

# Jamaica Bay Riding Academy

## Rider's Guide to Success

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## Introduction

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Thank you for choosing Jamaica Bay Riding Academy. We are a riding academy offering a customized learning environment for riders of all levels and ages, focusing on team work, good sportsmanship and classic horsemanship. Good horsemanship requires compassion, respect, patience, a sense of responsibility, a desire to learn and a positive attitude, attributes which are important in any walk of life.

Additionally, turnout for the horse and the rider is important and teaches discipline and respect for the sport.

This booklet contains guidelines to help you or your child successfully achieve desired riding goals through Jamaica Bay Riding Academy.

## First Steps

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### Evaluation

An evaluation by management is required for all students wishing to join the Jamaica Bay Riding Academy program to place the student in the program appropriate to his/her ability.

### Planning Your Lessons

Do you or your child want to experience the love of the outdoors, and the joy of riding and caring for a gentle animal? One or two lessons a week on our lesson horses may satisfy this goal.

### Competing

At some point you or your child may want the experience of competition in a show, which presents an opportunity to demonstrate the skills you have acquired and measure your progress. Most of our riders begin showing in our home Schooling shows. Our Schooling Shows are a great place to get a good feel for competition in a friendly setting. If you or your child enjoys showing, there are many other levels of competition to explore from local and national United States Equestrian Federation Horse Shows (USEF), to Interscholastic Equestrian Association (IEA) and Athletic Equestrian League (AEL) Horse Shows through the **Metropolitan Equestrian Team (MET)**, Jamaica Bay Riding Academy has earned an excellent reputation as a training ground for champion-level riders.

## Lessons and Training Program

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Riders taking one to two lessons a week are expected to have chaps, boots, breeches and an SEI-approved helmet. Riders who graduate from the lesson horses to a leased or owned horse are expected to have their own equipment, including saddle, bridle, protective leg boots and grooming kit. Owning or leasing a horse is recommended to compete in USEF Competitions. Lesson pricing is listed on our web site [www.horsebackride.com](http://www.horsebackride.com).

### Riding Attire

Students must come neatly attired:

- Boots with heels and half chaps or tall boots
- Spurs (if needed)
- Hair in a hair net fitted properly under the helmet or neatly ponytailed at the base of the riders neck
- A fitted, sleeved (Long or short sleeve) shirt tucked into pants. Polo shirts are recommended. NO spaghetti straps, crop tops or hoodies
- Breeches preferred. No excessively low jeans
- Belt
- Crop
- Vest or fitted jacket zipped up (if needed)
- No dangling jewelry
- Cell phones should not be worn due to the possibility of injury to the rider or breakage in the event of a fall

### Lesson Structure

The number of lessons per week will depend on the rider's personal goals as well as the training level or the horse and rider. Consistency in lessons and trainer rides is vitally important to help achieve peak performance of horse and rider.

Students will be assigned a class level during the assessment by management and the assigned instructor.

# Lessons and Training Program

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## Class Levels

Do you or your child want to experience the love of the outdoors, and the joy of riding and caring for a gentle animal? One or two lessons a week on our lesson horses may satisfy this goal.

### Grassroots

- Open to all students
- Show level–Lead line
- Take 1-2 lessons per week
- Understand proper seat position and aids
- Control horse at the walk and trot
- Give proper walk, trot aids
- Demonstrate the ability to properly groom, tack, untack, and full after lesson care for the horse

### Walk, Trot, Intro to Canter

- Open to all students
- Show level – Walk, trot
- Take 1-2 lessons per week
- Demonstrate proper seat position and aids
- Control horse at the walk, trot and canter
- Control horse at the walk, trot in the two-point position
- Give proper walk, trot and canter aids
- Understand diagonals at the trot
- Know two-point position
- Guide horse over ground poles at the walk and trot
- Demonstrate the ability to properly groom, tack, untack, and full after lesson care for the horse

## Lessons and Training Program

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### **Cross Rails**

- Open to all students
- Show level Prior Experience – Walk, Trot, Intro to Canter
- Take 1-2 lessons per week
- Control horse at the walk, trot and canter sitting and in two-point position
- Know simple changes of lead
- Ride at the walk without irons
- Jump cross rail fences
- Walk ground poles without irons
- Demonstrate the ability to properly groom, tack, untack, and full after lesson care for the horse

### **Short Stirrup**

- Open to all students
- Show level Prior Experience - Cross rails
- Take 1-2 lessons per week
- Understand diagonal and lateral aids
- Know flying and simple lead changes
- Execute a half turn, and a half turn in reverse
- Know the center, diagonal and quarter line in the arena
- Ride both the correct and the counter bend
- Understand the curriculum of the leg yield, half turn on haunches, shoulder in, and figure eight at the walk
- Ride at the trot without irons
- Jump fences 2’.
- Jump single jumps without irons.
- Demonstrate the ability to properly groom, tack, untack, and full after lesson care for the horse

## Lessons and Training Program

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### Novice

- Open to all students
- Show level Prior Experience - Short Stirrup
- Collection and extension at all gaits
- Understand the curriculum to have the horse work on the bit
- Know the half halt
- Ride at the canter without irons
- Ride serpentine at the canter with simple lead changes
- Jump 2'-2'3 courses with or without irons
- At this level and beyond, riders should either have a lease on a horse or own their own horse
- Demonstrate the ability to properly groom, tack, untack, and full after lesson care for the horse
- Basic first aid care for horses and identifying equine emergencies

### Intermediate I

- Open to horses/riders in training programs only
- Show level Prior Experience - Novice
- Understand the curriculum of shoulder in at trot
- Understand all USEF Equitation Tests
- Ride on the counter lead
- Jump 2'6. - 2'9. Courses with lead changes, with or without irons.  
(Leased/owned horses only)
- Demonstrate the ability to properly groom, tack, untack, and full after lesson care for the horse
- Basic first aid care for horses and identifying equine emergencies



## Lessons and Training Program

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### Intermediate II

- Open to horses/riders in training programs only
- Show level Prior Experience - Novice/Children/Adult Amateur Hunters, Jumpers and Equitation
- Execute all requirements of Intermediate I
- Execute a haunches in at the trot
- Ride a serpentine with flying changes
- Jump 2'9-3' courses with or without stirrups
- Demonstrate the ability to properly groom, tack, untack, and full after lesson care for the horse
- Basic first aid care for horses and identifying equine emergencies

### Advanced

- Open to horses/riders in training programs only
- Show level Prior Experience - Children's/AA hunters, Junior/AO hunters, Jumpers, Equitation
- Must execute all requirements of previous levels
- Jump a 3'6 course or higher with or without irons
- Demonstrate the ability to properly groom, tack, untack, and full after lesson care for the horse
- Basic first aid care for horses and identifying equine emergencies

### Horsemanship

All riders must take an active role in their horses care and management. They should be familiar with basic health care, nutrition, farrier, show preparation, lunging, and be familiar with a wide variety of tack. All students are encouraged to further their horsemanship knowledge through reading, question-and-answer sessions, or attending seminars and clinics.

## Purchasing or Leasing a Horse

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The purchase or full lease of a horse is a long process of searching, questioning, riding, evaluating, vetting, negotiating and seeking advice as well as guidance. For the experienced purchaser it is another journey of patience, for the first timer, it can be a daunting experience. Unfortunately, novice buyers can overlook factors that can present safety or suitability issues. We strongly encourage our clients to leverage our expertise in finding a suitable mount.

At Jamaica Bay Riding Academy, we work with a network of equestrian professionals who have earned an excellent reputation for dealing honestly and finding wonderful horses. Regardless of how much you want to spend, or what kind of horse you want, we are here to help you find the horse best suited to your needs and budget.

### Getting Help

Horse buying or full leasing involves several steps. When you decide that you are ready to enter into the horse shopping market, Management at Jamaica Bay Riding Academy will help you evaluate your goals (ability, size, price-range, etc.). Our network is constantly on the lookout for horse suited for Jamaica Bay Riding Academy students, so as soon as we know you are interested in buying or leasing a horse, we will begin the process of finding you the perfect mount. We encourage you to utilize our network when searching for a horse. A horse purchase is complex and unfortunately there are many unscrupulous sellers in the equestrian marketplace.

Remember the word patience. Rushing into a hasty purchase is not in anyone's best interest. You may find yourself looking at one or as many as 10 horses before you find the one that is right for you. Remember, it is all part of an educational process. Much can be learned from riding many different horses and examining their training, attitude and conformational strengths.

# Rules and Code of Conduct

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## Focus on Fun, Friendly, and Safe

Jamaica Bay Riding Academy is committed to providing you with a fun, friendly and safe experience. In order to maintain the outstanding quality of horses and horsemanship, we ask that you abide by the following rules and expected code of conduct.

## Student Rules

1. Every student must have a signed release form (if under 18 years old) and a completed student information card prior to mounting or riding at Jamaica Bay Riding Academy.
2. Students must be mounted and prepared to enter the ring at the scheduled class commencement time. For customer service and rider/horse safety, late arrivals are not permitted.
3. If you miss a scheduled lesson without phoning to cancel at least 24 hours prior to the lesson, you will be charged for the lesson.
4. No one under the age of 18 may mount or ride without a harnessed safety helmet.
5. Students are required to dress appropriately for riding as listed in 2.1.
6. No gum chewing while riding.
7. When grooming your horse, be thorough, including picking hooves. Please pay special attention to their back and girth areas to prevent saddle sores.
8. Always leave irons up until your horse has left the cross ties and run them back up after dismounting the horse.
9. Never cross tie your horse to the bridle or the bit. Either remove the bridle and tie to the halter or place the halter over the bridle.
10. Do not mount or dismount your horse in the cross ties.
11. Do not put horses away hot or sweaty.

## Rules and Code of Conduct

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### Student Rules (continued)

12. No one may jump without a trainer.
13. No one may ride a horse bareback without the permission of management.
14. Jumps may not be moved or adjusted during business hours by anyone except instructors or management.
15. No one may ride double.
16. Please remember SAFETY FIRST! Keep your eyes open and be courteous to other students and horses.

### **In addition to the general student rules, junior students are required to observe the following rules.**

1. Be courteous to all members of the Jamaica Bay Riding Academy community.
2. Respect other people's property. You must have their permission to borrow anything. Return it in the condition it was given to you.
3. Good sportsmanship and horsemanship are expected at all times.
4. Be helpful to those around you.
5. The following behaviors are expressly forbidden:
  - Foul language
  - Formation of cliques that deliberately and actively exclude other students
  - Physical or verbal abuse and bullying of any kind – including through all channels of social media
  - Discussion of inappropriate topics