

WELCOME TO LCR SPRING 2022

Information sheet Pony

Spring semester – starts 10/1 and ends 19/6

To start riding at LCR

When you want to start horseback riding at LCR, contact us via email at info@lundscivila.se. Enter name, personal security number, phone number, postal address, the email address that we can send the invoice to and your riding level. Our groups are divided according to the Swedish Equestrian Federation's educational staircase *Ryttarmärken* (Equestrian badges) so that you easily can get information about which group corresponds to your level of knowledge.

Riding agreement

When you pay your riding fee, you approve of our rules for semester riding at LCR.

If you ride at the riding school and are enrolled in a riding group, you keep your place at the paid booking fee, which is invoiced before the start of the semester. If the fee is not paid within the set time, the place will be opened up to someone else and the place will be lost.

If you are a rider at LCR and want to change groups or want to ride several times a week, send an email to info@lundscivila.se.

Beginners

When you start as a beginner at LCR, you always have theory lessons the first three times, before you start the usual riding lessons. During the first semester, theory and practice are alternated to learn the basics of preparing the horse for riding lessons and caring for the horse after the lesson. We at LCR have chosen to have it this way so that you as a beginner will get the necessary basic knowledge in horse handling. You will have time to learn our routines regarding safety and horseback riding to be able to independently prepare your horse for the lesson. During the first semester, the lesson includes not only riding but also theory during the actual riding session.

Riding lessons

A riding lesson for ponies is 45 minutes including walking the horse before and after the work period, with a 15-minute break for changing horses between lessons. At LCR mounting takes place at the specified starting time, but your lesson actually starts 30 minutes before, with you calmly getting your pony ready. If your pony takes part in the lesson before, there are probably plenty of new friends in the group who appreciate your help.

Be ready well in advance. The lesson begins with the riding instructor coming into the stable to get the group so that mounting takes place at the specified time. If you arrive late and therefore do not have the horse prepared on time, it is for safety reasons not possible to attend the lesson. Also, keep in mind that the horses do not appreciate when you stress with them, come well in advance, so you have time to get to know each other.

The stable is open from half-past three every weekday and during the daytime on weekends. The horses appreciate being groomed and everyone is welcome.

In the stable

It is important for the children to be in the stable and learn to handle the horses from the ground, but they may need some help. Therefore, we would like the parents to get involved and help, and also that the children have enough time in the stable. In the beginning, when the children ride with leaders, it is possible to get help from the more experienced children in the stable but note that they help voluntarily and might not always be around. However, most things can usually be solved anyway. We want the parents to be present during the whole lesson, so that they can help the child before the lesson and if the instructor asks for help during the lesson.

Riding equipment and clothing

For safety, proper equipment when riding is an approved helmet, clothes that sit close to the body and are not bulky and a shoe with a heel (riding boots and short chaps are recommended). If you ride with a jacket, it must be buttoned, and you must not ride with a scarf or anything else that can get caught. In the summer you must ride with a shirt that covers the shoulders, linen is not approved. If you want to take off any clothes during the lesson, you must tell the riding instructor so he/she can hold the horse for safety. A helmet and safety vest can be borrowed from us. For safety reasons, the hair must be up.

Activity week

Every semester we have an activity week. This means that we have different activities all week, everything from private lessons, lectures, clinics as well as grooming the ponies. See notices in the foyer and on the website. During the activity week, there are no regular lessons!

During the activity week, the regular lesson is replaced with optional theory. There is thus no theory aimed at the specific group, but all activities are open to all riders on LCR. We provide at least one more theory lesson per semester. It is important that everyone in the group takes part as we often use the theory in the upcoming riding lessons. The theory is part of our educational staircase, which is based on the Equestrian Federation's *Ryttarmärken* (Equestrian badges).

Stable rules

- Peace and quiet prevail in the stable.
- Everyone up to the age of fifteen must wear a helmet in the stable and when handling the horses.
- We allow a maximum of two people at the same time in the stall/individual stall.
- Strollers may not be brought into the stable.
- If you take care of the horse in the individual stall, it must be tied up.
- When the stable fire door is closed, you must not enter the stable. The horses may be on their way in!
- Use the horses' own brushes (there are name tags on the bags).
- Vests and helmets must be returned to their places after use.

Manege rules

- The riding instructor tells when the horses should go in / out of the manege.
- When taking the horses into the manege you always start with the horse at the far end of the pony stable.
- Keep the distances between the horses (at least one horse length in between).
- Do not mount the horse until instructions to mount have been given.
- It should be quiet in the stands.
- Parents are welcome in the arena when all riders have lined up in the middle line.
- Do not jump over the stand frame, use the doors.
- Strollers must not be brought into the manege.
- Dogs and little siblings should sit quietly and still in the stands.

- We are very careful with our fine manege bedding, so everyone must take part in clearing out the dung after the lesson.

When falling off

When you ride, it happens that you sometimes fall off. It is usually not as dangerous as you think, sometimes the horse jumps away or you just lose your balance. Horses are herd animals, so if one horse gets a little scared, the others can too. Therefore, you must try to be calm even if you get scared.

Some things to think about:

- If your child falls off, try to get into the manege without scaring the other horses. Thus, it is not appropriate to jump over the stand frame or to run on the stand.
- Feel free to help to catch or hold a pony if you are used to horses.
- Let the riding instructor talk to the child to check how it is feeling. All our riding instructors have a first aid education. The rider who has fallen off must remain to lie down and feel how he/she feels before getting up.

Insurance

The membership fee includes an accident insurance in collaboration with Folksam. The insurance is valid from 1 January 2019, Insurance number K65200. Report your injury on 0771-950 950.

Contact

Our office is staffed almost every day during the daytime. If you have questions, you can either come by or call us at 0730-661009. If you do not receive an answer, please leave a message on our answering machine, and we will call you back. You can also text or us email us at info@lundscivila.se.

MOST WELCOME to us at LCR