



**FLAT ROCK FARM  
LESSON PROGRAM  
613-661-9028**

Dear Parents and Students,

We would like to welcome you to our lesson program. Students at Flat Rock Farm range from beginners to advanced levels, as do the school horses. If you are a beginner, your lesson will include learning how to groom, tack-up your mount as well as learning how to ride. All riders are required to wear a certified riding helmet whenever riding. Riders should also wear riding breeches or jeans, paddock boots or field boots and chaps or half chaps. Any other attire may inhibit your riding or jeopardize your safety (i.e. hiking boots or work boots can get caught in the stirrups).

We hope you enjoy your time here at Flat Rock Farm. If you have any questions, comments or concerns please feel free to call us or stop by. We will try to accommodate you in every way possible to facilitate a fun learning experience.

Please read and fill out any required forms and return them to us as soon as possible. We have provided any necessary information in the following pages. Welcome to Flat Rock Farm.

Sincerely,

Debbie and Emma

## FLAT ROCK FARM

### LESSON PROGRAM GUIDELINES

1. A rider must be outfitted in an approved riding helmet, riding breeches or jeans, paddock boots or field boots and chaps or half chaps. Students should also wear gloves. Please tuck shirttails in and have hair pulled back out of your face.
2. **If you are unable to attend you lessons, you MUST NOTIFY US BY CALLING or TEXTING 613-661-9028. A MINIMUM 24 HOURS IS REQUIRED OR YOU WILL BE CHARGED FOR THE MISSING LESSON. We have also set up a facebook page where you can notify us if you are unable to attend.**
3. Each rider should come 15-30 minutes before your scheduled lesson. This enables the rider to get acquainted with the horse before actually riding and provides time for grooming and tacking up your horse. You should be ready for your lesson 5 minutes before it is scheduled to begin.
4. If you are late for your lesson, it will be on your own time. Your lesson will start at its assigned time unless otherwise changed by your instructor. If you are late, you are still responsible for paying the required amount.
5. As a rider, you are responsible for your horse and its equipment. You must clean up after yourself and your assigned horse. You must also ensure that your horse is cooled out properly and groomed well before and after your lesson. If you find something wrong with your horse please notify, Debbie, Emma or the coach **immediately**. Do not leave clothes, helmets, or other equipment on the floor. There are racks on each staff door. We will do frequent equipment inspections; however, if you find something wrong with your equipment please let Debbie, Emma or the coach know immediately.
6. Students are responsible for picking up manure in the arena after their lesson. The alleyway where the horse was tacked up is to be swept after your lesson.
7. No chewing gum permitted, especially when you are riding.
8. We ride regardless of weather. Lessons may be cancelled in extreme snow or extreme cold conditions. Please come dressed for the weather. Please check the facebook page for any weather related cancellations.
9. Payment for your lesson is due on the night of your lesson. Find the envelope with your name on it that is in the black mail box on the office door, put the Flat Rock Farm portion of the fee in the envelope and pay the remaining fee to the coach. If you are unsure, see Debbie, Emma or the coach.
10. Flat Rock Farm has several ponies and horses that are available for lease. Speak to Debbie for details.
11. All riders should have an Ontario Equestrian Federation Membership. You will need this for showing and it also provides you with some insurance.

## FLAT ROCK FARM LESSON PROGRAM

### CHARACTERISTICS OF THE HORSE

#### A. Protective Attire:

1. I am hereby advised to purchase and wear a well-fitted, certified riding helmet, fastened securely under the chin while mounted or working with horses to prevent injury.
2. I am hereby advised to always wear hard-soled, fully enclosed shoes or boots and socks to protect feet and long pants to protect legs while working around and riding horses.

#### B. The Nature and Physical Character of the Horse: While domesticated, well-trained horses are usually docile and affectionate, it is important to understand that their survival instincts are what have allowed them to survive to the present day.

1. I am advised that horses are unpredictable by nature, with minds of their own, as are all animals, both domestic and wild. Horses are extremely strong and powerful and may be nervous or high-strung by nature. The characteristics deserve a human's utmost respect.
2. I am advised that if a horse is frightened or feels threatened from behind, it may kick straight back, sideways or even forward with either of its hind legs with tremendous force.
3. I am advised that if a horse is frightened, angry, under stress or feels threatened, it is his instinct to jump forward or sideways or to run away from danger.
4. I am advised that if a horse is frightened or feels threatened, it may buck in a way that could throw a rider with tremendous force.
5. I am advised that if a horse is feels threatened it may react by rearing with its front legs, strike with one or both front legs, bite with its teeth, throw its head from side to side, or run directly over whatever it fears it front of it.
6. I am advised that a human must always approach a horse calmly, quietly and cautiously, preferable from its left shoulder, talking in a low tone of voice.
7. I am advised that loud and/or sudden, unexpected movements, the dropping of objects near a horse, approaching vehicles, animals or people, ill-fitting equipment or physical pain can provoke a domesticated horse to react according to his natural instincts.
8. I am advised that the first signs of anger or fear in a horse are the sudden tensing of the body's muscles, laying its ears flat back against its head, quickly raising its head or sudden snorting through the nostrils.
9. I am advised that a horse can see independently with each eye or it can focus both eyes on one object somewhere in front of it, consequently telling us what the horse is concentrating on at that moment. I am also advised that the horse has two blind spots directly in front and in back of him, of which he cannot see. Never surprise a horse from the rear or reach first for the horse's mouth.
10. I am advised that while a horse is very sure-footed by nature, if ridden or worked on unstable or slippery footing, it could fall down injuring a rider or handler.

Signature: \_\_\_\_\_ Date \_\_\_\_\_

FLAT ROCK FARM LESSON PROGRAM  
BARN RULES

1. No dogs allowed on the premises.
2. No alcoholic beverages allowed on the property.
3. No glass bottles allowed in or around the barn.
4. No sitting, standing or climbing on any of the fences or gates. Please watch your children, you are responsible for them
5. Stay away from the cattle. They are not tame.
6. No running or rough play at any time.
7. No smoking in or around the barn, smoke is designated areas beside the picnic table.
8. Swearing and abusive language will not be tolerated.
9. Do not tie horses to gates, fences, or stall bars.
10. When you use the cross ties in the barn you MUST clean up after your ride. It is your responsible to keep the alley way clean. Sweep up after yourself.
11. You are responsible for cleaning up manure in the arena after your lesson.
12. After your lesson, please return your horse to the place that you found it unless directed otherwise.
13. If your horse had a blanket on please reapply after your lesson.
14. Helmets must be worn at all times when mounted.... no exceptions.
15. No one may feed the horses hay or grain. If you need something please ask.
16. Please enter the property slowly; there are children, dogs and horses in the area.
17. Clean up any manure on the grass areas after you have travelled to or from the arena.
18. Riders and visitors should always wear closed toe shoes, no sandals permitted near the horses.

**Cancellation Policy**

Payment for all lessons is due on the night of your lesson. Please put the barn portion of your payment in your envelope on the office door. Pay the coach his/her portion.

**CANCELLATION**

You MUST give 24 hours notice of all cancellations. This allows us to reschedule the lessons accordingly. If you do not give adequate notice you will be charged for the missed lesson.

**Local Tack Shops**

Bridle Path Tack Shop  
1344 Highway 37 North  
Corbyville, Ontario  
613-477-1515  
1-888-825-1831

Greenhawk Stirling  
152 North St.  
Stirling, Ontario  
613-395-6333

## **CONTACT INFORMATION**

Flat Rock Farm has a lesson page on face book. It is a closed group. If you have facebook you will need to be added as a friend by Debbie, who will then add you to the lesson page. On this page you will see updates on programs or events, changes to schedules or lesson cancellations due to weather etc. If you need to cancel your lesson you can also put a message here. Please keep in mind that we require 24 hours notice for all cancellations or you will be charged for your lesson.

In the event that there has been cancellations in you lesson time, you lesson length may vary accordingly. The price will stay the same however the length may be altered.

Private Lesson: ½ hour

Semi-Private (2riders): 45 minutes

Group- 3 or more riders: 1 hour

### **Telephone Numbers**

Debbie Long- 613-661-9028

Emma Long- 613-920-1756

Amanda Dowdle- 613-921-9020