

# Lesson Information

## Rules

### Timeliness

Lessons start promptly on time and end promptly on time. Timeliness shows respect for the instructor, other students in the lesson, students in the following lessons, and even the horse (a rushed rider is a bad rider).

If students arrive more than 10 minutes late they should expect to have to either prepare their horse alone to join the lesson or not to ride, depending on their ability. Often our lessons are conducted as lessons on trail – these rides will always leave 10 minutes after start time. Rides will leave with or without riders.

### No-Show Fees

All students are required to keep valid credit card information on file. When a student does not show up for a lesson, or shows up too late to ride, a \$15 No-Show Fee will be charged to this credit card.

24 hour notice is required by email or text to cancel any lesson. In the case of an emergency, a 2 hour courtesy call is requested. No fee will be charged in an emergency situation if adequate notice is given.

Email: [erika@paintedbarstables.com](mailto:erika@paintedbarstables.com)

Text: 607-216-8141

### Proper Attire

All students are expected to wear proper attire for riding. Proper clothing selection is not required for the “look and style” but for safety and ease of riding. Proper attire includes:

- Full length pants  
Pants are required in all weather to protect students from saddle sores, rubs, and scratches in the case of lessons on trail.
- Closed-Toed Shoes with a Heel  
Closed-Toed shoes are required to protect student’s feet from their horses. Horses cannot see their feet and can potentially and mistakenly step on a student’s foot.  
A heel and a firm sole are required on shoes to provide the easiest riding experience. Footwear of this kind protect against a foot going all the way through the stirrup and also makes it easier to maintain a proper riding position.  
Students **will not** be allowed to ride in sneakers or anything similar.

### Dress to the Weather

Students are expected to dress appropriately for the weather.

- Warm Weather  
Tank tops and other warm weather garments are accepted with use of appropriate sunscreen.  
No scandalous or revealing clothing will be allowed. This is not the proper place or time for this type of garment.
- Cold Weather  
Students are expected to ride with gloves in cold weather. Thick gloves are not appropriate or permitted as they limit the dexterity of the fingers.  
No students will be allowed to ride in windbreakers or snow pants as they are too slippery for riding.  
Layered pants are more than acceptable.  
Warm socks! Keeping feet warm is incredibly important. Please plan accordingly.

## Lessons Consist of the Following

### Time Allocations

Group Lessons – 60 minutes	Private Lessons – 45 minutes
10 minutes to Tack Up Horse	10 minutes to Tack Up Horse
35 minutes Instruction	25 minutes Instruction
5 minutes Free Time	5 minutes Free Time
10 minutes to Put Away the Horse	5 minutes to Put Away the Horse
All times are flexible depending on student needs. Riders should, however, expect to be mounted and on their horses 10 minutes into the lesson.	

### Tacking Up the Horse

Inclusive in the lesson is time for students to prepare their own horses. Every student over the age of 10 is expected to learn how to tack up their own horse. Instruction and supervision will be offered to each student and a double check will always be conducted prior to any student mounting. Students under the age of 10 will be expected to help in the process of preparing the horse.

Learning how to prepare your own horse is an integral part of the horseback riding experience. This is the time where riders not only get ready to ride, but we ensure the safety of their ride: the horse is injury free and clean, the tack is in working condition and everything is properly secured.

The preparation of a horse includes:

- **Cleaning**  
Inspect the horse for injuries.  
Brush the horse, especially making sure that areas where the tack is placed are free of any dirt.  
Clean the horse's feet, making sure there are no stones in their hooves.
- **Saddling**  
Place a saddle pad and saddle on the horse and strap the breast collar and girth properly.  
Make sure that the proper saddle is used and note that the saddle fits the horse properly.
- **Bridling**  
Certain horses are assigned different bridles using the following types of equipment: bits (curb bits and snaffle bits), bit-less hackamores, trail bridles with built in halter, and tie downs.  
Make sure that the bridle adjustments fit the horse properly.

### Instruction

All students should be prepared to follow instructions to the best of their ability. Focus is the most important part of success with horseback riding. Students that are not focused or unwilling may be asked to dismount their horse for safety of themselves, their horse and other students.

Some lessons may seem repetitive, but practice makes perfect! It is important to spend some lessons pushing boundaries and expanding horizons and other lessons perfecting the skills already accomplished.

Different horses teach different skills. The horses are as much educators as the instructor. Students should expect to ride a variety of horses in order to learn as much as possible about riding, horse behavior, leadership, negotiating skills and different riding techniques.

## Free Time

A key element to becoming a successful rider is learning and being aware of your own flaws and being able to correct your mistakes. At the end of every lesson students will be given time to work on the skills that they feel most necessary to practice. Supervision will be provided without instruction to enable a self-learning environment free of critique or criticism.

Rules of Free Time:

- No Falling Off – students are expected to keep within their limits and ensure their own safety
- No Stopping at the Gate – horses naturally like to stop at the gate as it is the way that they get back to the barn. Students are expected to not encourage this behavior and to be responsible for their horses' training.
- No Bumper Horses – if other horses are present in the arena, it is the responsibility of the students to ensure that they provide adequate space to other riders, inform other riders if they are passing, and to ride independently so as to not impose upon other riders' free time.

## Putting Away the Horse

Learning how to properly care for a horse and the equipment after a ride is incredibly important. Horses should always be put away free of their tack, cooled down, sweat-free, and cleaned to maintain their safety, comfort and health. Every student over the age of 10 is expected to learn how to put their horse away safely. Students under the age of 10 will be expected to help in the process.

Putting away a horse includes:

- Untacking  
Removing the saddle and bridle from the horse, wiping the tack down, and putting the tack away in the proper place in the proper condition.
- Cool Down  
No horse can be put away hot and sweaty. A horse may need to be walked for several minutes if it is very hot in order to cool down.
- Cleaning  
Inspect the horse for injuries or sores  
Brush the horse and wipe off any sweat. On very hot days they may need to be sponged or hosed.  
Clean the horse's hooves, making sure there are no stones in their hooves.  
In the winter, blankets will need to be put back on the horse.
- Putting Away the Horse  
Every horse must be lead back to their assigned stall or turnout pasture using either their bridle or a halter and lead rope.