

Preparing for your upcoming course

Upon receipt of your application and payment, you will be sent an e-mail with the access code for the homework log in.

If the e-mail is returned as “undeliverable”, you will receive a text or phone call.

Please add: equinerehab@xplornet.com and info@equinerehab.ca to your address book as I use both these e-mail address for correspondence.

All classes:

Please be sure to write down the date of the course along with the address. The correct dates are located on the homepage.

My course date is: _____

Please be at the facility on the first day of class, no later than **7:45am**, so class can begin promptly at 8am. There are some locations that have a high traffic volume, so please leave early! Please do a ‘drive by’ of the facility the day before the class if possible.

Classes are from 8-5pm daily. The last day of class will be concluded by noon at the latest for the 7 day program.

For the 6 week program, each Friday is concluded no later than noon.

It is to be presumed by all registrants that the course is moving forward. If a class is to be cancelled, you will receive notification via e-mail.

A receipt will be issued on the **last day of class** along with the GST/HST #

Pack: a lunch, sunscreen, hat, cushion or towel for sitting upon – some people like to bring collapsible chairs. I provide plastic stools if there are no chairs provided by the facility, and they can get quite uncomfortable. Please also pack gloves in case of cold weather- the dollar store thin gloves are perfect for massaging in cold weather- thick or leather gloves are not acceptable for massage – extra clothing to be prepared for inclement weather.

Bug spray for yourself (and your horse if you are bringing your horse).

Although certainly not mandatory, it is always best to have your tetanus shot up to date as we do work in the barn – rusty nails and nips!

Although not mandatory, steel toed shoes/boots are highly recommended.

Everyone helps out with daily cleaning of both the classroom and stalls/paddocks area. The facilities where all courses are taught are real working farms who have opened up their barn

doors and have graciously allowed us all to come to their properties and work with their horses. This is a big plus as students get to work with horses in real-life environments and not attend a school where the horses are massaged constantly – students learn how to work with working horses! These farms have altered their daily schedules to accommodate the course – which is a disruption to their day to day working schedules. Having the luxury of working with these horses comes with responsibilities which include barn chores. In order to have access to the horses, we take on many of the responsibilities to aid the owners/staff which include: cleaning stalls, cleaning and filling buckets, tossing down hay, sweeping alleys, taking horses in and out and feeding. It has not been unusual in my practice to have to go and fetch my horse from the field, muck out a stall that is not clean and to fill up a water bucket and feed the horse some hay. In an ideal world, the horse is already in the barn, groomed and the stall is mucked, but in the real world, things sometimes do not go according to plan... If I have a bad attitude about having to get a horse from the field, groom them and muck a stall and it puts me into a bad state of mind, then the ‘energy’ of the massage will be changed (and not for the good!); however, if I accept that sometimes I will have to do these chores, and I keep a cheery spirit, then it will not change my attitude and the ‘energy’ of the massage can progress in a quiet and peaceful way. Many hands make light work! In all my years of teaching, I have always found each group to be ready and willing to lend a hand!

I do not allow videotaping of the course or pictures of maneuvers, but you may bring your camera on the last day for group photos.

There is absolutely no smoking during class – this includes the new ‘smokeless cigarettes’ or vapes. You may smoke only in designated smoking areas – usually no less than 30 meters from the barn. In dry areas, smoking may only be permitted in your own vehicle. Proper disposal of butts is mandatory – no littering is permitted. Please carry gum or mouthwash as we do work in fairly close proximity to each other.

If you chew, spitting is not acceptable. A spit cup is also unacceptable. There is absolutely no spitting in stalls as nicotine is toxic to horses and nobody spits on the floors of the barn.

My cell #, to be used in case of emergency only -this means that you cannot find the facility on the first day of class or an emergency has arisen during the class – is **1-519-562-9992** . **Please put this number into your cell phone contacts.** I do not answer this phone while I am teaching. Any questions should be directed to either my e-mail (through the ‘contact’ section of the web site- this is best as the internet never sleeps and I can return e-mails at any time of day or night), or you may text my cell phone.

Please add at least one ICE (in case of emergency) contact on your cell phone. My ICE contacts look like this:

ICE – Jack – Husband

ICE – Mark – Brother

Hotel/Motel/Lodging is the responsibility of each student. Local hotels are typically listed with

the Chamber of Commerce.

www.airbnb.com is an excellent source for accommodations – this is what I personally use. There are pictures of accommodations, along with the general area of the place. Once a person has booked the spot, then the address is provided; however, the general area is provided so you can see how close the accommodations are to the facility.

www.kijiji.com is another resources for accommodations. If you google “short term accommodations (and the city name)”, then you will have multiple sites to choose from for your accommodation needs.

Please be safe and take extra precautions when booking: Let someone know where you will be staying – full address and contact information of your host, take a picture of the house when you arrive and text it to a family member or friend. Try to find accommodations that will be reasonably quiet. Indicate that you are there to work (as some people do not take students) for the week and require a peaceful and quiet environment – you will need one!

If a course location page lists contact information of the facility, then you may contact that facility to inquire if you may bring your horse. If no contact information is provided, or the facility has already indicated that it is a ‘closed herd’, then you may not bring your horse to the course.

Any arrangements to bring a horse to a course is between the registrant and the facility.

No one ever needs to bring a horse to the course as all facilities provide horses for the course.

If you have made arrangements to bring your horse to the facility, then you must bring sufficient hay for your animal to help avoid a change in feed colic. You will be sharing your horse with the rest of the group as we work in pairs during the course. You will be working on your horse for the final exam. Your animal may or may not be used every day as this is would both annoy and fatigue the animal – so be prepared to work with other horses.

Please exercise care and caution when on facility property as there are dogs, cats, horses and people. Please obey the speed limit – if one is not posted, the accepted limit is 15km/hr.

E-mail is the best way to reach me. I check my e-mails no less than twice daily (unless I am traveling). You may send an e-mail by clicking on the ‘contact’ button of the web site, or e-mail directly to: info@equinerehab.ca E-mails are returned within 24-48 hours. If you have not received a reply, please check your spam folder.

You may also text me at: 519-562-9992

Please do not leave a message on my cell phone as service can be very poor in some areas – texting to my cell is a much better form of communication; however, e-mail is always best.