

BRC presents – 20th February 2022



**CROSS COUNTRY JUMPING
LESSONS**
with BEN NETTERFIELD

BRC Members Only

About Ben

- AIPC Leadership Coach
- ACT Therapist, and
- EA Level 3 Showjumping Coach Educator

His extensive career has seen him in various roles at the World Equestrian Games in 1998, Youth Olympics Festival in 2005, the London Olympic Games in 2012, and Chef d'Equipe for National Senior and Young Rider Teams.



Following two major injuries in his own sporting pursuits, Ben has recognised the significance of the rider's mindset in overcoming adversity. Now a qualified Leadership Coach from the Australian Institute of Professional Coaches, as well as being trained in Acceptance and Commitment Therapy, he coaches riders using a holistic mind and body approach.

From competitive riders to those with low confidence, anxiety or trauma, Ben empowers his clients to re-shape their patterns of thinking; developing problem-solving skills and instilling renewed confidence to enable them to improve their abilities and realise their goals.



Instruction / Cost

Ben will be coaching the cross country course in groups of 5 riders (maximum) in sessions of approximately one and a half hours.

Riders will be grouped into different height groups: cross rails-45cm, 45-60cm and 60cm-80cm.

There are plenty of low level jumps out on the course and nervous and novice riders are encouraged to come along and take advantage of Ben's expertise.

A body protector will be required out on the course.

Cost is **\$55** per rider, per session.

Payments by direct transfer to BRC BSB 633 000 Account 129303202

Reference your surname and 20 Feb will secure your spot

PLEASE BRING YOUR OWN LUNCH, SNACKS and DRINKS – we'll open the clubhouse and have the fridge turned on if you need it. There is also a microwave for reheating Saturday night leftovers.

Cancellations: after the closing date for registrations cancellations will require a veterinary or doctors' certificate to receive a 90% refund. Please contact us ASAP if you need to cancel, so we have the best opportunity to fill your place.

Registrations will OPEN Monday 17th of JANUARY and will CLOSE on Monday 14th of FEBRUARY – unless filled earlier. Group riding times will be emailed to riders directly by Friday 18th February.

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

Enquiries: email: 2mybrc@gmail.com

CODE OF CONDUCT, SAFETY and INSURANCE

Please ensure that your gear/equipment/horse/pony is in good safe working order and fit enough for the task at hand. If you are riding, you will be required to wear an approved riding helmet and appropriate clothing and footwear. A separate waiver form may be required to fulfil the insurance obligations of the instructor.

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 this 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.

IF YOU FEEL UNWELL FOR ANY REASON ON THE DAY – PLEASE DO NOT ATTEND – but do let us know.

Hand Sanitiser will be available in the club house.

Please ensure that you check in using the Service NSW App – the code will be up on the day.