

# Changes to your riding session due to Covid 19

## Before your arrival

- ❖ Please send a text confirming your arrival and that you are fit and healthy before you leave home
- ❖ The portacabin area will be cleaned and sanitised for your safety
- ❖ Remember to bring your own riding equipment such as hats and boots. If you don't have a hat one will be given to you at your induction.

## On Arrival

- ❖ Park near the portacabin area between the traffic cones and wait for permission to get out of your car
- ❖ Keep to the area by the Portacabin.
- ❖ Take time to read the notices on the outside and inside of the portacabin.
- ❖ Wash your hands on arrival following the NHS guidance – soap and paper towels are provided. Please dispose of them into the bin and leave the toilet area tidy
- ❖ Your walkie talkie unit will be on the table with hand sanitiser and tissues if needed

## Mounting/dismounting

- ❖ The horse will be already in the arena, warmed up and girths tightened/stirrups adjusted
- ❖ Wait for the horse to come to the block before moving forward to mount
- ❖ Your family member will 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 stay in the seating area by the portacabin in case of an emergency 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

- ❖ Payment per session by BACs transfer is preferred or a block payment of sessions can be arranged
- ❖ Return the handset to the picnic table.
- ❖ Wash your hands before departure
- ❖ Ensure you have made your next booking and updated us of any change to your contact details
- ❖ We need to prepare the area for the next arrival so please return to your car as quickly as possible

## First Aid

There will be a First Aider at every session as usual but due to the current situation, should there be an accident, we require your permission to attend the causality. 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 and document it on the bottom of the consent form.

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

We apologise for all these rules, but we hope they 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.