

# CanTRA STANDARDS

## POLICY ATLANTO-AXIAL INSTABILITY

All rider candidates who have Down Syndrome should have a detailed neurological examination before being accepted for riding.

Persons diagnosed with Down Syndrome cannot be accepted for riding instruction without proof of a negative diagnostic X-ray for atlanto-axial instability. This form must be accompanied by a signed and dated statement from a qualified physician giving the date and result of the diagnostic X-ray.

## NEW POLICY SEIZURES

The goal of this policy is to ensure a safe riding environment for therapeutic riding clients, volunteers and staff. This policy refers to all types of clients including, but not limited to, riders, drivers, grooming participants, campers, day program participants.

### **Incoming Applicants:**

New clients with a prior history of seizures who are applying for admission to CanTRA-accredited centres must, at the time of application, have been seizure-free for 6 months on medication **OR** for one year without medication\*.

*\*Exception:* Clients that experience 'absence' seizures (seizures that do not affect balance, posture or tone) would be permitted to ride if they always have a leader to control the horse and a sidewalker to ensure safety in the case of an absence seizure while riding. Riders with absence seizures may not ride independently.

***The above criteria also apply to all riders with a history of seizures, participating in a therapeutic riding program.***

### **One-time seizures:**

In the case where a rider with no history of seizures experiences a one-time seizure or seizure-like event, the rider will be required to discontinue riding until they have been approved by the centre's medical committee to re-enter the program. If the centre does not have a medical committee, then the decision for a rider to return will be made by the Executive Director/ Managing Director (and/or the Head Instructor) and the Board of Directors. This decision can only be made once the appropriate investigation and paperwork have been completed:

1. Documentation from the doctor must be provided to the centre, stating an opinion as to whether the episode was or was not a seizure.
2. If the doctor deems it a seizure, the same waiting period would apply as for a rider new to the program (see above).
3. If the doctor feels it was not a seizure, the rider may return to lessons as usual.

Updated March 20, 2017