



ROCK On Veterans

PO Box 2422 Georgetown, TX 78627
2050 Rockride Lane, Georgetown, TX 78626
(512) 930-7625 office (512) 863-9231 fax
www.rockride.org



Dear Service Member or Veteran,

Thank you for your interest in ROCK's Equine Therapy Program for Veterans. On behalf of ROCK, Ride On Center for Kids, we want to say that it is an honor to be able to work with our nation's Service Members and Veterans here at ROCK. Veterans are an important part of the life of ROCK and this has been true from the very beginning of our story. Mr. Merlin Hoppe, ROCK's first volunteer, is a WWII Veteran who stole our hearts when he spent hundreds of hours building our original arena and buildings back in 1999. In addition, Mr. Hoppe has participated in classes and continues to visit our program and give encouragement with his presence. ROCK has had the great opportunity to work with over 150 veterans since 1999.

Frequently Asked Questions

How long has ROCK been working with veterans?

ROCK began working with veterans in 2005 when Scott Sjule (who was the Sargent in charge of the Ft. Hood Horse Detachment at the time) asked R.O.C.K to put soldiers on horses for healing. A pilot program followed in which ROCK's physical therapists & instructors worked with several veterans with amputations. The pilot program was a success and in 2008 ROCK began working with veterans on a weekly basis. Since that time the program has grown thanks to many volunteers and horses.

How much do the classes cost? ROCK has never charged for our veterans classes. Our veterans and their families have sacrificed in so many ways and this is our way of serving and saying thanks. Veteran Programs are funded by grants, individual donations, and fundraising by ROCK.

Can my family participate? Tuesday nights are for our veterans, however spouses, significant others and occasionally children join the veterans for our Fellowship Meal. ROCK also offers a summer camp called Camp Courage each year that serves children of service members and veterans.

In what ways does this help? All our veterans complete a confidential self-survey before and after each class. They consistently report that working with their horse lowers stress, uplifts their mood, improves balance, and often decreases pain level. In addition, many veterans report that they enjoy the community they find here at ROCK

When can I get started in classes? After you have completed this application, we will follow up with a phone call or e-mail to let you know which classes we have available. You are always welcome to come out on a Tuesday night to see the classes that we offer and meet our veterans.

When do you offer classes? ROCK offers classes throughout the week with most veterans participating on Tuesday evenings. These 90-minute classes are offered at 5:00 P.M. and 7:30 P.M. on Tuesday nights. We serve a free fellowship meal at 6:30 P.M. for participants in both classes to enjoy. We also offer a women veteran-only class on Monday evenings from 5:30-8:00 P.M.

What if I'm interested in volunteering? Many of the veterans that participate in classes decide to volunteer either with our veteran program or other programs at ROCK. We love it when our veterans train to be volunteers! They are some of the best volunteers ever! Everyone that volunteers at ROCK finds that volunteering, in itself, is very therapeutic!

For additional information please call Heidi Dering at ROCK at 512-930-7625 x311.

We look forward to welcoming you to ROCK!



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Program Requirements

Clothing Requirements:

- All riders must wear a helmet at ROCK. If you choose to use your own helmet, it needs to be an ASTM/SEI approved helmet and cannot exceed more than 5 years past the manufacture date. Please see your instructor with any questions about helmets.
- Long pants or appropriate clothes for your class or the weather (shorts may be worn when it is hot). Please do not wear jeans with bling on the pockets - the bling tears up our leather saddles. Jeans should be comfortable to ride in – not too loose and not too tight.
- Closed toe shoes or boots.
- Sunscreen, gloves, or jacket, as needed.

Weight Limitations: Individuals who weigh up to 275 pounds can participate in horse-mounted activities. 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. Regardless, we will always do our best to accommodate you, which may include participation in various ground activities that involved partnering with a horse.

Children: If children are in attendance with the participants that are in class, it is the participant's responsibility to supervise them at all times. Please note that noise and lots of activity can distract, and potentially cause a safety concern, to horses and riders.

Conduct: It is mandatory that everyone at ROCK comply with all posted **safety rules** and abides by all posted **off-limit areas**. ROCK is a **no smoking** facility and the use of **drugs or alcohol on the property is strictly forbidden**. No mistreatment, abuse, or suggested abuse of any person or animal will be tolerated. For the safety and respect of others, **NO** weapons of any kind are permitted on the premises. We reserve the right to ask anyone to leave the premises.



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**ROCK On Veterans
 Health History and Goals**

(To be completed by participant and instructor prior to mounted activities.)

"Committed to the model presented by the Army which is the integration of Body, Mind, Spirit and Family.
 Promoting a sense of becoming, changing, improving and growing."

PARTICIPANT INFORMATION:

NAME: _____ Date: _____

Birth date: _____ Age (Years): _____ Gender: _____ Height: _____ Weight: _____

Military Branch: _____ Rank: _____ Status: _____ Date Retired: _____

Current address: _____

Primary Phone Number: _____ Email: _____

Preferred Contact Method: (Circle One) Email? Text? Phone Call?

Emergency Contact: _____ Phone: _____

Referral Information: _____

Please circle all that apply: OEF OIF OND WTB Date of MEB: _____

Are you registered as an alumni with the Wounded Warrior Project (WWP)? Y N (circle one)

Education: _____ Last grade completed: _____ Post-secondary education: _____

Continuing Education Goals, if any: _____

Any Horse Experience? If so please explain. _____

MEDICAL INFORMATION:

Primary Diagnoses: _____

Medications: _____

Surgeries: _____



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Assistive Devices: _____

Average pain Level (1 - 10): _____ Describe: (optional): _____

Medical History: _____

PHYSICAL:

Mobility: Ambulation / Independent / Level Surfaces Only / Needs Supervision / Semi-dependent / Dependent / Assistive Devices / Tone / Gross Motor / Fine Motor / Motor Planning / Balance / ROM

Communication: Verbal / Words / Phrases / Sentences / Articulation / Signs / Gestures / Word Recall / Receptive Language / Expressive Language / Difficulty Talking to Others

Vision: Visual Impairment / Assistive Devices / Light Sensitivity / Night Vision / Visual Hypersensitivity

Auditory: Hearing Impairment / Assistive Devices / Auditory Defensiveness

Memory: Long Term / Short Term

Current Exercise / Therapeutic Regiment: PT / OT / Weights / Aerobic Exercise / Swimming / Walking / Sports

Activities of Daily Living: Bathing / Driving / Shopping / Work / Recreational



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EMOTIONAL / BEHAVIORAL

Emotional: Depression / Anxiety / PTSD / Trauma / Mood Disorder / Abuse - physical, emotional, sexual / Fearful / Angry

Behavioral: Impulse control / Hyperactivity / Attention-Focus / Easily Frustrated / Avoidance / Substance Abuse

Current Therapies / Interventions: _____

Currently in therapy: _____ Completed a course of therapy: _____ Alcohol Use: _____

Smoker/Nonsmoker: _____ Recreational Drugs: _____

Wat do you do to calm down, to motivate yourself, to relax, etc: _____

HOME & FAMILY:

Married (Y/N): _____ Years Married: _____ Divorced: _____ Widowed: _____

Spouse name: _____ Children (Y/N): _____ Names & Ages: _____

Hometown: _____

General Family History & Information: _____

Current Relationship with Family: closeness to family / maintaining intimate relationships / level of understanding & sharing of thoughts and or feelings / ease of communication: _____

What do you do for fun: Clubs / Hobbies / Recreation / Individual vs group activities: _____

How often do you get to enjoy these activities? _____

Are these activities shared with family/friends? _____



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SPIRITUAL:

How connected do you feel to the world around you? Feelings of isolation / Difficulty staying in the present / Unable to find meaning in life / Unable to see or appreciate beauty / Unable to create positive plans for the future / Unable to feel grounded within myself:

Do you have a spiritual community if so please tells us about it: _____

PERSONAL GOALS:

What would you like to improve in your life over the next few months: _____

What do you want to do that you can't do now: _____

What would you like to learn or do around the horses in the next few months?

Personal Goal #1: _____

Personal Goal #2: _____

Personal Goal #3: _____

For office use only: Received on: _____ Evaluation Date: _____ By: _____



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Liability Release:

_____ (Participant name) would like to participate in the ROCK program. I acknowledge the risks and potential risks of horseback riding. However, I feel that the possible benefits to myself/son/daughter/ward are greater than the risk assumed. I hereby, intending to be legally bound, for myself, my heirs, and assigns, executors or administrators, waive and release forever all claims for damages against ROCK, its Board of Directors, Instructors, Therapists, Aides, Horse Owners, Volunteers and /or Employees for any and all injuries and/or losses I/my son/daughter/ward may sustain while participating in ROCK programs. WARNING-Under Texas law (Chapter 87, Civil Practice and Remedies Code), an equine professional is not liable for an injury to or the death of a participant in equine activities resulting from the inherent risks of equine activities.

Signature: _____ Date: _____
 (Participant name)

PHOTO RELEASE:

I hereby (Circle one) Consent Do NOT Consent
 To the use and reproduction by ROCK of any and all photographs and any other audio/visual materials taken of me/my son/daughter/ward for promotional printed material, educational activities, exhibitions or for any other use for the benefit of the program. ROCK is that only first names will be used to identify people unless specific permission is given from the parent/client/caregiver.

Signature: _____ Date: _____
 (Participant name)

This release applies to all family members & caregivers of this participant. Contact your instructor if you have any questions about this policy.



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RELEASE & AUTHORIZATION FOR EMERGENCY MEDICAL TREATMENT

Participant Name: _____

Read both and check one below and sign:

Consent Plan

In the event emergency medical aid/treatment is required due to illness or injury during the process of receiving services or while being on the property of the agency, I authorize ROCK to 1) Secure and retain medical treatment and transportation if needed. 2) Release any records upon request to the authorized individual or agency involved in the medical emergency treatment. This authorization includes X-ray, surgery, hospitalization, medication and any treatment procedure deemed "life-saving" by the physician. This provision will only be invoked if the emergency contacts are unable to be reached.

Consent Signature: _____ Date: _____
 (Participant name)

Non-Consent Plan

I do not give my consent for emergency medical treatment/aid in the case of illness or injury during the process of receiving services or while being on the property of the agency. In the event emergency treatment/aid is required. I wish the following procedures to take place:

Non-Consent Signature: _____ Date: _____
 (Participant name)



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Client Medical History & Physician's Statement

Client's Name: _____ DOB: _____ Height: _____ Weight: _____

Diagnosis: _____ Date of onset: _____

Medications: _____

Seizure Type: _____ Controlled: Y N Date of Last Seizure: _____

Shunt Present: Y N Date of last revision: _____

Special Precautions/Needs: _____

Mobility: Independent Ambulation Y N Assisted Ambulation Y N Wheelchair Y N

Please indicate current or past difficulties in the following systems/areas, including surgeries:

| | Yes | No | Comments |
|-------------------------|-----|----|----------|
| Auditory | | | |
| Visual | | | |
| Tactile Sensation | | | |
| Speech | | | |
| Cardiac | | | |
| Circulatory | | | |
| Integumentary/Skin | | | |
| Immunity | | | |
| Pulmonary | | | |
| Neurological | | | |
| Muscular | | | |
| Balance | | | |
| Orthopedic | | | |
| Allergies | | | |
| Learning Disability | | | |
| Cognitive | | | |
| Emotional/Psychological | | | |
| Pain | | | |
| Other | | | |

Physician's Statement

To my knowledge, there is no reason why this person cannot participate in supervised equestrian activities. However, I understand that the therapeutic riding center will weigh the medical information above against the existing precautions and contraindications. I concur with an evaluation and treatment of this person's abilities/limitations by a licensed/credentialed health professional (e.g., PT, OT, SLP, LCSW, etc.) in the implementations of an effective equestrian program. This form may be signed by a MD, NP, PA or PhD level Licensed Mental Health Counselor.

Physician's Signature: _____ Please print, type or stamp: _____

Address: _____ Phone: _____

Fax: _____ Email: _____

Date: _____



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ROCK On Veterans – Proof of Military Service

Proof of military service is required to participate in ROCK On Veterans. Although we do not need to keep a copy of the ID, we will need to see it and sign this form with you before your first class begins.

Type of ID: _____
(Examples: Military ID, DD214)

Status: _____
(Examples: Active, Retired)

Expiration Date: _____
(If applicable)

Printed Name: _____

Signature: _____

Date: _____

Verified by ROCK Staff

Printed Name of ROCK Staff: _____

Signature of ROCK Staff: _____

Date: _____