RIDER WEIGHT GUIDELINES AT LTRA

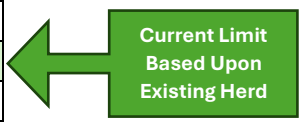
At LTRA, our commitment to the health, comfort, and long-term well-being of our horses is at the heart of every decision we make—including how we match riders and horses.

To support our horses' welfare and ensure the safety of all riders, we follow widely accepted veterinary guidelines for our Adaptive Riding Lessons which recommends that **the combined weight of rider & tack not exceed 20% of the horse's body weight**. This standard is based on commonly accepted practice and a range of research including that done by Ohio State University and summarized by the University of Minnesota Extension, which reaffirmed the 20% of rider/tack-to-horse bodyweight principle.

Most of our program horses weigh between **1000 and 1100 pounds**, meaning the average **rider weight limit (including tack)** ranges from **185 to 205 pounds**, assuming an average tack weight of 15 pounds.

WEIGHT CAPACITY CHART (20% RULE MINUS AVG. 20 LB TACK ALLOWANCE):

Horse Weight	Max Combined Load (20%)	Estimated Rider Max (20% - 15 lb tack)
900 lbs	180 lbs	**165 lbs**
1000 lbs	200 lbs	**185 lbs**
1100 lbs	220 lbs	**205 lbs**
1200 lbs	240 lbs	**225 lbs**



We understand this may impact some prospective riders. It is important to us that everyone have horse-related activities available to them. To ensure everyone can enjoy meaningful time with horses, we offer alternative programming without restrictions such as:

- **Cart driving lessons**
- **Groundwork & in-hand horsemanship activities**

These alternative services provide enriching, engaging ways to build skills and connect with horses without riding. Thank you for helping us prioritize the care and dignity of our incredible equine partners.