



ELMS FARM RIDING ACADEMY

Here's all you need to know ahead of your riding debut

If you've booked your first riding lesson and are waiting in nervous anticipation, here's what to expect and how to prepare.

What to bring along

1. Rider Registration form – available to download from our website
2. Suitable footwear
3. Riding helmet – these can also be hired

Frequently asked questions

1. I am thinking about booking a Horse-riding lesson. How do I go about it?

Please contact us via our website or contact number

We are closed Sundays & Mondays

2. Can I come and have a look around?

Yes, we welcome site visits but please contact us first so that we can ensure there is a member of the team available to show you around and answer any queries that you may have.

3. Are you insured?

Yes, we have Public and Employers Liability Insurance however we always recommend that riders take out their own personal accident insurance.

4. I am a bit worried about falling off. Will I be safe?

We consider ourselves to be very safety conscious however you should be aware that horse riding is recognised as a risk sport. Your choice to ride is voluntary. If you choose to ride, the chances are that at some time or another you are going to fall off but in the majority of cases you will be unhurt and back on your feet before you know what happened. We take every precaution to minimize the associated risks however it is also important that you understand that horses are large sensitive animals who can behave unpredictably at any time so please take care and accept that accidents do happen. The bottom line is, if you really don't want to fall off, don't get on.

5. How do I pay?

We accept cash & card payments on the day of your lesson, please pay when you arrive. We can also arrange gift vouchers which will need to be brought along to every lesson, otherwise you will be asked to pay again.

6. What happens if I need to cancel my lesson?

We require a minimum of 24 hours' notice for any cancellation for any reason whatsoever. If you decide to cancel your riding lesson within 24 hours of the lesson beginning, you will be required to pay the full amount of the lesson as a cancellation fee. Failure to pay the cancellation fee will result in the dissolution of any further lessons and pony days until the cancellation notice has been paid. If you are any later than 10 minutes to your lesson – you will be expected to pay the full amount and the lesson will be cancelled.

7. Will my lesson still go ahead if the weather is bad?

Yes, horse-riding is an outdoor activity and therefore we aim to ride in all but exceptional weathers. Riding in the indoor school is not guaranteed so please ensure that you wear suitable clothes at all times.

8. How long before my lesson do I need to arrive?

If it is your first time with us, please arrive at least 15 minutes before your lesson to enable one of our team to welcome you and so that you may complete one of our Rider Registration Forms before you ride. If you are a regular rider 5 minutes is sufficient however please be aware that we run a fairly punctual timetable and if you are late you may lose valuable lesson time.

9. What is a Rider Registration Form?

This is a mandatory document which must be completed (by an adult 18yrs.) before you ride or participates in any activities at Elms Farm. We will ask for personal details, people who can be contacted in an emergency, medical history including any previous injuries you may

have incurred horse related or not and doctors details. We also need to know about your riding ability/experience.

10. Is there a weight limit for the horses?

Yes each horse has a weight limit that alters as the horse gets older or less fit. All riders will be asked their height & weight on the riders registration form.

At the moment, the upper weight limit is 16 stone.

11. What sort of horses do you have?

We have a variety of different horses and ponies available – details about them can be found on our website.

12. I don't have any riding gear or equipment. What should I wear/bring?

We have riding hats in a variety of sizes which meet the current safety standard and which you may hire for your lessons. We do however recommend riders purchase their own helmet to ensure the perfect fit – if you have your own hat and have been advised it is ill fitting but want to carry on using it you will be asked to sign a disclaimer.

Footwear should be of sturdy construction but not too bulky, with a smooth sole and a 1/2inch heel to prevent the foot slipping through the stirrup. Trainers are not permitted for riding. Parents leading children on ponies for lead rein lessons must also wear appropriate footwear. Open toed shoes are not permitted (even on a hot day).

Jodhpurs, jogging trousers or thick leggings are recommended and are more comfortable than jeans. Trousers must be long not $\frac{3}{4}$ length.

A sweatshirt or T-shirt is fine but please take note that we do not allow riders to ride in strappy t-shirts, those which fall off the shoulder or those which show the midriff.

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