



Sonya Dodginghorse  
53 Cattle Dip Road, Tsuut'ina AB, T3T 0A8  
C: 639-205-7742 E: dhranch44@gmail.com

## Sumer Day Camp Quote

Organization Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

Date Option 1: \_\_\_\_\_ Date Option 2: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Ages: \_\_\_\_\_ # of Participants: \_\_\_\_\_

Lunch: Yes/No (\$25.00 Extra per person)

There are bees, wasps, dogs, horses, dirt, and hay at the ranch. Please indicate if your child has any allergies, medical conditions, and also include any food allergies:

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What are your expectations of the program?

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**If weather conditions are not favorable due to rain, sleet, hail, snow or -22-degree weather. The camp date will be subject to change.**



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## **DH RANCH**

### **Release and Waiver for Dodginghorse Ranch**

I, the undersigned, hereby acknowledge that equine events in which I am participating are inherently dangerous and involve risk of injury or even death. I further acknowledge and agree that such risks cannot be eliminated by the equine operators' reasonable efforts and precautions. Therefore, I fully accept and assume exclusive liability for the risks involved in the events which I have elected to participate.

I further agree that I will abide by all rules and regulations of the Tsuut'ina Nation, Dodginghorse Ranch, and Dodginghorse Equine Assisted Learning. (collectively referred to as the "Parties").

I hereby release the Parties and all individuals working with or for the Parties, including, and without limiting, all members, stock contractors, employees or agents, from and waive any claim for damages to property, injury or death or other claims of any kind which I might have related to my participation in activities at Dodginghorse Ranch.

I have read and I understand this release and waiver. I understand that by signing it I am giving up the right to claim that any of the Parties are responsible for any damage to property, injury or death which might result from my attendance at or participation in activities at the Dodginghorse Ranch.

I agree to indemnify and save harmless the Parties and all individuals working with or for the Parties from any and all claims, demands, actions or causes of actions, which may be brought against or suffered by any one of the Parties or individuals working with or for the Parties arising out of or in any way related to my participation in the activities at the Dodginghorse Ranch.

#### **Under 18 years of age:**

**Allergies:** \_\_\_\_\_

Child's Name: \_\_\_\_\_ Birthday: \_\_\_\_\_

Date: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_

Print Name Parent/Guardian: \_\_\_\_\_ Emergency #: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

#### **Participants over 18 years of age:**

**Allergies:** \_\_\_\_\_

Participant Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

#### **PHOTOGRAPHS**

I understand any related photographs may be used for Dodginghorse Ranch publication without my written consent.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_



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### DH RANCH SAFETY

- Anyone under the age of 18 years old must wear a helmet; (provided)
- No tying to the round pen or the inside fence.
  - **No** smoking, **No** lighters, **No** matches on premises.
  - **No** running, **No** screaming, **No** jumping (especially while working around horses);



#### Respect: Īst'īdīschówī

**Tsuut'ina Values: Honesty, Humility, Kindness, Wisdom, Sharing, Strength, Bravery**

- If you or your horse makes a mess, clean it up.
- If you use it, take care of it.
- If you borrow it, return it.
- If you open it, close it.
- If you move it, put it back.
- If you turn it on, turn it off.
- If you break it, tell someone.



#### Dress Code:

Dress in clothing suitable and comfortable to work around horses in as well as easy to wash and repair if soiled or torn. **Proper attire for the current weather conditions.** Comfortable sleeve t-shirts are ideal, although too baggy and they might get caught or hang up on something, then you could get injured. Comfortable jeans are good, wear pants appropriate to working around horses. Remember if they are too loose or baggy, they could get caught on something and easily torn. **Shoes, no open toed shoes. If participating in the Day Rides you will need a boot with a heel or cowboy boots. (We have some available if you do not have any)**

#### Acknowledgment:

SAFETY ISSUE ACKNOWLEDGMENT AND COMMITMENT: I understand and recognize that there are certain risks, dangers and perils connected with the use of horses in general as well as in a controlled environment. I hereby acknowledge all associated risks that have been explained to me. Under these conditions and after inquiry, I realize the completeness of Dodginghorse Ranch efforts to maintain safety for all concerned and am wholly satisfied with their efforts. I will faithfully adhere to all safety instructions and recommendations provided me by Dodginghorse Ranch, whether oral or written while on Dodginghorse premises.

I further agree to use and care for any and all Dodginghorse Ranch animals to the best of my ability.

Under 18: Child's Name: \_\_\_\_\_ Birthday: \_\_\_\_\_

\_\_\_\_\_  
Signed

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name



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#### WHO WE ARE - FACILITATORS

##### **SONYA DODGINGHORSE**

Sonya Dodginghorse is the owner of DH Ranch and has a bachelor's degree in Education. She has over 21 years of classroom experience in First Nation Schools including 13 years with Tsuut'ina Education. She has committed her life as an Educator to support the academic, health, and wellbeing of Youth, raising awareness on Indigenous issues, and promoting Truth and Reconciliation. Sonya is an advocate for Indigenous issues educating people about the trauma from Indian Residential Schools. She is a role model for Indigenous women and youth sharing her knowledge and experiences.

##### **CAYDA DODGINGHORSE**

Cayda is a determined young rodeo athlete and 10 grade student. She does at home learning which allows her to travel the rodeo circuit. She was crowned with the Junior Barrel Racing Indigenous world title in 2019. Cayda aspires to continue to compete in the Junior division with setting her goal on qualifying for the 2022 INFR and bringing home another world title. As well as just like her mom compete in the pro rodeo circuits to qualify for the 2022 Canadian Finals Rodeo (CFR) in Red Deer, Alberta. She and her mother spread awareness for intergenerational healing as a mother daughter duo on the rodeo trail, speaking engagements, and events at the DH Ranch.

##### **JULIE DODGINGHORSE**

Bio coming





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### **What is Equine Assisted Learning?**

EAL is an experiential learning approach that promotes the development of life skills for educational, professional and personal goals through equine-assisted activities.

In the Equine Assisted Learning Programs, the participants engage in *un-mounted*, horse-related, group-based skill building activities, and discussions. Horses are sensitive, herd animals with their own social rules and group dynamics. Through learning the language of, and establishing bonds with horses, participants can gain insight about themselves and how they relate to the world around them.

Although riding may be a component in some of the programs at Dodginghorse Ranch, building relationship with the horses/self and others is the dominant focus for all programs. Dodginghorse Ranch provides EAL sessions. Sessions can be targeted to address specific skill building such as peer or team relations, group communication and cohesion, boundaries and confidence as well as leadership and cooperation.

For more information, or to inquire about an EAL session for a group you know, please email Sonya at [dhranch44@gmail.com](mailto:dhranch44@gmail.com) or 639-205-7742.

### **HORSES AS TEACHERS - MEET A FEW OF OUR TEACHERS**

Horses are ideal teachers for helping people build strong skills. Horses are our teachers and healers helping us reconnect to what has heart and meaning in our lives, assisting us in re-aligning mind, body, and spirit so that we can walk into our future with courage, grace, and integrity. Trust, empathy, honesty, humility, integrity, congruency, are all qualities we can learn with horses as our teachers.





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## **OUTCOMES**

### **Participants will develop:**

- \* life skills while using horses
- \* self-awareness & self esteem
- \* confidence
- \* trust & respect
- \* relationship building
- \* communication skills
- \* teamwork & listening skills
- \* choice-making & goal-setting skills
- \* responsibility
- \* problem solving skills
- \* appropriate assertiveness
- \* leadership skills
- \* learn to read body language
- \* negotiation skills
- \* success over obstacles
- \* appreciation of others
- \* culture awareness

*"Think outside the box & have fun while learning"*

## **Pandemic**

During the pandemic, acknowledging the importance of mental health is paramount as feelings of stress, anxiety, fear, and sadness are heightened. DH Ranch horses and nature play an important role in human mental health. Horses provide emotional support and prevent loneliness, and they become even more vital in times where social distancing and social isolation prevents regular interaction with other people. DH Ranch equine assisted learning and horses can aid in healing, reduce anxiety, build confidence, and empower participants to achieve excellence in other areas of their lives by recognizing their gifts.

## **Indigenous Education**

### **Tsuut'ina Values:**

Humility

Wisdom

Honesty

Sharing

Kindness

Strength

Bravery