



# REMEDIAL VAULTING

TRAG, Greece, 2-6 may 2018

# Remedial vaulting:a short description

Vaulting for disabled implies, as it is for normal people, physical **exercises** done with **music** on a **horse**, the active participation of the children is required: they need to be aware of the space, the orientation, measure their movements to coordinate with the ones of the horse, maintain balance.

It is a **group activity**: the members can interact with each other, playing, collaborating and supporting, learning to ask for them and to offer them to the teammates.

The horse is a **partner** in the game and his presence and his engagement implies rules to be followed.

Firstly, the horse needs to be taken care, cleaned, groomed before and after the session rewarded. In this regards the vaulting for disabled people grants a **closer approach to the horse**, which is also an instructive opportunity.



# OBJECTIVES

For the purpose of this meeting, we created a group of vaulting composed only of disabled people.

## **Team:**

•Simone 15 → autistic

•Chiara 14 → autistic

•Gracy 25 → with social impairment ( She also helps the other members and the therapist in their activities)

## **Specific objectives:**

• To increase the familiarity with the animal, the respect towards others, horse and rules;

•To increase socialization e cooperation, coordination, creativity, will, courage, focus, team spirit, fear managing;

•To increase self esteem ( feeling of inclusion and giving support actively)

# Equipment used

The horse is prepared with the usual vaulting garments, but with a shorter whip because of the better adjustment of the horse to it.

To get on the vaulting barrel, a cube was used to facilitate the task, this help was provided by a teammate, to increase the social interaction (especially Gracy was a great help to the others)

Hoops, balls, and cones

# Safety considerations

- The horse has to be trained for this specific activity
- The therapist has to have a preparation about vaulting and disabilities
- The horse leader has to be prepared
- Appropriate setting



# Therapeutic impact

## Area of [mobility](#)

Increase:

- Muscles
- Agility
- Balance
- Coordination
- Eye-hand coordination
- Perception of one's body
- Sense of rhythm
- Motor expression
- Spatial and temporal orientation
- LINK VIDEO

## Area of [psychological](#)

Focus on:

- Stimulation of intellectual abilities
- Emotional stability
- Relaxing body and mind

## Area of social and [emotional skills](#)

Vaulting for disabled is particularly fitting for situations of social disadvantage and cognitive or emotional deprivation (as in these cases), since it is a concrete experience of integration.

Opportunity of socialization

Awareness of each other's limits in a protected environment,

It makes new experiences easier thanks to the support and enthusiasm of the group

# Vaulting exercises

The exercises chosen for this group have been few and simple:

1. Torso adjustment with arm raised up and forward
2. The nap
3. Windmill
4. Thinking child
5. Ball game with someone on the ground (group context)
6. "Basketball" with hoops
7. Couples exercise on the horse: clapping hands, entering and exiting the hoop (group context)
8. Trot: simple and alternating hands on the handle.



During the waiting times on the ground, to avoid the participants from psychological or emotional distress, other games were alternated with exercises, always in the space further away from the real horse.