



Venue address:

Willow Farm, Brant Road, Fulbeck, Lincolnshire NG323JA

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 typically in the field. However upon arrival at the gates please call 01400675075 and we will open the gates for you. Please drive slowly and follow the instructions given to you and park in the designated 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 the café 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 grass holding arena near 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. Racers Rest refreshment area, is open throughout this time 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 grass holding arena near the arena, where you will be able to hear the tannoy and 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 have an official photographer (who is DBS Checked), at our events, who takes photos throughout the day. These photos are then 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:

We do have limited stables available on the day should you require one. However they must be booked in advance and they must be cleaned out prior to departure.

These are charged at £20 for the day. Bedding is an additional fee if required.

Alternatively, you will need to keep horses securely at your box/lorry.

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

There unisex toilet/porta-loo available on site.

There is a refreshment area available to site users called Racers Rest. It provides very cheaply priced hot and cold drinks and food all day. Please do not bring your own food to the café/refreshment area or viewing area.

Dogs are not allowed on site. If you must bring your dog it must stay in your vehicle.

Overnight accommodation:

You are welcome to arrive the evening before an event and sleep in your lorry/trailer for no charge. Electric hook ups are not available.





You will need to provide your own food and drink.

Limited stables are available overnight for horses at a charge of £20 for the night (14 hours). Overnight stables must be booked in advance, and you need to provide everything for your horse.

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.

Additional info:

4 Strides shares the site with The American Barn UK LTD a country & western licenced music venue and bar. There are regular events held at the barn. Why don't you check out what's on and double your stay up with a ticket to the event in the barn on the Saturday night, followed by barrel racing on the Sunday. www.theamericanbarn.co.uk/event-list

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





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