

## **New Client Information (Children/Young People)**

Red Park specialises in horse and pony riding lessons for children. We have chosen our ponies carefully for their quiet temperaments and their experience in developing the skills of junior riders. Our fully trained instructors ensure that the children are encouraged to learn, paying particular attention to safety, whilst maintaining an element of fun, in order to build confidence. We are a British Horse Society Approved riding centre - *All BHS Approved Establishments are inspected at least once a year and establishments only pass if they have met the most stringent standards of instruction, safety and horse care.*

### **Can we come and look around?**

Visitors are welcome to come and look around the stables but there are periods when there are few horses in the yard. We are open from 4pm – 8pm on Tuesdays and all day on Saturdays. We suggest that you phone us first so that we can make sure that someone is here to show you around, particularly if you would like to talk to a member of staff to learn more about us

### **Do you have to have an assessment before you can ride?**

If your child hasn't ridden with us before, we will ask you to tell us about his/her riding experience by using the assessment guide at the end of this page. In the interests of safety, we usually consider it necessary to recommend either a private or a semi-private lesson for children riding with us for the first time, particularly if they are a little nervous. We can then work out a suitable lesson programme for them or, if they are an experienced rider, advise which horses they are likely to enjoy riding.

### **Is there a weight or age limit for riders?**

Yes 12 stone

Minimum age is 4 years – there is no upper age limit.

### **Do you still ride in bad weather or if it is raining?**

As horse riding is an outdoor activity we continue in all weathers and so it is a good idea to invest in some warm and/or waterproof clothing, as appropriate. During extreme weather conditions when it may be unsafe or uncomfortable to ride outside, we supply interesting, practical on-the ground sessions as an alternative.

### **What time should we arrive?**

If you have not been to us before please arrive at least twenty minutes before your Introductory Session to enable one of our team to welcome you and assist in completing a new Rider Registration form and fit you with a hat if necessary. Otherwise generally plan to arrive at least ten minutes before your riding time as we do follow a punctual timetable. Please note that mounting and dismounting is included in the duration time of each service as quoted on our Price List

We recommend that children between the ages of 5 and 6 years take half hour lead rein lessons where a private instructor will lead the pony and guide the child through the early stages of learning to ride.

From 6 years upwards, 40 minute lead rein lessons can be taken and children learn to walk, trot, stop and steer with confidence and, when they have sufficient balance, they can progress to canter.

Children over 10 years with more riding experience (Stages 5-6 below) can take part in cross country, show jumping and dressage lessons which take place in the sand school or in the training field. These lessons typically have no more than 5 or 6 children in a group.

We are very keen to encourage all our junior riders to learn and improve their skills, while also enjoying themselves and, to assist that process, we have designed a series of Junior Progressive Riding Tests towards which the children can work. They also provide parents with an excellent way of monitoring their child's improvement. We organise regular Pony Care Sessions, where children (5-12 years) can come and spend time learning more about ponies and how to look after them. They also help to prepare children for the Junior Stable Management Tests

**How can we book and what is your cancellation policy?**

You can check availability by e-mailing [red.park@btinternet.com](mailto:red.park@btinternet.com) or telephoning the office on 01984 632373. Before we can take your booking we will need to know your height, weight and riding experience (see guide below).

Please note for whatever reason 24 hours notice is required to cancel weekday bookings and 48 hours notice for cancelling weekend rides otherwise the full fee is payable. Regrettably there is no exception for illness.

**Parents please use this guide to assess your child's riding ability**

<b>STAGE 1</b>	Never ridden or only walked, learning to trot
<b>STAGE 2</b>	Able to rise to trot, hold reins correctly, understand how to control pony
<b>STAGE 3</b>	Able to walk, trot and canter on lead rein with good balance and position
<b>STAGE 4</b>	Confident in walk, trot & canter. Become able to control pony when riding independently
<b>STAGE 5</b>	Show a balanced, secure seat in all paces and be able to change speed and direction and ride simple school movements.
<b>STAGE 6</b>	Experienced and confident in walk, trot and canter with and without stirrups. Understand trot diagonals and canter leads and perform school movements.

**Riding Attire**

We recommend that you invest in at least the basic riding wear for your child, which will enable them to ride in comfort. Whilst riding hats can be initially borrowed from us, once you have decided to ride regularly with us, it is important for your child to have their own hat professionally fitted to ensure maximum protection. Footwear needs to be of a sturdy construction with a smooth sole and small heel to prevent your foot slipping through the stirrup. For those without jodhpurs, full-length stretchy trousers are an adequate substitute, with long thick socks for extra protection. Also please remember that **we ride in all weathers, so** we strongly advise purchasing some good warm waterproof clothing, including gloves.

**Safety**

Whilst horse riding is rightly recognised as a risk sport you can be assured that we take your child's safety very seriously. We have an exemplary safety record but it is important to also be aware that ponies are sensitive animals that can behave unpredictably at times. Children must at all times follow all guidelines that we give in order to enjoy the maximum benefit from being in the wonderful environment of horses

All the Instructors are kept up to date on their First Aid Certificates and Child Protection Courses and our Health and Safety procedures are very comprehensive.

We look forward to welcoming you soon.