

INSPIRE, EDUCATE, ACHIEVE

ASPIRE, TRAIN, SUCCEED



# EQUITATION & HORSEMANSHIP ACADEMY



## Stickney Riding Centre



# WELCOME

Stickney Riding Centre offers a high-quality equestrian learning experience for students aged 4 upwards and all abilities. Certified and experienced coaches will help the rider reach their equine goals. We operate in a professional manner with safety at the forefront of our objectives. Professionally schooled lesson horses will be available for all skill levels to help the rider gain confidence and make progress through our programme.

The programme is a multi-faceted learning experience. We combine equitation with learning horsemanship skills and horse psychology. This allows students to understand not only "why" but also "how" things should be done and always with the horse's welfare at the heart of our tuition.

The programme is an immersive, educational journey which turns out not just highly skilled riders but just as importantly well informed and educated horsemen who are keenly aware of their horse's needs.



# LESSON PROGRAMME

Signing up for lessons at Stickney Riding Centre marks the beginning of an exhilarating journey into the world of horses.

Our proven curriculum takes the rider step-by-step through the process of learning to ride whilst developing a solid foundation of the basic skills required, along with educating the rider on all aspects of horsemanship.

Stickney Riding Centre is invested in the rider's growth and development, encouraging riders to be thoughtful, independent, confident and resilient in a safe and positive environment.

Horse riding is good for the body and mind. It supports mental health, boosts confidence and teaches us to be flexible, supple and adaptable.

Horsemanship skills teach us to control our emotions and bodies, communicate clearly and trust our instincts.





Mounted lessons introduce riders to the basic skills required to ride a horse whilst following the scales of training. As a rider progresses they will learn to ride on the lead rein, lunge line and eventually independently.

Further skills will include riding over poles, riding in groups, pony club games, learning to jump, riding a horse in a field or out on a hack and drill team riding.



Unmounted lessons give riders the opportunity to develop a bond with a horse learning all aspects of horse care, tack identification and care, equine anatomy, groundwork and so much more



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# HORSE CENTRED LEVELS

Equine Behaviour and Groundwork Training

## PINK LEVEL.

Beginner level, designed to introduce basic horse training techniques and hands-on groundwork skills. Students are encouraged to prioritise a horse's enjoyment and develop awareness of a horse's posture and mental state. It introduces concepts and exercises designed to give confidence in ground handling skills, identify stress signals in the horse and develop ways to help the horse overcome fear and discuss different training methods

## WHITE LEVEL

Intermediate level, encouraging students to deepen their understanding of horse training methods and equine psychology. Students will expand their skills to apply various more sophisticated training techniques including targeting exercises and introductory liberty work. They will also be able to demonstrate a consistent awareness of equine body language, recognize signs of tension and learn how to lunge a horse in all 3 gaits safely.

## GOLD LEVEL.

Advanced level, giving students a rounded knowledge of groundwork skills and how to train their horse ethically and effectively. Students will explore ways of interpreting and encouraging equine communication, demonstrate sophisticated groundwork skill such as lateral work, using obstacles and circling at liberty, start to be able to problem solve tasks such as issues when loading on a trailer/lorry and learn the benefits, cautions and methods of using groundwork in rehabilitation.

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Stickney  
Riding  
Centre

# LEVEL UP

## Riding & Horsemanship Programme

A comprehensive learning curriculum for mastery of riding and care of the horse

### RAINBOW LEVEL

All new students start here. Provides a solid foundation from first ride to first trots. Teaches basic riding and horse care skills with assistance. Average of 4-12 lessons on a weekly basis to complete, although children under the age of 8 may take considerably longer to develop the riding skills and retain the required information.

### RED LEVEL

Competency of both sitting and rising trot. Introduction to riding basic school manoeuvres. Begin trot pole work and be capable of riding a British Dressage Intro test. Start to develop balance in a two-point seat. Horsemanship skills suitable for taking more responsibility of horse care and grooming and tacking up their lesson horse. Average of 8-10 months of weekly lessons to complete.

### YELLOW LEVEL

Firm foundation of riding skills at the walk, learning to trot in both sitting and rising along with work without stirrups. An understanding of basic equine terminology, starting to develop a balanced independent seat, a safety-conscious approach and most importantly build confidence in the saddle with a desire to continue their equitation education. Introduction to horse care and basic stable management. Average of 4-6 months of weekly lessons to complete.

### GREEN LEVEL

Learning trot diagonals, starting canter and correct leads. Developing their two-point seat in both trot and canter, begin canter pole work and start basic jumping over cross poles or small verticals. Horsemanship skills developing to learn about subjects such as horse care, breeds and riding disciplines. Students would be ready to participate in pony days. Average of 12-18 months of weekly lessons to complete.

# LEVEL UP

## Riding & Horsemanship Programme

A comprehensive learning curriculum for mastery of riding and care of the horse

### BLUE LEVEL

Show competency in the canter and an understanding of correct bend. Working without stirrups confidently in all 3 paces. Learn techniques for riding through simple grids and developing their jumping skills. Be able to ride in a field or out on a hack with assistance. Horsemanship skills good enough to be begin loaning a horse, attending clinics for specialised disciplines or camps. Average of 2-3 years of weekly lessons to complete.

### ORANGE LEVEL

The level most riding school clients are happy to attain. Progressing in canter work, start of lateral work, jumping skills developing to 2'-2'6" fences in a course, starting to learn to jump cross country fences. Learning the higher levels of the scales of training. Ready to compete in basic events. Horsemanship skills developed to being able to own a horse and be capable of caring for it on a daily basis. Average of 4+ years of weekly lessons to complete.

### PURPLE LEVEL

Show competency in the canter and an understanding of correct bend. Working without stirrups confidently in all 3 paces. Learn techniques for riding through simple grids and developing their jumping skills. Be able to ride in a field or out on a hack with assistance. Horsemanship skills good enough to be begin loaning a horse, attending clinics for specialised disciplines or camps. Average of 2-3 years of weekly lessons to complete.

### TEAL LEVEL

For the more dedicated rider who may wish to compete at higher levels or work in the equestrian industry. Higher level lateral work and more challenging flatwork exercises. Fitness of both horse and rider looked at in more depth. Horsemanship skills developed in both theory and practice to a more advanced level. Average of 5+ years of weekly lessons to complete

# WHY A LEVELLED PROGRAMME?

It gives students clear, achievable milestones.

It helps both students and parents to understand the requirements for advancement

It gives the instructor, student and parents a way to measure achievement of new skills.

It encourages students to devote time to the foundations of riding and their unmounted education.

Students learning in a group setting easily form bonds with other students and encourage each other to learn.

Students who are not able to ride can still have unmounted learning goals and rewards.



# HOW DOES IT WORK?

When you or your child begins the Level Up programme at Stickney Riding Centre you/they will start at the very beginning, those that have previous knowledge and experience will soon progress through the levels until you/they reach the grade you/they are currently working at. Students will then progressively build upon their skills demonstrating competency and confidence as they develop.



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Each student will receive a study guide for each level as they progress.

The study guides contain a checklist of the objectives you/they need to achieve and lots of information about the skills you/they will be working towards acquiring.

As students successfully Level Up via demonstrating sufficient knowledge and skills at each level they will receive a badge/rosette and certificate.



# RIDING ATTIRE

All riders are expected to come to lessons in appropriate riding apparel.

This equipment helps to keep the rider safe as well as comfortable during lessons. Beginner riders need to come in close-toed shoes or boots with a small heel, long trousers (leggings for girls are great, jogging bottoms for boys are best as they have no or only a small inner seam), a well-fitting top that is reasonably form fitting and a pair of gloves. Once a rider has completed a months worth of lessons they are required to have the following items:-

**Riding Hat:** All riding hats must conform to current standards as set by The Pony Club, BHS and ABRS+. We can recommend places to go to get a hat correctly fitted. Please do not purchase second hand hats or purchase one without getting it properly fitted.

There is no way to tell if a second hand hat has sustained a fall, been improperly cared for and may no longer meet current standards.

Not getting a hat fitted correctly can lead to headaches or bruising due to movement of the hat.

**Paddock Boots/Half Chaps or Long Boots:** Paddock Boots come up to the ankle and give support when riding especially when used with Half Chaps as they help to stabilise the rider's leg and make the learning process much easier and more comfortable.

Long Boots are a great choice for adults (children tend to grow out of them quite quickly) and provide the same benefits as Paddock Boots/Half Chaps.



# RIDING ATTIRE

Jodhpurs or Breeches: These are trousers specifically designed for riding and can have a suede or grippy knee patch or full seat.

They are reasonably tight fitting and help make the riding experience more comfortable.

Shirts/Tops: No strappy tops to be worn, all shirts/tops must cover the shoulders,

Shirts/tops should fit well to allow the instructor to see the rider's upper body form. Polo shirts are ideal for summer and jumpers can be worn in winter.

Coat: During winter or wet days it is advised to wear a well-fitting waterproof coat.

Gloves: Gloves that fit reasonably tightly are advised to help with grip on the reins, keeping your hands warm and dry and stopping any injuries such as blisters or rope burn.

Body Protectors: Like Riding Hats Body Protectors should be fitted by a qualified person and should not be purchased second hand. Body Protectors have to conform to the current standards.

Body Protectors are advised to be worn when learning to jump and can be worn by either children or adults at any time if they so wish. Air vests may be worn in private lessons.

Riders with long hair should tie it up in a low pony tail or plait. Hairstyles can affect the fit of a hat so should be carefully considered before coming to a lesson.

No jewellery should be worn other than a wrist watch or wedding ring.



# LESSON POLICIES

## HOW DO I START?

All new students undertake an introductory evaluation lesson. After the initial lesson we will work together to find a day and time for recurring lessons based on your goals, skill and availability.

Lessons are scheduled for a weekly recurring basis.

Please plan to commit at least 30 minutes a week. Drop in lessons have limited availability.

## HOW DO I PAY FOR LESSONS?

Payment is made at the time of booking your lesson via either bank transfer or cash. Failure to pay for your lesson will mean the slot will be offered to the next student that can make that time slot and pay for it.

## LESSON PAYMENT PLAN

We operate a lesson payment plan for those students wishing to block book a months worth of sessions at a time. Payment is due on the 1st day of each month and it is up to the student/parent to work out how many sessions they will have that month and pay appropriately. If a student misses a session during a month they can arrange 1 make-up lesson in line with our standard cancellation policy within that month to compensate any further missed lessons payment will be kept in leu of failed attendance. Make up lessons will need to be booked in as soon as possible as there may be limited times available, it may mean joining a group lesson even if the original booking was a private one. If a student is going away on a planned holiday then they must notify Sharon Poole the month beforehand of when they will be absent from their lesson schedule, this will mean they do not have to pay for the lessons whilst away on holiday.

## CANCELLATION POLICY

All cancellations require 24 hours notice. Lessons cancelled without 24 hour notice will be subject to full lesson payment costs. Cancellation notices must be via phone call, text or email (Facebook messenger is not ideal). The option of a make-up lesson will be offered to those cancelling within the 24 hour period or the payment will be rolled on to the next lesson for the student.

## DO WE RIDE ALL YEAR?

Yes, we ride all year round and in most weather conditions.  
If the weather is not appropriate for a riding lesson then  
an unmounted session will be given.

## LESSON TYPES AND CURRENT COSTS

Lesson Type	Standard Price	Monthly Loyalty Price
30 minute Private	£27	£25
45 minute Private	£33	£30
1 hour Private	£42	£38
30 minute Semi-Private	£22	£20
45 minute Semi-Private	£28	£25
1 hour Group	£30	£26
Stable Management	£27	£25
Pony Club	£8	£8
Pony Day	£POA	£POA
Pony Camp	£POA	£POA
Hat Hire	£2	£2

# EXPECTATIONS: RIDERS

It is expected that riders shall arrive at least 10 minutes before their lesson slot time is due to start. This enables hat fitting and any other clothing alterations to be made without loss of time in the saddle.

Riders that turn up in attire that does not meet the expected standards will be given a warning and if they do not alter this for the next lesson they will not be allowed to ride and no refund or make-up lesson will be given.

Riders are expected to come to lessons with a willing attitude, good sportsmanship and showing respect for all Stickney Riding Centre staff and horses.

Riders who talk back, do not follow instruction, are disruptive in a group lesson, mishandle the horses, etc, will be asked to dismount and leave the lesson without a refund.

Riders are expected to care for all equipment properly. See below.

Riders are not allowed to pick and choose which horses they ride that is the responsibility of Sharon Poole to determine, as there will be times when riders will ride a horse they think is "harder", but they need to use this opportunity to appreciate the new skills this horse is teaching them and rise to the challenge. This is all a necessary part of growing as a rider.

Riders will undertake unmounted sessions as these help them become confident in handling horses, being around them and help grow confidence in the saddle.

Riders will also learn about the equipment needed, how to use it and care for it properly and time management skills whilst doing unmounted sessions.

Riding as with any sport the more you practice the better you will become! Riders who are riding multiple times a week gain an increase in confidence, retention of information and muscle strength and toning.



# EXPECTATIONS: PARENTS

Parents are expected to be a positive role model for their child through their own actions, this ensures their child has the best equestrian experience possible.

Parents need to let the Instructor be 100% responsible for the coaching of their child. A necessary part of learning to ride is problem solving in a safe private/group environment and remembering to work on tasks given to them, therefore the child does not need any distractions from parents or visitors.

Parents and all visitors are asked to refrain from talking to riders during lessons unless asked to by the Instructor. Please move any loud or lengthy conversations out of earshot of the arena.

Riding will often push your child out of their comfort zone, allow them this time to work through any issues to make progress.

Parents can take photos or videos only when their child is in a private lesson.

Parents/visitors are allowed to observe lessons (there is a shed for them to sit in if they wish) or may leave their child in our care.



# A MESSAGE FROM THE PROPRIETOR

Many thanks for showing interest in our equitation and horsemanship programme..

Stickney Riding Centre's mission is to offer an outstanding level of equine education for students both in and out of the saddle.

I have been an instructor/coach and trainer for nearly 30 years and have been riding for over 40 years. This gives me an in-depth knowledge of the equestrian world alongside my professional qualifications. Over the years I have lost count of the number of students I have taught to ride and care for horses.

The introduction of this programme which includes riding, horsemanship and groundwork is a personal goal to facilitate the education of future equestrians.

The programme will assist in training students in an ethical and empathetic manner to become sympathetic riders and educated horsemen competent in all aspects of stable management.

Riding and caring for horses is a personal journey for each student that teaches many important qualities, independence, confidence, responsibility, intuition, empathy and discipline being some. A student who understands and learns these qualities will always be an effective rider and competent owner of horses

## Thank you !

Sharon Poole BHSAI/BHS Stage 3  
Coach In Complete Horsemanship

