



Confidence Building

Greenacres Stables Riding Centre

The Confidence Building course is aimed at riders of any level who have experienced a drop in confidence for any reason. We use a variety of techniques in order to make the rider feel safer in the saddle while accomplishing progressive achievements.

Our aim is to make you feel more confident riding in the arena, out hacking, and around horses in general. Participants should have some previous riding experience, although it does not matter particularly how much as we will alter the course to fit your level.

Equipment checklist

We are located 4.5 miles from Ross on Wye, and 5.5 miles from Newhunt Horses tack shop. If you are unable to acquire any of the following equipment, it will certainly be possible to do so while you are here. If you are not bringing your own transport, there is a reliable bus service to Ross on Wye from the bus stop opposite the yard, and we would be more than happy to take you to Newhunt Horses.

- Horse riding boots.

You will need to wear your own pair of purpose-made riding boots for this course. If you do not already own a pair, there is a wide range available online from around £20 to hundreds, we are happy to advise on brands etc. We would strongly recommend breaking in your shoes before your course begins as blisters and soreness may impede your learning.

- Comfortable “old” clothing.

You may get dirty and your clothes may rip or tear, please do not wear clothes you are hugely fond of just in case. The likelihood of clothing breakages is not high, although we do hack through woodlands and the undergrowth can get quite close. Snagging a sleeve on a headcollar clip, stable door, gate handle is also a fairly infrequent but possible scenario.

- Weather relative clothing.

Even if the weather looks brilliant for the week, it is always a good idea to bring waterproof clothing as the forecast is often inaccurate in this area.

- Helmet

While you are more than welcome to borrow one from us, most people prefer to buy their own. If so, please use a tack shop with a hat fitting section, there should be qualified hat fitters to help you decide on a helmet. Ill-fitting helmets can cause more damage than no helmet at all, please bear this in mind when purchasing.



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Entry Requirements

- You will need at least a little prior experience.
- The minimum age requirement is 17 years, there is no maximum age limit.
- The weight limit is 16 stone.

We do occasionally make exceptions in certain circumstances, for example if the rider will be turning 17 within the week, if the rider is slightly over the weight limit etc.

Please contact us before you book if you believe you would be an exception to the above requirements. We require all riders to bring photographic ID and be measured for height and weight during the induction on the first day. This is purely for security, insurance and licensing purposes and will be stored for up to 5 years in our business health and safety file only. Your data will never be misplaced or misused and is protected by the Data Protection Act 2018. If you are aware that you do not meet the requirements, please do not book without talking to us first as we will be obligated to terminate the course without refunding costs.

Recommended Duration

We recommend booking this course for a minimum of 5 to 7 days. It is possible to book for just 3 days, although from experience we have learned that the 4th and 5th days are the most beneficial to the learner and progress speeds up dramatically after that.

Progress Expectation

The expectation of progress is based on 7 days for relatively fit and healthy individuals. Our aim is for the rider to gain a substantial amount of confidence during the time spent with us. We will cover all aspects, whether your nerves are situational or general, we have a variety of techniques to help you gain as much confidence as you can throughout this course.

Progress is specific to each individual, and confidence is as, if not more, important than capability. Although we have had many individuals who have achieved all of the above, that does not mean that you have to. We are always ready to alter the course programme to suit the rider to ensure that you achieve as much as your body will allow.



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Programme

| | Day I | Day II |
|-------|---------------------------|---------------------------|
| 09.30 | Arrival and Induction | Arrival and Tacking Up |
| 10.00 | Stable Management Session | Horse Riding Lesson |
| 11.00 | Horse Riding Lesson | Horse Riding Lesson |
| 12.00 | Stable Management Session | Stable Management Session |
| 13.00 | Lunch | Lunch |
| 14.00 | Horse Riding Lesson | Horse Riding Lesson |
| 15.00 | Hack | Hack |
| 16.00 | Finish | Finish |
| | Day III, IV, V | Day VI, VII |
| 09.00 | Arrival and Yard Duties | Arrival and Yard Duties |
| 10.00 | Horse Riding Lesson | Horse Riding Lesson |
| 11.00 | Horse Riding Lesson | Horse Riding Lesson |
| 12.00 | Stable Management Session | Stable Management Session |
| 13.00 | Lunch | Lunch |
| 14.00 | Hack | Hack |
| 15.00 | - | - |
| 16.00 | Yard Duties | - |
| 17.00 | Finish | Finish |

This programme is subject to variations and is purely to give you an idea of what to expect. We may make changes depending on weather conditions, rider progress, the length of your course, and/or unexpected circumstances. There is a break during the day which is not stated in programme as the times of these will vary and depend entirely on the riders on the course.

Confidence Building courses are only available in full day format.