

‘Take back the reins’ is a British Equestrian Federation initiative to encourage people to rekindle a childhood interest in riding or to introduce people to a new and rewarding sport.

Our centre can offer you a wide range of opportunities to learn or polish up riding skills. We have qualified, experienced instructors, a good variety of suitable horses, indoor and outdoor arenas and excellent trekking routes. You can learn more about horses and their care and get to know a group of like-minded people in a relaxed friendly atmosphere, whatever your present level of competence.

Participants will be encouraged to find a realistic goal, such as performing a simple dressage test, gaining enough confidence to ride out in the countryside or perhaps learn to jump. Then over the 7 week course we will help you to achieve this, whilst having fun, learning about and getting to know your borrowed horse and socialising with others.

Our provisional course plan, which will be tailored to individual needs, is as follows:-



Week 1:

- Introductory day
- Meet the horse, instructors and other participants. Get to know the yard.
- Share information about your previous experience and what you hope to gain from the course.
- Basic instruction and practical session on grooming and tacking up
- Assessment lesson.
- Informal discussion over tea/coffee to finalise groups and plans for the rest of the course.

## Weeks 2-6:

- 45 minutes grooming, tacking up the horses with a short talk on an element of horse care e.g nutrition, field maintenance or care of tack.
- 45 minute riding instruction.
- 30 minutes putting away, then relaxing over tea/coffee with an informal chat about the day's activities

## Week 7: Finale

- A chance to ride your chosen goal!
- Informal assessment of gained knowledge in horse care.
- Fun best turned out competition, prize giving, certificates and refreshments.

