. Acknowledge that a horse or pony may, without warning or any apparent cause, buck, stumble, fall, rear, bite, kick, run, make unpredictable movements, spook, jump obstacles, step on a person's feet, push or shove a person; and saddles or bridles may loosen or break – all of which may cause the rider to fall or be jolted, resulting in serious injury or death.
2. ACKNOWLEDGE THAT HORSEBACK RIDING IS AN INHERENTLY DANGEROUS ACTIVITY AND INVOLVES RISKS THAT MAY CAUSE SERIOUS INJURY AND IN SOME CASES DEATH, because of the possible unpredictable nature or irrational behavior of horses, regardless of their training and past performance.
3. Voluntarily assume the risk and danger of injury or death inherent in the use of the horse, equipment and gear provided to me by any persons on location at Outten Ridin' Ranch, 5700 Huffman Rd, Anchorage AK 99516, hereinafter referred to as the Stable.
4. RELEASE, DISCHARGE AND PROMISE NOT TO SUE the Stable, doing business under its own name or any other name and/or any of its owners, officers, employees and agents (hereinafter the "Releasees"), for any loss, liability, damages, or cost whatsoever arising out of or

related to any loss, damage, or injury (including death) to my person or property.

5. Release the Releasees from any claim that such Releasees are or may be negligent in connection with my riding experience or ability including but not limited to training or selecting horses, maintenance, care, fit or adjustment of saddles or bridles, safety gear, instruction or riding skills or leading and supervising riders.

6. INDEMNIFY, AND SAVE AND HOLD HARMLESS the Stable, homeowners, instructors, its employees and agents from and against any loss, liability, damage or cost they may incur arising out of or in any way connected with either my use of the horse and any equipment of gear provided therewith or any acts or omissions of wranglers or other employees or agents.

7. The Undersigned expressly agrees that the foregoing release and waiver of liability, assumption of risk, and indemnity agreement is governed by the State of Alaska and is intended to be as broad and inclusive as is permitted by Alaska Law (RIDE AT YOUR OWN RISK), and that in the event any portion of this Agreement is determined to be invalid, illegal, or unenforceable, the validity, legality, enforceability of the balance of the Agreement shall not be impaired in any way and shall continue in full legal force and effect.

8. Acknowledge that this document is a contract and agree that if a lawsuit is filed against the Stable or its owner, agents, employees or horse-handlers for any injury or damage in breach of this contract, the Undersigned will pay all attorney's fees and costs incurred by the Stable in defending such an action.

9. Acknowledge and state that there are no medical problems that could be affected by horseback riding.

10. UNDERSTAND IT IS REQUIRED AND THE RESPONSIBILITY OF THE RIDER TO WEAR A PROTECTIVE HELMET REGARDLESS OF AGE.

11. If the person who is to enter into this Agreement is less than eighteen (18) years of age, his/her parent or guardian must read this Agreement and sign below on the behalf of the minor.

I have read this entire Release of Liability Document. I understand it is a promise not to sue and to release the stable, homeowners, It's owners, employees and agents for all claims. I have made a free and deliberate choice to sign this Release and Waiver as a condition to Releasees allowing my child to ride or handle a horse. I have concluded that the risks involved and the release and waiver of liability is worth the pleasure of the horseback riding experience.

Signature _____



Date _____

AK Statute Sec. 09.65.145. Liability for injuries or death resulting from livestock activities.

(a) Livestock are unpredictable and inherently dangerous. All persons who knowingly place themselves in proximity to livestock for any reason involving an activity that includes livestock subject themselves to serious injury or death and are considered a participant in livestock activity and assume the risk of injury or death caused by the livestock.

(b) Except as otherwise provided in this section, a person, and the personal representative of a person, who suffers an injury or death resulting from a livestock activity may not recover civil damages for the injury or death from a livestock activity sponsor, livestock professional, or livestock activity participant, or the agents or employees of a livestock activity sponsor, livestock professional, or livestock activity participant.

(c) This section does not affect a civil action for damages resulting from

(1) gross negligence or reckless or intentional misconduct of the livestock activity sponsor, livestock professional, or livestock activity participant, or agents or employees of the livestock activity sponsor, livestock professional, or livestock activity participant;

(2) equipment, tack, or a product provided by the livestock activity sponsor, livestock professional, or livestock activity participant that the livestock activity sponsor, livestock professional, or livestock activity participant knows is faulty or defective;

(3) the failure of the livestock activity sponsor, livestock professional, or livestock activity participant who provided the livestock to make a reasonable and prudent effort to determine the ability of the participant to safely manage the livestock activity, after taking into account the participant's representation of ability; a participant in a livestock show, livestock sale, or rodeo is presumed to be competent to handle livestock if an entry form is required for the activity and is signed or

submitted by the participant.

(d) This section does not nullify coverage or an award for an injury to or death of an employee of a livestock activity sponsor or livestock professional if the employee suffers an injury or death resulting from a livestock activity and the injury or death is covered by or subject to workers' compensation provisions under AS 23.30.

(e) This section does not prevent or limit the liability of a livestock activity sponsor, livestock professional, or livestock activity participant, or their agents or employees under a liability provision as provided in a law relating to product liability.

(f) A livestock activity sponsor may not be held vicariously liable for the acts or omissions of a livestock activity participant or a livestock professional.

(g) A person may agree, in writing, to waive the entire right to recover damages resulting from an inherent risk of a livestock activity.

(h) This section does not affect the immunity of an owner of unimproved land under AS 09.65.200.

(i) In this section,

(1) "inherent risk of a livestock activity" means those dangers or conditions that are an integral part of a livestock activity, including

(A) the propensity of livestock to behave in ways that may result in injury to a person on or around livestock;

(B) the unpredictability of livestock's reaction to sound, sudden movement, and unfamiliar objects or persons, or other animals;

(C) hazards or conditions unknown to a livestock activity sponsor;

(D) collisions with other livestock or objects;

(E) the potential of tack to become dislodged or move in ways that may result in injury to a person on or around a livestock activity; and

(F) the potential of a person to negligently engage in conduct that contributes to an injury or death during a livestock activity;

(2) "livestock" includes a domestic cow, domestic bison, hog, sheep, goat, domestic musk ox, yak, pig, legally possessed caribou, reindeer, domestic elk, rabbit, hamster, guinea pig, turkey, chicken, pheasant, peafowl, pigeon, horse, mule, donkey, camel, llama, alpaca, or a waterfowl that does not require a federal permit; "livestock" does not mean a dog or cat;

(3) "livestock activity" includes

(A) livestock shows, fairs, sales, competitions, or performances that involve any or all breeds of livestock and any of the livestock disciplines, including rodeos, auctions, driving, pulling, judging, cutting, therapeutic riding, and showing;

(B) livestock training or teaching activities or both training and teaching activities;

(C) boarding or pasturing livestock;

(D) testing, inspecting, or evaluating livestock belonging to another person, whether or not the owner has received monetary consideration or other thing of value for the use of the livestock or is permitting a prospective purchaser of the livestock to inspect or evaluate the livestock;

(E) driving, riding, grooming, traveling, or other livestock activities of any type, however informal or impromptu, that are sponsored by a livestock activity sponsor;

(F) placing or replacing horseshoes on an equine, or otherwise preparing livestock for show; and

(G) assisting in providing medical treatment to livestock;

(4) "livestock activity sponsor" means an individual, group, club, partnership, limited liability company, nonprofit corporation, or corporation operating for profit that sponsors, organizes, or provides the livestock, equipment, tack, facilities, or instruction for a livestock activity;

(5) "livestock professional" means a person who receives compensation for instructing a participant, renting livestock to a participant for the purpose of engaging in livestock activity, or renting equipment or tack to a participant;

(6) "participant" means a person, whether amateur or professional, who engages in a livestock activity or who is near or close to livestock, whether or not a fee is paid to participate in the livestock activity.

By signing below, I agree to the terms and conditions as explained in the paragraphs above.

Print Legal Name: _____ Date: _____

Signature: _____ Date: _____



CONSENT TO PHOTOGRAPH/VIDEO/FILM/AUDIO RECORD

For value received, receipt of which is hereby acknowledged, I hereby give Outten Ridin' Ranch ("ORR") permission to publish and otherwise use, without charge or compensation, photographs, video, film or audio tape recordings ORR or its agent takes of _____

(Print name)

I understand that "photographs, video or film" means all audio, cinematic (moving images), or still photographic images, whether film, videotape, prints, digital data, or otherwise, all reproductions in any form in any media, and all derivative works.

I understand that "publish" means to reproduce and to distribute throughout the world, in any media whatsoever and by any and all means, methods, processes, whether now known or hereafter invented, including but not limited to printing copies on paper and maintaining digital copies on ORR's World Wide Web site or FB page on the Internet.

I understand that the photographs, videotape, film, and audio recordings of me may be used in conjunction with the above name and I hereby consent to such usage. I hereby waive any right that I may have to inspect and approve the finished product or copy that may be used in conjunction therewith. I understand that all photographs, videotape, film, and audio recordings of me, and all rights therein, including copyrights, are and shall remain the sole and exclusive property of ORR or its agents.

I understand that the photographs, film and videotape of me may be used by ORR in its news releases and advertisements, its publications, its printed material, and on its Web site, including, but not limited to, brochures, newsletters, radio recordings, educational and instructional materials, video and/or audio presentations, recruitment, illustrations, art, exhibits and displays.

I understand I have the right to withdraw my consent and to stop the photo session, videotaping, filming or audio recording; and that I also have a right to rescind my consent **a reasonable time before** the photos, videotape, film or audio recordings **are reproduced for distribution**.

I hereby release and discharge ORR, its officers, directors, employees, agents, and subcontractors, if any, from any and all liability, claims, damages, expenses, and demands arising out of or in connection with the publication or other use of the photographs, videotape, film, or audio recordings of me, including without limitation, any and all claims for libel or invasion of privacy.

I further understand and agree that this Consent Agreement contains the entire agreement between the Parties to this Agreement; that the terms of this Agreement are contractual and not merely recital; that this Agreement is intended to be as broad and inclusive as permitted by the State of Alaska; that, if any portion of this Agreement is held invalid, the balance shall, notwithstanding, continue in full legal force and effect; that this Agreement is binding upon me, my heirs, executors, administrators, assigns, legal representatives and anyone claiming through or under me; and that this Agreement shall inure to the benefit of the licensees, successors, assigns and legal representatives of ORR.

I further state that I carefully read the foregoing Consent Agreement and know and understand the terms of the same. I agree that this Consent Agreement contains an authorization for ORR to copyright, use and publish photographs, videotape, film, or audio recordings of me without compensation. Nevertheless, this Agreement is entered into freely and voluntarily and is intended to bind me and my heirs, executors, administrators, assigns and legal representatives.

[] Accept Consent [] Decline Consent _____

Signature of participant

Date

By declining consent, I will wear an orange sticker on my name tag throughout the training to indicate my declination (provided during registration, if applicable).

EMERGENCY INFORMATION

If there is a medical/emotional emergency involving me, I release ORR to contact:

Emergency Contact Name: _____ Phone Number: _____

Relationship: _____ Alt. Phone: _____

Emergency Contact Address: _____

City: _____ State: _____ Zip: _____

And, if applicable, name of friend/relative given permission to pick up a child from lessons:

Name: _____ Relationship to you: _____

