



BRC Training Day

Sunday 31 JULY 2022

*Young Horse/Rusty Rider Groups with Heather
+ Sporting Events + Pole Exercises*

This Training Day is designed for those who want to experience a safe ride (or a safe handling experience) in a group setting, as well as to try some things you might not normally get to do at home.



Enter into the **YHRR** group which sounds like it will best suit your desires and skills:

1. **Ground work and maybe ride** - Participants will carry out ground work exercises (with horses saddled ready to ride) and if safe a few ridden exercises which people can practice at home.
2. **Walk/trot and maybe test canter** - Riders in this group will mainly walk and trot flat work exercises. Come to the arena saddled ready to ride (but not mounted).
3. **Walk/Trot and Canter** - Riders will enjoy different exercises to allow the horses to become familiar and comfortable working in a group environment. Arrive saddled but no need to be warmed up. We will start at the walk first.

Please note that Heather's groups are limited to 6 participants each, so enter sooner rather than later!

We will also be setting up some **sporting events** for you to try, as well as some **pole exercises**. We will have someone on hand to guide you and maybe even time you if you would like to be a bit competitive, but these will be largely self-directed opportunities for you to have a play with your horse.

The cost for the day is \$25, which includes lunch.

CODE OF CONDUCT, SAFETY and INSURANCE -

Please ensure that your gear/equipment/horse/pony is in good safe working order. If you are riding, you will be required to wear a riding helmet approved by EA (Equestrian Australia) and appropriate clothing and footwear.

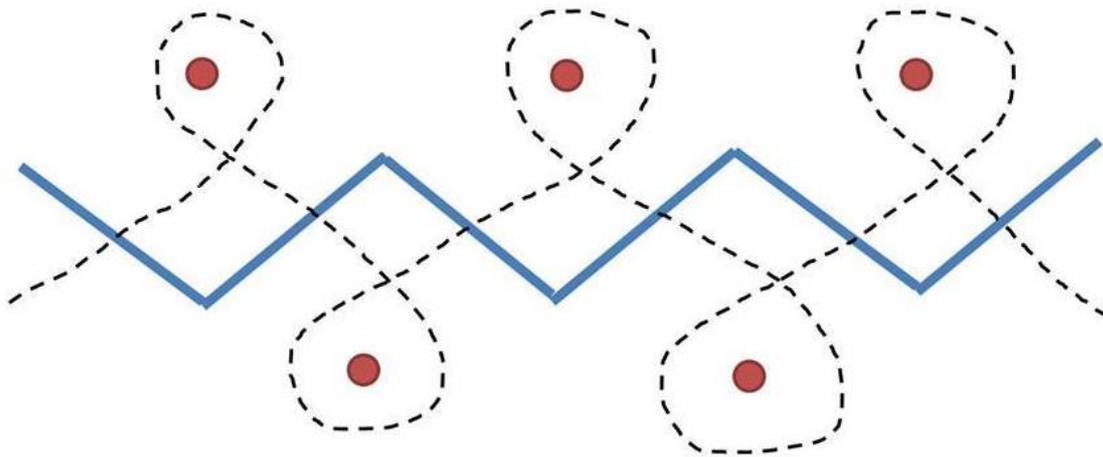
BRC is an EA affiliated club and, as such, is covered by Public Liability Insurance. EA members are also covered under insurance whilst riding and training their horses. However, being a BRC member only does not mean that you are automatically covered under insurance. You should consider if holding your own personal accident or loss of income insurance is right for you if you are not also an EA member.

Rego Form at <https://www.mybrc.net/whats-on>.

Enquiries: by email initially, please: 2mybrc@gmail.com

Group times will be emailed directly to riders before Friday 29 July

Cancellations: after the closing date for registrations any cancellations will require a veterinary or doctors' certificate to receive a 90% refund, unless you have contracted Covid and you obviously have to stay home!



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