**Participant Progression Record Form**

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| **Name:**  | **Symptoms of Disability:**  | **Most suitable equine type:**  |
| **Other Personal Information:**  | **Riding Aims:** Physical Therapy Educational Social Recreational  |

**Riding Detail**

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| **Date of Record**  | **Weight**  | **Percentage** **Adjustment**  | **Height**  | **Hat Size**  | **Stirrup Length**  | **Special Equipment**  | **No of helpers required**  | **Mounting method**  |
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**Participant Goals:**

(Example of goals that could be set: Mount, walk, trot, canter, steer without help, ride independently)

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| **Date Set**  | **Goal**  | **Date Achieved**  |
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**If you are not using the RDA tracker, please complete the table below for each participant following a session. Taking into consideration and using the information below on: communication, confidence, enjoyment, horsemanship, physical change and relationships.**

**Communication:**

1. No attempt to communicate by any means (sound, touch, eye contact, gesture) with pony or people
2. Attempts to communicate, positively or negatively, by any means
3. Communication is basic, quite limited but consistent and with clear intention
4. Able to communicate and respond to communication from others
5. Communicates own wants, needs and experience freely and with clear intention. Understand and responds to what is communicated to them if it is age and ability appropriate

**Confidence:**

1. Lacks confidence, won’t try or engage, block coach
2. Willing to have a go, with guidance and support
3. Trying to learn needs lots of reminding and support
4. Doing well, benefits from reminding and support, progressing towards independence
5. Realistic and confident in their abilities, takes on new challenges and will move out their comfort zone appropriately. As independent as their condition allows

**Enjoyment:**

1. Reluctant to get on a pony
2. Showing signs of enjoyment e.g. smiling, laughing, relaxing
3. Looks forward to sessions; keen to ride on arrival
4. Positive about own experience, people and ponies at sessions and when not at RDA
5. Riding is a favoured activity

**Horsemanship:**

1. No knowledge of how to relate to or communicate with pony using riding aids
2. Show understanding of how to relate to or communicate with pony using riding aids
3. Implementing communication with pony using riding aids when prompted
4. Implementing communication with pony using riding aids with little or no prompting
5. Riding with sensitivity to and control of pony

**Physical Changes:**

1. Able to stay placed in sitting position with assistance at leg from two side –helpers at walk
2. Able to stay in a balanced position at walk while supporting self-e.g. propping(leaning) on horse, saddle or thigs with no assistance from side –helper(s)
3. Able to sit independently at walk e.g. hands free or holding reins
4. Able to ride independently at walk
5. Able to stay in a balanced position independently at trot

**Relationship:**

1. Not interested in other people or ponies, no interaction
2. Interested, wants contact with people and/or pony
3. Responds well to contact from others, initiates contact with people and/or pony
4. Takes others, including pony, into account, tries to cooperate
5. Will encourage or help other, shows appreciation of help, enjoys relating

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| **Date**  | **Details of session and progression made**  |
|  | Communication: Confidence: Enjoyment: Horsemanship: Physical Change: Relationship: |
|  | Communication: Confidence: Enjoyment: Horsemanship: Physical Change: Relationship: |
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|  | Communication: Confidence: Enjoyment: Horsemanship: Physical Change: Relationship: |