



## *MIDDLETON EQUESTRIAN CENTRE*

0121 311 1601

### **Welcome!**

#### **We are British Horse Society Approved**

This is your guarantee of the highest quality of facilities and instruction available. As in all cases there are highs and lows in all standards. We hold a very high level of approval.

#### **We own most of our own horses**

We own most of our own horses however we use a small selection of hand-picked “working livery” horses in our lessons.

#### **We monitor our horse use and group sizes**

With a maximum of 8 in any group we keep safety of horse and rider as a top priority. Our horses are closely monitored so they will be at their best for you. We try to ensure that no horse does more than 3 hours work per day and no more than 2 hours in succession.

#### **Our facilities.....**

Where you ride is important. All our arenas are purpose built. They are all very safely fenced and set in pleasant surroundings overlooking local countryside.

### **Important Information:**

**Horse riding is a risk sport, participation therefore holds potential danger.**

Horses can be unpredictable and do not always respond as expected.

It is not a question of **IF** but **WHEN** you fall off. It is part of the learning process and sometimes hurts!

All clients must wear a hat to the current BSI standard when riding. Please ask for advice if unsure.

We expect to ride in most weather conditions. Riding in the indoor school is not guaranteed; therefore suitable clothing should be worn.

**Note:** Please do not expect to ride for the full 30 or 60 minutes. Some of the lesson time is taken up with mounting and dismounting. Your instructor may also use some of the lesson time in discussion with you.

## **Frequently asked questions:**

### **Your initial assessment / lesson...**

If you can already ride and wish to work towards a specific goal you should inform your instructor at the start of the lesson. As a rider, we treat this initial lesson as an assessment and will complete your client registration form with you at the end, if there is time, or later in the day during peak busy times. If you are new to riding, we will run through some of the basics with you in your first lesson.

### **Where next...**

If you are working towards a specific goal we will recommend a course of action for you and try our best to help you achieve it. If you are new to riding, we recommend an initial course of 5 private lessons. At the end of these we will assess your suitability to join a beginner group lesson if that is what you want. We require a minimum of walk and trot under control and off the lead for this first group

### **As a beginner how quickly will I progress...**

There is no hard and fast rule for this. Some progress quickly and some slowly. As a rule, the first 5 lessons will give you an indication of how quickly you are moving. This is, however, no guide as to how good a rider you will become. We aim to have all clients, presuming they attend weekly, doing walk, trot and canter in good style after 12 months. Some may well progress to jumping within this time, but riding horses is a different experience every time and experience is what really counts.

### **I am worried about falling off...**

The old saying is that you are not a rider until you have fallen off! We don't necessarily agree with this, however, you will fall off and it is a matter of when rather than if. We would like to think that the horses we select for you in your first few lessons are very safe and that you should not fall. Horses are living animals however, and anything is possible. This risk factor is a lot of the fun in riding. If you don't like taking any risk, then horse riding is not for you.

Statistically the chances of you sustaining a serious injury in the confines of the riding school environment are very slim. You should bear in mind that falling from any height will hurt - the way in which you fall is the most important factor in whether you injure yourself or not.

### **What about insurance...**

Although we are covered by insurance, we recommend that you take out personal accident insurance (as you would if skiing) if you intend on keeping up with your riding lessons

### **How to book:**

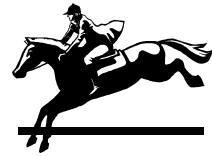
Bookings are taken either directly at reception or by telephone on 0121 311 1601. All lessons must be paid for on arrival. PLEASE AIM TO ARRIVE 15 MINUTES BEFORE YOUR LESSON IS DUE TO START. LATE ARRIVALS MEAN THAT YOUR LESSON WILL BE CUT SHORT.

### **Cancellations:**

We require a minimum of 48 hours notice for a cancellation. See below for details.

### **Client Registration:**

All new members will be asked to complete a registration form on arrival. If information provided changes, you **MUST** inform us.



## **What should you wear:**

Please ensure that you have read the clothing list below prior to arriving for your lesson.

### **Hats:**

Hats must comply to current BSI standard (contact reception for details) and must be worn at all times when mounted and correctly fitted and fastened. We are able to provide hats at a charge of **£1.00** per session.

### **Footwear:**

Riding boots or jodhpur boots ideally should be worn, however, any closed toe flat shoe with a small heel would be acceptable. No trainers should be worn.

### **Lower body:**

Thick leggings or trousers that offer freedom of movement. Jeans have been known to cause friction. Legs must be covered at all times, i.e. no shorts or skirts.

### **Upper body:**

Clothing appropriate to weather conditions that does not restrict freedom of movement. Waterproof jacket is recommended during winter or rainy period.

### **Hands:**

We strongly recommend that riding gloves are worn whenever riding, in particular during winter period.

### **Body protector:**

The use of body protector is strongly recommended especially during all jumping activities.

### **Jewellery:**

No jewellery, except a wedding ring and watch, should be worn when riding

# RIDER REGISTRATION FORM

Name of Equestrian Establishment

## CONFIDENTIAL - Please complete all Sections and Boxes

First Name:  Surname:

Address:  Postcode:

Tel: (Home)  Tel: (Mobile)

Email:

Date of Birth:  Age:  Weight:  Height:

Occupation:

Have you (or the person you are signing for) ever suffered a serious injury or discomfort while riding or been advised not to ride? Yes  No

If yes, please describe:

Please detail **ANY** disability or medical conditions that may affect your ability to ride or which your instructor should be aware of in case of emergency

## EMERGENCY CONTACT & DOCTORS DETAILS

Contact Name & Relationship  Tel:

Doctors Name  Tel:

## RIDING ABILITY - you MUST tick all boxes that apply

I consider myself (or the person riding for who I am signing on behalf as a minor) to be a:

Never ridden before  Beginner  Novice  Intermediate  Advanced

How many times have you/ rider ridden in last 12 months:  None  under 12  12-40  40+

What do you believe yours or the person riding' capabilities to be on a horse or pony to be?

Riding at a walk  Trotting with Stirrups  Trotting without Stirrups  Cantering

Hacking  Riding over jumps up to 0.5m (18")  Over jumps 0.75m (30")  Riding over cross country jumps

**RIDERS UNDER 16 YRS OF AGE:** I accept full responsibility for my child and confirm that the above pre-assessed abilities are correct. I accept my child rides at his/her own risk.

**RIDERS AGED 16 YRS AND OVER:** I confirm that the above pre-assessed abilities are correct and I agree that **I RIDE ENTIRELY AT MY OWN RISK.**

**DATA PROTECTION ACT 1998:** Statement: I understand that the information I have given will be held in accordance with the Data Protection Act 1998 but may also be made available to Insurers and other concerned parties in the event of any injury or accident.

I understand that I must obey the instructions of the instructor and must comply with the Health & Safety requirements of the establishments. I reserve the right not ride a horse allocated to me or my child and or request a change of instructor.

I confirm that to the best of my knowledge all the above details are correct. A parent or guardian of riders under the age of 16 must sign this form.

I acknowledge **THAT RIDING IS A RISK SPORT AND HOLDS A POTENTIAL DANGER, and that all horses may react unpredictably on occasions.**

If signing on behalf of rider please state relationship to rider:

Signature  Print Name  Date

## TO BE COMPLETED BY INSTRUCTOR / SUPERVISOR ON BEHALF OF THE EQUESTRIAN ESTABLISHMENT

This client has been assessed and our judgement of their capabilities is as follows:

Complete Beginner (Lead rein/Lunge)  Beginner (Beginning Walk & Trot independently)

Novice (Walk, Trot, Canter independently)  Intermediate (Jumping, Stage 1)  Advanced (Stage 2, Equivalent and above)

**ASSESSMENT LESSON CONTENT:** Walk  Trot  Canter  W/O Stirrups  Jump  Lateral

### OFFICE USE - Assessment Lesson

Horse Used  Lesson Type

Date  Time

Signature  Print Name  Position

# **ATTENTION ALL CLIENTS**

## **PLEASE NOTE :-**

**We Require a MINIMUM of 24 hours notice to cancel a pre-booked lesson.**

**If a lesson is cancelled for whatever reason within the 24 hours prior to the pre-booked arrangement THEN A CANCELLATION FEE WILL BE CHARGED.**

**24 HOURS OR LESS – FULL FEE PAYABLE**

**48 HOURS UP TO 24 HOURS - £ 5.00**

**PRIOR CANCELLATION – NO CHARGE.**

**We understand that sickness or unseen events cannot always be predicted, but each ride or lesson is planned in advance and Horses have to be prepared and Instructors paid.**

**THEREFORE THE ABOVE CHARGES WILL BE APPLIED**