

## Weight Limits

Riding is not an appropriate activity for everyone. Eagle Mount has occasionally had to decline service to those for whom riding is contraindicated. As a PATH International accredited program, we must follow PATH guidelines which state that riding is contraindicated if:

- The staff is unable to safely manage the participant in any situation, including an emergency dismount.
- The safety or comfort of the horse is compromised.

As an alternative we provide ground lessons (unmounted) for those individuals who are unable to ride. The chart below shows the maximum weight per height that is deemed appropriate by our veterinarians. People within the limit will be evaluated by staff for balance, tone and other conditions to determine if riding is a safe and appropriate activity and if Eagle Mount has a horse that can bear a riders weight available for the session the participant wants to sign up for.

### **Eagle Mount Adaptive Horsemanship Height & Weight Table**

Height (inches/feet)		Maximum Weight for Riding
62"	5'2" and under	155
63"	5'3"	160
64" – 65"	5'4" – 5'5"	165
66"	5'6"	170
67"	5'7"	175
68"	5'8"	180
69" – 70"	5'9" – 5'10"	185
71"	5'11"	190
72"	6'0"	200
76"	6'4"	225

Staff will evaluate each rider/horse configuration based on the following:

- Horses confirmation and back strength
- Type of tack used – western saddles can add an additional 25 pounds to horses work load.
- Riders weight as it pertains to tone and motor control:
  - Agile Weight: A rider that is balanced, has at least 80% control of their motor function and is able to maintain balance in motion with the horse.
  - Low Tone Weight: A rider with between 30-80% control of motor function. Able to maintain balance in motion with the horse with assistance (side walker using an ankle or over the thigh hold at the walk and trot)

- Dead weight: A rider with 0 – 30% control of motor function. Unable to maintain balance in motion with the horse without full assist from side walker. (Note: riders who cannot maintain an upright posture while mounted are not accepted into our therapeutic horsemanship program – these individuals need to be served by a licensed Physical or Occupational Therapist who provide Hippotherapy).

References: Midwest Horse Welfare Foundation

PATH PACs: Equest

Healing Reins

Little Bit

High Hopes

Jackson Hole TR