



# Jubilee Riding Academy

## Rules and Recommendations

### Rules

1. All students must have a **Medical Release** and a **Release of Liability** form on file with the Jubilee office before any horse related activities may commence. Students, Parents, and others accompanying students may not enter the riding area without acknowledging the **Release of Liability** sign. The riding area is defined as the arena, the fenced area surrounding the arena and any other enclosure housing our lesson horses/ponies.
2. All students must wear an **ASTM / SEI certified helmet** at all times during mounting, the entire time mounted, and until dismounted with stirrup irons run up. We offer "loaner" helmets for students' use but we recommend that serious students purchase their own.
3. Students must wear riding boots with a defined heel to each lesson. Western boots or paddock boots are equally acceptable for lessons. Spurs must not be worn unless specifically approved by your instructor which is unlikely.
4. Jubilee Riding Academy teaches whole horsemanship lessons. Students will be taught to care for and clean up after the pony/horse that they use for lessons. This includes but is not limited to: Brushing/grooming/hosing their pony/horse as needed before and after riding, cleaning any manure produced during their lesson time, putting away any supplies, equipment and tack used, and other general maintenance tasks as assigned by your instructor. This will be part of the lesson until the student is competent and reliable in performing necessary tasks on their own.

### Recommendations

1. Dress in layers for the weather. Well-fitting **long pants** with a lot of stretch (jeans, leggings, or riding pants) are necessary to protect riders legs from chafing on the saddle and fittings. Bring drinking water!
2. Plan on arriving by your lesson time ready to ride. Be prepared to wait until your lesson start time or slightly beyond if the student or pony/horse before your lesson need a little extra time to stop on a good note. (You will be given this extra consideration if needed at the conclusion of your lesson.)
3. Parking for riding students and observers is on the grassy area by the black fence in front of the silver barn. Enter the lesson area through the double gates beside the entrance to this barn. Text your instructor upon arrival if you need additional directions.
4. **STRETCH, STRETCH, STRETCH** before and after your lesson. Your instructor can give you some good stretching techniques to help avoid muscle cramps (saddle-soreness).