



## Welcome ...

Thank you for booking onto the barrel racing clinic being held at **Willow Farm, Brant Road, Fulbeck, Lincolnshire NG323JA**  
(Home of The United Kingdom Barrel Horse Association)

## 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 to the left-hand side of the arena.

Upon arrival at the white gates please call 01400675075 and we will open the gates for you. Please drive slowly straight forward until you see the arena.

Turn left in front of the arena and drive into the field to the left of arena.

In the event of poor weather or in the winter months, parking is strictly on hard standing areas only. We often use the neighbouring property to accommodate vehicles.

Please park as you are directed to do so.

## Prior to riding:

You are required as part of our protocols to sign **INDEMNITY AND ACCEPTANCE OF RISK** forms before participating. These will be emailed to you once clinic payment is received. 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.

We will congregate in the arena where you will all be formally welcomed, and briefed before the clinic starts.

Feel free to familiarise your horse with the arena environment before 10am.

If you don't get chance 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 from 10-11 and 11- 12noon, the reception is in The Western Lodge adjacent to Racers Rest refreshment bar, is open throughout this time for you to make your entries for the races in the afternoon.

At 12noon we clear the arena and set up for the competition which starts at 12.30pm. The lodge is closed to entries during this time.



### **The competition:**

If you decide to join us for the afternoon competition; Please be ready for your races at 12.30pm. you will be briefed as to where to stand to wait for your run. 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 by bank transfer for your races. We do not take card payments.

### **Photography:**

We have an official photographer 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 jumpers and jackets. These are blue and orange. 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. These are charged at £10 for the day and must be booked in advance. These must be cleaned out prior to departure.

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 provided for you or take it home.

There is a toilet available on site. It is a unisex toilet/porta-loo

There is a refreshment area available to site users called Racers Rests. It provides very cheaply priced hot and cold drinks and food all day.

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.

Stables are available overnight for horses at a charge of £10 for the night. Bedding and hay can be provided at an additional charge of £10. Overnights must be booked in advance.



### **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.

As a participant you must ensure you have adequate insurance in cover any incident that may be caused by yourself or your horse.

### **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

Check out our website [www.4stridesequestrian.co.uk](http://www.4stridesequestrian.co.uk)