

# Riding Lessons



*Wanneroo Riding &  
Therapeutic Centre*



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Therapeutic Centre*

# *Welcome*

Wanneroo Riding and Therapeutic Centre is situated in 1000 acres of beautiful bushland and is run by a dedicated team of professionals with a vast array of skills, from qualified riding coaches, equine assisted learning practitioners, special needs education assistants and mums of children with disabilities.

It was created to provide you with access to a range of all ability services that can be tailored to your needs, to enable safe, enjoyable interactions with horses, whether it be ridden or on the ground, helping develop lifelong skills, improve self-esteem and self-confidence to help you thrive in the future.

We provide private main stream riding lessons for those who wish to learn and progress in horse riding as well a a full range of therapeutic riding and horsemanship activities designed for pleasure and personal growth.

Our individual Therapeutic Riding and Horsemanship sessions allow us to create a tailored program to work towards your individual NDIS goals through the interaction with our beautiful horses.

Equine Assisted Learning session are designed to help develop social and emotional skills and are run by a fully qualified practitioner, developing skills such as awareness, boundaries, self-regulation, kind and helpful thoughts, healthy relationships and overcoming lifes' challenges.

If you are unsure of which services best suit your needs, call us today for more information

Warm regards

*The management team  
Wanneroo Riding and Therapeutic centre*



## ***Riding Lessons***

Our focus is upon teaching students how to ride safely and kindly so that both horse and rider can enjoy the experience. We ensure students understand the basics both in and out of the saddle, so they can progress with their riding and build confidence handling the horse.

### ***Riding 101 – Intro to riding***

***45 Min, \$80***

This is our 5 week group introduction to horse riding course where students learn the basics of riding (mounting, position, how to hold the reins, balance, start, stop, steer and intro to trotting), as well as key theory information (horse behaviour and communication, grooming, tacking and leading), so that they are then prepared to move into our mainstream lessons, setting them up to excel.

### ***Private Kids lessons***

***30 Min, \$80***

These lessons are specifically tailored to children from 4 years and over. These lessons utilise our beautiful ponies and allow your little one to develop their riding ability, with a focus on the sessions being fun and engaging. Students work on progressing their skills whilst playing games and working on the lunge-line. They will progress to riding independently without a leader at a walk & trot.

Available Wed and Thur evening, Sat and Sun morning

### ***Private Riding Lessons***

***30 Min, \$80***

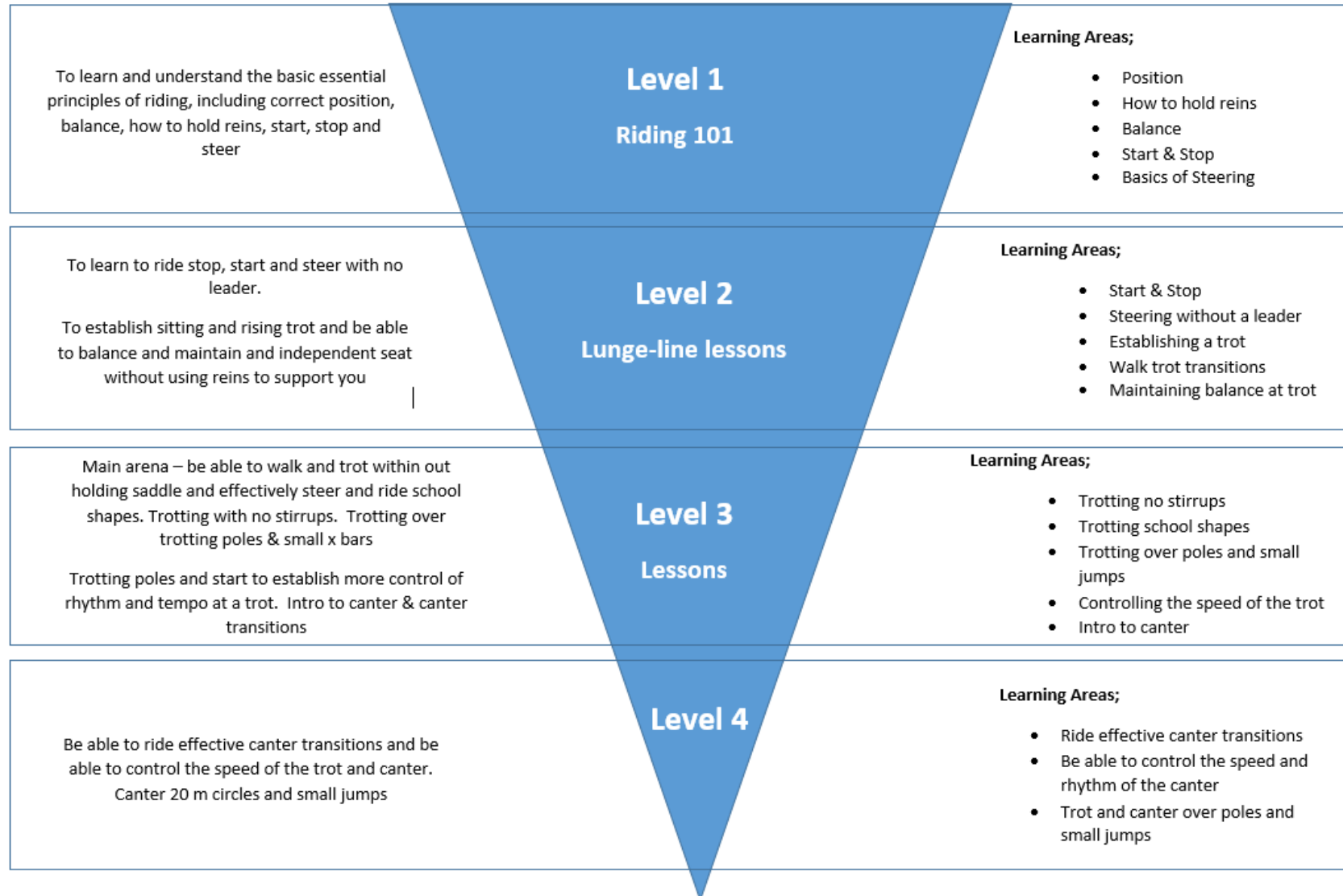
These are for both adults and children in one of the main arenas. Here students will progress their skills to ride independently on a range of horses, progressing their way through our training scale.

We have a number of experience coaches, some with more of a dressage background, others more show jumping and eventing, so have a chat and we can help find the coach who will work best with you to help you achieve your goals.

Available Wed - Sun morning and on a Wed and Thur evening

# Our Training Scale

This is the training scale we work to, ensuring students develop a complete set of skills and can transfer these to a number of different horses



Please note as riders progress through the riding scale they will also progress through different categories of horses

### **How we allocate and categories our horses**

We categorise our horses into a number of different categories. Students may find when they progress from one category to the next, that they need to go back to fine tune some of the basics and the more advanced horses require more precision, finesse and skills.

Sometimes parents worry that their child has taken a step back, we can assure you that this is not the case, they are simply progressing in their riding to the point they can ride a number of different horses.

**Level 1 - Beginner horse** – These are very safe, calm and reliable horses that are not too reactive and allow students to build confidence and fine tune their skills. They are very tolerant and not reactive.

**Level 2 - Intermediate horse** – These horse require riders to be able to ride independently, give clear aids and direction. They will not just walk or trot around without the rider demonstrating proper riding skills.

**Level 3 - Experienced horse** – require riders to be able to ride with an independent seat and self-carriage. These horses require clear, calm and quiet aids and can respond to riders that are off balance and heavy handed.

If you have any concerns with the progression of your riding, please don't hesitate to speak to the office and our head coach can contact you to discuss. There may be 1 area holding you back and we can recommend some exercises you can practice at home to help you master this skill.

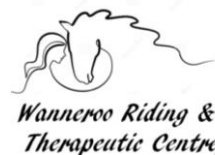
Your safety is of utmost importance to us. Horse riding can be a dangerous spots, therefor we try to ensure that you develop your skills correctly.

**If you wish to sign up to riding lessons please complete and return the forms enclosed and return them to us prior to your lesson or on the day of your lesson.**

#### **Forms to complete;**

- Student Information sheet
- Terms and conditions
- Disclaimer form

# *Student Information Sheet*



This information will be treated in the strictest confidence and will only be shared with your riding coach to enable them to provide you with a better riding experience and keep you safe.

**Students Name:**

**Age:**

**Riding experience:**

**Parents Name:**

**Best contact Number:**

## **Medical Conditions/Disabilities/ Special Requirements:**

Please detail any medical conditions, disabilities or special requirements your child may have. This includes anxiety, depression, mobility issues, pain etc.

**Previous injuries, surgeries etc that could impact your ability to ride a horse or would be beneficial for your instructor to know.**

## **Emergency Information**

I advise that I  Do /  Do Not have ambulance cover

### **Emergency Contact Details**

**Name:**

**Contact Number:**

**Relationship to rider:**

**Name:**

**Contact Number:**

**Relationship to rider:**

I have read, understood, acknowledge and agree to the declarations in this application and will abide by the policies and procedures. I acknowledge that the information I have provided above is true and accurate to the best of my knowledge

**Guardian Name:**

**Signature:**

## *Terms and conditions*

### General

- Students to arrive 5 min before lesson starts, **sign in at the office** and then head to yard, where they will be given their horse to lead in hand to their assigned arena. If students are not comfortable leading the horse a staff member will assist them
- Lessons can be on a weekly or fortnightly basis on the same time and day each week
- Lessons are on an ongoing basis and 2 weeks' notice is required to cancel your lesson booking
- We will **not** hold a riding lesson spot open for you without payment if you are away for longer than 2 weeks
- We are happy to offer one off trial lessons where we have room for those wanting to see if they enjoy riding
- All lessons are 30 min 1 on 1 lessons costing \$70 - \$75 depending on how you choose to pay
- We try our best to ensure consistency of coaches, however there will always be times when you will have a substitute coach. Please embrace this experience. Every coach has something they will teach you.
- We try to get students to ride a variety of horses as no horse is the same as another. Some horses are more technically difficult than others, requiring you to learn new skills. Just because you can walk, trot and canter on one horse doesn't mean you will be able to on every horse.
- No coaching from the sidelines – our team of coaches are very experienced and undergo regular training, please leave it up to them to do the coaching.
- If you have concerns regarding a coach or your child's progress please speak to the office and this will be escalated to the owners and head coach. We can then get in touch to discuss your concerns.
- Horse riding is a difficult and technical sport. It may look like your child is doing the same thing every week, however they will be focusing on different skills that are required for more advanced riding. Getting the basics right will then mean that they can advance at a quicker rate overall.

### Fees and Payment

- Students will be required to pay in advance for lessons.
- Students can pay 1 week in advance and pay \$75 per lesson

### Absences/ Cancellations/ Make up lessons

- **All session cancellations must be via text to 0412 922 588**
- 48 hours' notice is required to cancel a lesson and be entitled to a makeup lesson
- All **cancellations made within 24 hours of your lesson** time will forfeit your lesson fee
- Students are allowed 1 absence without charge within a 12 lesson period, where 24 hours' notice is given (please speak to office staff to confirm exact dates your 12 lesson period covers)
- Any further absences students will be required to pay for their lesson and will either be offered a make-up lesson or forfeit their lesson fee

## Make-up lessons

- Make up lessons are an **additional** lesson on top of your current lessons to make up for a missed lesson
- Make up must be taken within 2 weeks of lesson being cancelled
- Make up lessons will only be offered where 24 hours' notice is given to cancel your lesson
- Make up lessons will not necessarily be with your normal coach and will be any day or time we have available. We will try to accommodate you, however If there are no lessons available that are convenient for you, you will forfeit your money

## Weather policy

- **Wet Weather** - Horse riding is an all-weather sport and will go ahead even if it is raining. We will however cancel ridden lessons if we feel it is too dangerous to ride, strong winds, thunder and lightning, torrential rain.
- **Extreme heat** – our hours of operation change from winter to summer to try to avoid riding during the hottest hours of the day. However we do at time experience extreme temperatures. If we deem it too hot to ride for both the welfare of the rider and horses, ridden lessons will be cancelled
- Where lessons are cancelled due to bad weather or heat we will run **theory lessons**. These lessons will cover important information that make you a better rider. These lessons are part of your lesson commitment and not attending these means you will forfeit your money. No make-up lesson will be given for not attending a theory lesson

**All cancellations or lesson queries must be send via text  
to 0412 922 588**

Student Name:

Date:

Guardian Name:

Signature:



## *Lesson Disclaimer*



Wanneroo Riding Centre does everything it possibly can to make horse riding as safe and enjoyable as we can. However horses are prey animals and by their very nature can be unpredictable, therefore there is always the risk of injuries.

We carefully match horse to rider based upon your weight and ability therefore it is essential you are honest about your ability. Students will ride different horses on a weekly basis to ensure they become a well-rounded rider that can ride a variety of horses. Students will be moved up to more advanced horses as their skill level improves.

By participating in riding lessons you accept this risk and waive your right to sue Wanneroo Riding Centre for any injuries sustained whilst learning to ride.

**Students Name:**

**Date:**

### **Conditions of Riding at Wanneroo Riding Centre;**

- I agree to wear suitable clothing, including long pants and enclosed shoes (trainers are fine however short boots with a small heel and solid base are recommended)
- I agree to wear a suitable riding helmet at all times when on the horses (we can provide helmets, however do recommend you purchase your own helmet if you decide to commit to riding)
- Our staff will check your bridle, saddle and stirrups prior to you mounting, however you agree to notify staff if you are in doubt about any of the equipment
- I agree that I have fully disclose any medical conditions, physical or mental disabilities I have that may affect my ability to ride and follow my instructors instructions on this form
- I agree that if I don't feel comfortable undertaking any activities (trotting, cantering or jumping) I will notify staff
- I agree that if I am feeling sick or dizzy on the day I ride I will notify staff and they can adjust lesson accordingly
- I agree that I am liable for the cost of an ambulance should I require one as a result of a fall during my lesson
- I agree not to hold Wanneroo Riding centre or any of it's staff liable for any injury I sustain whilst riding at the centre
- I have informed staff accurately of my riding experience

By signing this form I agree to the best of my knowledge I have disclosed all relevant information that may impact my ability to ride, I will notify staff of any changes and agree to these terms and conditions for the duration of my time riding at Wanneroo Riding Centre.

**Guardian Name:**

**Signature:**