



Enriching Lives through Horses

**Essential Information for
All Riders
& Parents of Young
Riders
Read before Riding!**

My Username

My Password

0191 261 5544

info@stepneybank.co.uk

www.stepneybank.co.uk

Registered Charity number 1084687

Thank you for choosing to ride with us at Stepney Bank Stables.

Since 1992, Stepney Bank Stables has been proud to operate as a community charity supporting disadvantaged young people. We offer a safe, fun and engaging environment for thousands of children and adults who visit us to develop a variety of skills through working with horses. Some interesting (current) facts include:

- 300 regular riders attend each week along with parents, carers & supporters.
- 150 children and young people access our Children and Young People's Project.
- 40 attend as volunteers.
- 3000 + passionate and engaged social media followers.

When you (or your child) visit us and become a valuable part of our commitment to growth of best practice, you understand and agree to the following essential key points:

- Human safety + horse welfare are equally paramount.
- No two humans learn in exactly the same way, or at the same rate.
- Staying focused on personalised development means faster results, whereas comparison to others hinders progress.
- Repetition is essential to engage muscle and mind memory.
- Progression is determined by our experts; never influenced by expectation of others.
- Positive attitude, attention and cooperation are pre-requisites to skill progress.
- Weight limits are mandatory, checked regularly on site, and non-negotiable.

Stepney Bank Stables is approved by:

The British Horse Society
The Association of British Riding Schools
The Pony Club

Our premises, horses and equipment are inspected annually by these organisations and also by Newcastle Council to ensure that we stay safe and fit for purpose.

Our mission *“To enable children and young people living in economically deprived areas of the city to access horse care and riding in order to develop their skills and self-confidence.”*

We currently support over 150 children and have been awarded The Queen’s Jubilee Award for our work. By choosing to ride with us, not only will you have fun learning new skills, you will also be supporting our mission.

Riding lessons

We work one-to-one, in groups (limited size/number), in both the indoor and outdoor arenas.

Instructors

Qualified through either the British Horse Society or the Pony Club, our instructors are all timetabled for your preference, although changes may be made without prior notice.

Assessment of Skill

Progression levels are regularly assessed and details of each are explained towards the back of this booklet.

Insurance

We have full Public Liability insurance, however many riders also take personal injury cover. Riding is considered to be a medium risk sport.

Ponies and Horses

Ponies are assigned to riders by our expert staff who assess availability, wellbeing and rider weight.

Weight

Often a contentious issue and yet - horses get stressed and suffer when carrying more than one 7th of their body weight. Therefore:

If you are **over 5ft8”** in height you can ride our horses only if you weigh **LESS than 13st** when fully clothed.

If you are **less than 5ft7”** in height you can ride our horses if you weigh **LESS than 12st** when fully clothed.

This is non-negotiable and applies to everyone without exception.

Muscle weighs heavier than fat, which means that light looking people can weigh heavy, and heavy looking people can weigh light.

We never guess and suggest you don't ask us to embarrass you by guessing!

You will be weighed when you first register with us and then every 6 months thereafter.

If your weight is within a 7-14lb margin of our limit, you will be weighed monthly.

If your weight limit is within a 0 – 7lb margin of our limit, you will be weighed before each ride/day of riding.

**The greater the weight margin, the greater the variety of
our wonderful horses you may ride!**

Booking

You can book lessons by phone, online via our website or in person. Payment is taken at the time of booking.

Online booking requires a username and password. If you have registered with us in the office or over the telephone you will already be registered for online booking – please do not re-register online.

If you need to cancel

Full refund requires 72 hours' notice

50% refund available where 24 – 72 hours' notice

Zero refund where less than 24 hours' notice

If we need to cancel

In the event that health, safety or welfare are compromised, we may cancel your lesson at short notice. A full refund will be given.

Spectators

You are very welcome in our upstairs balcony or café area. We offer refreshments and blankets to keep you warm.

Fact! Loud noises and sudden movements can distress the our horses – rider safety is dependant on a quiet and slow moving spectator area.

Never call to a rider from the spectator area.

We reserve the right to remove problematic spectators if we perceive health, safety or welfare is being compromised.

Photographs

Photography is allowed ONLY with permission of the instructor and by prior arrangement (e.g. after a lesson). It is NEVER permitted from the spectator area (safety hazard) to ensure we are adhering to our Safeguarding policy.

Reception

Our reception office is open 9am -6pm weekdays and 10am – 4pm at weekends. We are pleased to help you and provide a flexible, professional service at all times.

YOU MUST sign in at reception on arrival and wait for a staff member to receive you.

Contact us if you have any problems or questions.

Call in or ring 0191 261 5544

Or email: hello@stepneybank.co.uk for all enquiries and we'll make sure you get put through to the right member of staff.

Junior Volunteers (8-11) –In the 8-11's club, our young people will spend one 2 hour session a week with us. During the two hour session, they will spend time learning practical skills. For example, grooming, leading and learning about the horses' equipment. The cost of this is £10 for two hours, however we do have some funded spaces available. Funding allows young people to have two funded sessions a month.

Young Volunteers (12-18) – This forms a large part of our children and Young Peoples project. Teenagers can apply to join our young volunteer's program. This involves participating in a 6-week training program consisting of a 2-hour session once per week to learn the basics. Once training is complete young people can attend at weekends, evenings and school holidays. They can also access a wide range of social events and activities. For more information: hello@stepneybank.co.uk

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Membership

£15 per annum and this takes £3 off the cost of each lesson and makes you eligible for other members offers.

It isn't just riding!

We also offer lots of other activities. For example, in school holidays we hold competitions and training courses, and more...

Own your own Pony – School Holidays

Covers all aspects of pony care as well as helping to develop children's confidence and interpersonal skills. Own your own pony is suitable for 8-12 year olds and costs £45 per day.

Pony Club – Wednesday evenings

Focuses on learning about horse care and gives participants the chance to earn badges, take tests and compete in quizzes.

Participants need to be members of the stables (£15/year) and The Pony Club (membership £25/year). Sessions cost £4/ session, and are paid for per half term to attend.

Lesson Levels Explained

Junior Jockeys (3-5/6)

Junior Jockeys lessons are all about your child having fun and feeling confident. At this level lessons will include:

- Mount with assistance
- Learn how to start, stop and turn the pony
- Learn the basic parts of the saddle/bridle
- Learn the location of the pictures around the arena and their corresponding letter
- Develop balance and confidence through some simple fun exercises/games
- Progress towards rising trot
- Learn how to treat ponies kindly

Level 1

At this level the aim is to establish a correct and secure position that will enable the rider to influence the horse effectively when they progress the levels. Lessons will include:

- Mount with assistance
- Learn how to use basic aids to communicate with the pony sensitively and effectively
- Learn the terms for the equipment used and understand it's function
- Learn how to sit correctly and understand why this is vital
- Learn simple changes of rein, 20 meter circles and figures of 8
- Develop balance and confidence through simple exercises

- Learn how to do rising trot
- Learn basic parts of the horse's anatomy
- Learn some basic equestrian terms

Level 2

At this level the overarching aim is to get the rider to be skilled and confident enough to be able ride without a leader. To do this they need to be able to develop their balance, confidence and core strength in order to effectively influence the horse. Lessons will include:

- Learn to lead a horse correctly
- Mount with assistance
- Learn to check the horse's girth
- Learn how to adjust stirrup length with assistance
- Develop rising trot until the rider can maintain their balance in the trot without holding their saddle or straps
- Learn about rising trot diagonals
- Learn to ride serpentines and shallow loops
- Develop control skills in order to ride independently
- Learn to ride as lead file

Level 2 advanced

At this level riders are all riding independently on quiet horses and beginning to canter. Lessons at this level will include:

- Mount with assistance
- Learn to adjust the horse's girth
- Learn to ride basic school movements accurately
- Developing tactics to best influence a variety of different horses
- Developing confidence in dealing with problems as and when they occur
- Learning to canter

Level 3

At this level riders begin to develop their positions so that they are in optimum balance to produce fluid, harmonious riding. More work in canter is included at this level and riders learn the 'forward seat' position. Lessons will include:

- Adjust stirrup length
- Learn to ride more complex school movements accurately with an understanding of 'straightness' and 'bend'
- Develop a wider understanding of equestrian terms
- Begin to ride in 'open order'
- Learn to balance in a forward seat in walk, trot and canter
- Begin to develop some 'feel' for how the horse is going and tactics to influence the horse's way of going

Level 3 advanced

At this level the riders should be confidently riding a wide range of different horses and developing their understanding of the rider's influence on the horse's balance and performance

- Collect the horse from the stable and prepare for mounting
Learn to assess how each horse goes and begin to be able to suggest exercises that will improve the horse's way of going
- Learn to sit to the trot maintaining balance and harmony
- Learn to incorporate lateral movements

Level 5

At this level riders should be able to positively affect the way that the horse moves through their body position and application of the aids. More complex lateral work is included at this level.

Beginner Showjumping:

Jumps range from poles on the ground to 55cm.

- This lesson is suitable for riders at level 2 advanced and above or anyone who feels a bit nervous about jumping.
- Riders will develop their forward seat over poles and around turns to develop their position and balance.
- riders can keep balance over small fences and will work on riding correct turns in order to navigate around a simple course.
- They will learn to jump single and combination fences on quiet horses.

- They will also work on their ability to control the horses on the flat in order to improve their jumping.
- Working towards cantering in and away from jumps

Novice Showjumping:

Jumps range from 55cm to 75cm

- Riders will ride a variety of horses over larger fences and riding more complex courses.
- Grid work is started
- Flat work is also included to help develop rider's control between fences.
- Riders start to jump fillers and small spreads
- Working on rhythm around a course and through a grid.
- Developing technique and position

Intermediate Jumping

Jumps range from 75cm to 1m

- Can do all of the above and ride a variety of horses confidently
- Riders can make a course flow with the right rhythm and tempo
- Gridwork is established
- Position and technique should be established

Thank you again for choosing to ride with us at Stepney Bank Stables where our mission as a community charity, is "to enable children and young people living in economically deprived areas of the city to access horse care and riding in order to improve their physical health, emotional well-being and employability skills

Keeping our visitors and ourselves safe at all times is dependent on your cooperation with our key beliefs:

- Human safety + horse welfare are equally paramount.
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