



4 Strides Equestrian UK Ltd
Raising Aspirations & Supporting Dreams
- Barrel Racing -



Venue address:

Amberley Court Equestrian, Hereford, HR1 3BX

Aims of the clinic:

To have fun and experience what the sport of barrel racing has to offer you.

To provide training for horse and rider in the techniques of barrel racing.

Parking:

Is on the concrete apron adjacent of the arena. When that area is full there is more parking further down the drive in the farm yard area.

Prior to riding:

You are required as part of our protocols to sign **INDEMNITY AND ACCEPTANCE OF RISK** forms before participating.

You will have received these electronically when you booked.

If you did not complete these in advance please report to Ollie at the arena and complete them before riding.

While every care will be taken to ensure safety, horse riding is a high-risk sport and in the unlikely event that you have an accident we would like to be able to contact your next of kin to inform them. Therefore, you are also required to complete a **"in case of emergency/next of kin (ICE NOK) form**

On the day:

Please be ready to start at you allocated clinic time slot. You will have been contacted with this prior to the day.

Please congregate in the car park at the gates, next to the arena, where you will all be formally welcomed, and briefed as the clinic starts.

You do not need to "warm up" your horse in advance, there will be a lot of bending and suppling exercises at walk and jog during the clinic so don't worry.

Format:

The clinics run at hourly intervals throughout the morning. Ollie is stationed next to the arena gates throughout the morning for you to make your entries for the races in the afternoon.

Following the training clinics, we clear the arena and set up for the competition which starts at 12.00 noon.





4 Strides Equestrian UK Ltd
Raising Aspirations & Supporting Dreams
- Barrel Racing -



The competition:

If you decide to join us for the afternoon competition; Please be ready to ride at 12noon. Congregate in the corner of the arena, on the opposite side to the water complex. where you will be able to hear announcements and follow further instructions.

Classes are not necessarily run-in numerical order. Sometimes classes are merged together. You can pay-as-you-go for races, and enter more as the afternoon progresses.

You can pay via cash or card.

Photography:

We occasionally have a photographer at these events, who takes photos throughout the day. If we do, we will let you know who they are and the photos will be available to you to purchase directly from them, for your private use.

Support:

There will be key staff available to assist you on the day, they will be identifiable as wearing 4 Strides clothing/jumpers and jackets. Please feel free to approach any of them to introduce yourself and also for help and assistance.

Housekeeping:

Please pick up any horse poo and either dispose of responsibly in the wheel barrows /buckets provided or take it home.

There unisex toilet/porta-loo available on site.

We do our best to ensure that there are refreshments available on the day for hot and cold drinks and food all day. We will clarify if we have secured a caterer on the email we sned to you prior to the event.

Dogs are allowed on site.

Stables may be available on the day should you require one. However, they must be booked in advance and booked via Amberley Court Equestrian directly not through 4 Strides. Alternatively, you will need to keep horses securely at your box/lorry.

Overnight accommodation:

If you required overnight accommodation for yourselves, your horses, stables etc... you must contact Amberley Court Equestrian directly. This cannot be organised by 4 Strides.





4 Strides Equestrian UK Ltd
Raising Aspirations & Supporting Dreams
- Barrel Racing -



Health and safety:

Whilst we encourage anyone of any level of riding and experience to join us your equipment and riding attire must be correctly fitted and safe.

In the event of any accident, you will be required to complete an accident form at the time.

Insurance:

As a participant you must ensure you have adequate insurance in cover any incident that may be caused by yourself or your horse. We suggest third party liability insurance as a minimum. Any damage caused by you or your horse to the facilities or property will be charged.

Horse welfare:

We wish to promote comfortable, happy, healthy horses who enjoy participating in this sport.

By participating in this clinic, you are engaging in education and learning the correct techniques to assist both horse and rider maintain balance and limit the need to use artificial or unnecessary aids.

Each horse/rider combination will be encouraged to take time to develop correctly and at a suitable pace appropriate to experience and capability.

Horses taking part in this clinic must be healthy. The use of prohibited substances that might influence the horse's performance or mask an underlying problem is strictly forbidden.

We hope you will find this an exciting and awesome sport.

Look forward to seeing you and working with you.

Any questions please don't hesitate to get in touch

Sally Heron

Tel: 07771882822

