

# Riders Induction: Changes to your session due to Covid 19

## Before your arrival

- ❖ Please send a text to your Coach confirming your arrival and that you are fit and healthy before you leave home
- ❖ Remember to bring your own riding equipment such as hats, boots and riding gloves
- ❖ Remember to use the toilet before you leave home
- ❖ Please only bring one member of your household to accompany you. They will be directed to the waiting area
- ❖ Masks are not to be worn during exercise

## Payment

- ❖ Please pay by BACs transfer to bank account (details from Coach) for either 1 or 4 sessions & advise the Coach

## On Arrival

- ❖ Please park on the drive
- ❖ Take time to read the notices as you enter the yard through the main gate
- ❖ Please use hand sanitiser as you enter the yard through the main gate
- ❖ Please go straight to the mounting block and wait to be mounted

## Toilet

- ❖ The toilet is available for use
- ❖ Please wash your hands following the NHS guidance – soap and paper towels are provided. Please dispose of them into the bin
- ❖ Please clean toilet/taps etc after use with the antiseptic wipes provided and leave the toilet area tidy

## Mounting/dismounting

- ❖ The horse will be already in the outdoor arena, warmed up and girths tightened/stirrups adjusted for you
- ❖ All the tack will be sanitised with a wipe/spray just before your session
- ❖ Wait for the horse to come to the block before moving forward to mount
- ❖ Your family member can assist you to mount and you must be able to put your foot in the stirrup on the offside
- ❖ As you ride away from the block your 1:1 session will start
- ❖ Your family member needs to be away from the session but stay close by, on seats provided, in case of an emergency or so they can assist you to dismount

## Riding session

- ❖ The session will be paced to suit your needs and your safety will be uppermost in the coach's planning. Please inform the coach if you are struggling with any part of the session.
- ❖ The session will be 30 mins in total to begin with or shorter if you have lost riding fitness.
- ❖ **Relax, breathe, and enjoy this time on the horse.** This is a stressful situation for everyone so please do not put yourself under any pressure when riding.

## On completing the session

- ❖ Use hand sanitiser as you leave the yard via the main gate
- ❖ Ensure you have made your next booking and updated us of any change to your contact details
- ❖ After your lesson we will need to prepare for the next rider. Due to time limitation and number restrictions on the yard we will be unable to socialise as usual, so we kindly ask that you return to your vehicle in as soon as you have finished.

## First Aid

There will be a First Aider at every session as usual but should there be an accident, we require your permission to attend the casualty. We have the correct PPE to carry out first aid, the exception being CPR should it be required. Please inform the coach of your wishes before the first session.

## We are so pleased to be able to welcome you back.

We hope these rules make you feel that we have everyone's health and well being at the top of our list. Please let us know if we can do anything to make you feel more secure.