

## Rules and Recommendations for Lydford Station Riding School (LSRS)

The rules below are for your safety and that of others and the welfare of the horses. We ask you to abide by the rules and hope you will have a safe and enjoyable time.

Riding hats that meet current British and European Standards must be worn at all times when mounted. The current standards are PAS 015, ASTM F1163, SNELL E2001, BSEN 1384 and EN 1384. We have riding hats of the current safety standard for hire for the 'unhatted' beginner and some boots for loan. Please check requirements when booking.

We recommend that all riders wear a body protector at all times when mounted, but they **MUST** wear one when jumping. The current British Standard is BS EN 13158 and the British Equestrian Trade Association, Beta level 3 recognised by the purple label. These will not be supplied.

**NO SMOKING** on the riding school premises. The only designated smoking area is the car park. Please take your cigarette ends home.

**NO ALCOHOL** may be consumed on the premises.

Only well behaved dogs are allowed on the premises and they must be kept on leads at all times for safety purposes. We reserve the right to ban dogs.

**NO SANDALS, TRAINERS or SOFT SHOES** to be worn whilst riding – boots with a flat, hard sole and a heel only.

**NO SHORTS or SKIRTS** to be worn riding no matter how hot the weather.

**DO NOT FEED THE PONIES BY HAND** - you may leave treats at reception and we will ensure they receive the treats with the evening feed.

**ALWAYS** approach ponies from the side, **NOT BEHIND**.

Whips, if necessary should be carried and used correctly.

Please put litter in the bins provided.

Do not wander around the yard/stables unless given permission to do so by Fiona or Barry

Do not take a horse or pony out of its stall or loose box or open its door without permission from Fiona or Barry. **This is strictly prohibited.**

Never mount/dismount until you have permission from your instructor.

Never open/close the indoor school door or outdoor ménage gate until permission has been given. Do not enter the indoor school or outdoor ménage if a lesson is in progress without permission.

Please remember that horses do have a mind and character of their own, and all horses are capable of reacting to new, loud or unexpected events. Even the quietest horse/pony can be unpredictable in certain circumstances.

Please be aware we have an outdoor school and that on occasions you will be riding outside. Do not think that because it is raining you will be inside. Remember horse riding is an outdoor activity, so remember your waterproof clothing.

If you are going on holiday, please inform us and be sure to book your lesson, in advance, for when you return.

No excessive jewellery or body piercing. We recommend that underwired bras are not worn when riding as they can cause injury in the event of a fall. Also we suggest that mobile phones should not be carried when riding for similar reasons.

We cannot be held responsible for any damage to, or loss of, any personal belongings / property. LSRS accepts no liability or responsibility for your car whilst parked within its premises and your own personal belongings within your vehicle. Please ensure your vehicle is locked when unattended.

Cars to be parked sensibly and safely. Do not block entrances.

Details of any injuries requiring professional medical or veterinary attention should be reported to Barry or Fiona as soon as possible. All accidents are to be recorded, at the time, in the on site accident report book for people as well as horses.

Behaviour appropriate for a riding school is expected at all times. Being around horses requires a certain code of behaviour to keep you and the horses safe and happy. Pupils are taught the best and safest way to behave when handling and riding horses.

Respectful and appropriate behaviour is requested whilst watching lessons. Children **MUST NOT** throw stones or run on the yard under any circumstances. Please ensure that any additional children are kept under the close supervision of their parent/guardian at all times.

There is zero tolerance for threatening or abusive behaviour or obscene language on our premises at any time.

Please do not deposit your child and leave, you are abandoning your child without due care. Stay with your child until Fiona or Barry has spoken to you.

If you bring children then you are responsible for their behaviour and safety at all times. No children under the age of 16 may be left on the yard without a parent or guardian or without our prior permission.

All clients are requested to be tidy and safe around yard.

Rider Assessment Forms must be fully completed by individuals wishing to ride.

You must inform us if you have any medical condition, may be pregnant, have any impediments or are on regular medication.

All clients must undertake an assessment session before regular lessons commence, this will include a details form including emergency details in the case of an accident.

Lessons must be booked in advance.

Clients must turn up at agreed times and if late may have to forfeit part of the lesson.

**Unforeseen incidents can take place during lessons which we have no control over as horses and ponies can react unpredictability. This in turn may mean a lesson may run late.**

We reserve the rights and the decision of who may partake in any lessons or courses which LSRS may hold and host.

We are very safety conscious and our risk assessments are constantly reviewed.

**Riding is a high risk sport and we strongly recommend that all riders take out personal insurance to protect yourself in the event of any accident or fall.**

While every effort is made to be safe, accidents happen. LSRS cannot take responsibility for accidents and a condition of taking lessons here is that you accept this.

Your data will be used for the sole purpose of Lydford Station Riding School and will not be given to any third parties. (Data Protection Act 1998)

I **allow /disallow** the use of photography and **give/ refuse** permission for photographs to be used on **notice boards /website** (delete as necessary )

Name (Please Print) .....

Signed ..... Date:.....

**I have read the rules and recommendations above, as laid out by Lydford Station Riding School and agree to abide by them.**

Lydford Stables Riding School Management reserve the right to refuse permission to ride if any of the above rules/ recommendations are not adhered to.

A copy of this information can be provided upon request.

Signed ..... Date: .....

(Parent / Guardian if child is under 16yrs)