



MOUNTED EQUINE ACTIVITY SAFE WEIGHT POLICY

At Therapeutic Riding of Tryon (TROT), safety is our primary concern. We must ensure the health and wellness of our participants, volunteers, instructors, and horses as mandated by PATH International. Horses are selected for participants based on a rider's skill set, stability on the horse, volunteers available, equipment available, horse conformation and movement, and rider's weight.

TROT has a maximum mounted safe weight policy of 230lbs for balanced and/or independent riders and 180lbs for unbalanced and/or supported riders.

All individuals participating in the program will be evaluated to ensure the safety of their participation in mounted activities. Please note that TROT's team is volunteer based including the horses and therefore availability can vary to some extent. We may not always have horses, or volunteers to safely accommodate all participants and scheduling requests.

TROT also offers a ground based Therapeutic Horsemanship program. This program is a great opportunity for applicants who are determined best suited to ground based activities due to the mounted safe weight policy, for applicants who have no desire to ride, or for those who want to learn more about horsemanship and care of our equine partners. The Therapeutic Horsemanship programming is designed for participants to learn horsemanship skills and have positive interactions with equines without riding.