

Tu Fox Farm Lesson Overview Guide

Updated 5/13/2024

Policies and Conduct

Barn Policies

- ALWAYS WEAR AN ASTM/SEI APPROVED PROTECTIVE HELMET and long pants and boots with a heel when riding.
- Do not borrow anything without asking the owner first
- **Allow 30 minutes for proper care of your horse, tack, and equipment before and after riding**
- Always report injury of horse(s) or rider(s) to barn staff on duty
- NO JUMPING outside of lessons unless approved and overseen by your trainer
- Turn off lights when leaving the barn if you are the last one
- Refrigerator is for daily use only except for drinks/snacks available for the barn
- Be respectful. No running, playing, or rough-housing near arenas or barn.
- CHILDREN under 16 MUST BE SUPERVISED BY AN ADULT AT ALL TIMES. This includes riders as well as siblings, friends, etc. No minors should be at the farm by themselves – a friend or parent is required to be present.
- Always have guests sign a release, even if they are not planning to ride.
- Limit conversations with students or instructors during lessons.
- No riding without first signing a Riding Hold Harmless release form.
- Do not bring unleashed dogs or other pets to the barn, areas immediately surrounding the barn, or near the riding arenas. Well-behaved and leashed dogs are welcome.
- NO SMOKING within 100 feet of the BARN OR ARENA
- All accounts should be settled by the end of each month.
- **Clean up after your horse and yourself.** There are trash containers, shovels, brooms, and muck buckets available for the disposal of manure, shedded hair, hoof cleanings, and general refuse in the aisle, wash stall, and outdoor grounds.

THERE WILL BE A \$15 FEE CHARGED FOR ANY MESSES LEFT BEHIND A RIDER.

- Horses will be turned out in specific turnout areas only – as per management
- Please do not leave your horse unattended in any area including the riding arena and crossties
- If you don't do it at home, don't do it in the barn. Common sense and courtesy at all times.
- Keep the front gate closed at all times.

Lesson Guidelines

- Appropriate dress is as follows:
 - Long pants are required; riding pants or tights are encouraged
 - All riders 12 years and older should wear a watch during their lessons.
 - A smooth-soled/low-tread boot with a heel is required to ride – no exceptions!
 - Helmets are required; TFF will supply a helmet for new lesson program riders for the first month and then students are required to purchase and bring their own
 - Hair should be in a ponytail, braid, or hairnet if long enough
 - Winter jackets should be fitted for safety.
- When a rider is of a suitable level to ride unattended, they should plan to be on their horse and walking for 10 minutes before their scheduled lesson time.
- Horsemanship lessons are part of the riding academy program (discounted lesson packages and non-boarders). If riding is not possible, students are still expected to attend groundwork and horsemanship lessons. These lessons cannot be made up if missed.
- Students are encouraged to help each other as well as workers around the barn to expand their knowledge of horses beyond the arena
- Students are required to clean/condition/oil their tack after their rides and to place their tack back into the appropriate bags/covers in their correct spots in the tack room.
- Parents are encouraged to learn along with their riders; however, it is the student's responsibility to care for their horse and tack and parental intervention in order to speed up the grooming/tacking/care process is discouraged unless discussed with instructor.
- Please understand that students will not jump in every lesson, even when on their own horses. To increase the amount of over-fences work your student is able to perform each week, plan to increase the number of lessons per week.
- Please do not bring students for their lessons if they or an immediate family member is sick (vomiting, fever, diarrhea within the last 24 hours).

As an equestrian, I acknowledge my obligation to uphold and adhere to the highest standards of horsemanship and sportsmanship whenever I am representing myself or Tu Fox Farm whether at home or in competition.

As a horseman, I will place my horse's welfare above all other considerations.

As a sportsman, I will know and comply with all pertinent policies of Tu Fox Farm as well as the governing bodies under which we compete (USEF, GHJA, IEA, USHJA, etc.). Knowing that as a proud member of Tu Fox Farm, I also serve as an ambassador of my sport and farm, I will endeavor at all times to reflect well on Tu Fox Farm through my conduct, dress, and behavior.

I understand and accept that serious or repeated transgressions of these Codes may be grounds for suspension from the program and any associated teams.

What do I Need to Succeed at Tu Fox Farm?

If I am a...

WEEKLY LESSON STUDENT / IEA RIDER:

- Helmet that is less than 5 years old and ASTM/SEI approved (labeled!)
- Riding Pants or Tights – no jeans except for western riders!
- Riding Boots – paddock boots with or without half chaps OR tall boots
- Riding Crop – 15-20” recommended (labeled!)
- Riding Gloves
- Brushes and Container/Bag – make sure you label your supplies!
 - Rubber curry comb
 - Hard brush
 - Soft brush
 - Hoof pick with a brush
 - Mane brush
 - Shedding blade
- Optional but Encouraged:
 - Riding Backpack (with some way to identify)

LESSOR (HALF- OR FULL-) OR OWNER

All of the above plus:

- Body Clipping Supplies (or prepare for \$200 per clip as needed, \$50 per clip rental of TFF's clipping supplies)
 - Body Clippers
 - T-84 (2-3) and T-10 (1-2) blades
 - Blade Wash
 - Blade Oil
 - Blade Coolant
 - Cool Lube
 - Extension cord
 - Container for the above
- Tack trunk for Home
- All Purpose Saddle Pad for home use
- Dressage Saddle Pad for home use (if applicable)
- Bathing Supplies (can use barn's buckets, sponges, curry scrubbers, sweat scrapers)
 - Shampoo
 - Conditioner
 - Detangler
- Spurs for your horse (if applicable)
- Owners or lessors of horses from outside the barn must provide ALL of their own tack (bridle, saddle, half pad, girth, bit, etc.)

Name of Rider: _____ Initial: _____

COMPETITIVE RIDER OUTSIDE OF IEA

- Show helmet (ideally not helmet you wear in lessons) – FITTED PROFESSIONALLY
- Show condition boots (Paddock Boots and Garters OR Tall Boots)
 - For dressage – Tall boots CANNOT have laces! Must be dress boots.
- Hair Net (13 and over) OR Bows (12 and under)
- Belt
- Show Gloves (black; or white for Dressage)
- Mane Pulling Comb AND/OR Mane Thinning Shears
- Bathing Supplies
 - Bath Bucket
 - Body Sponge
 - Curry/Scrubber
 - Sweat scraper
 - Short hose (expandable recommended) with Hose nozzle
 - Whitening shampoo (if applicable)
- Hunters/Equitation
 - Shaped fleece saddle pad – correct size and type for your saddle
 - White half pad if needed with your saddle/pad
 - Show Coat in navy, hunter, black, or another conservative color
 - White show shirt
 - Tan Knee-Patch Show Pants with no textured fabrics, no silicone (jodhpurs for paddock boots, breeches for tall boots)
- Jumpers (including Combined Tests)
 - Show Saddle Pad – can be any color all purpose pad or shaped fleece pad
 - Show coat and Shirt OR Polo/Sun Shirt (with sleeves and collar)
 - Tan Knee-Patch Show Pants (jodhpurs for paddock boots, breeches for tall boots)
- Dressage
 - Show Saddle Pad – White or Black; other colors need to be approved
 - Half-pad if needed with your saddle/pad
 - Dark Show Coat – other colors need to be approved
 - White Show Shirt
 - Stock Tie and (optional) pin
 - White Full Seat Breeches
 - Braiding Supplies
- Owners
 - Shipping Boots (optional)
 - No bows and standing wraps and bag for them
- Optional but Recommended
 - Wooden Tack Trunk OR Cover for Home Tack Trunk

Riding Lesson Checklist

Before your ride:

- Arrive at least 30 minutes before your scheduled riding time
- Remove your horse from their stall if there is a grooming area available
- Check horse over for missing shoes, injuries, etc. and let Jordan/Kayla know if something is wrong immediately
- Groom your horse thoroughly
 - o Curry comb – 5+ minutes over entire body including head and legs
 - o Dandy brush – entire body including head and legs
 - o Hoof pick – pick out all hooves and sweep up
 - o Mane brush – brush mane to horse's right side
 - o Fly spray (seasonal)
- Tack up your horse, leaving girth slightly loose until you get up to the arena
- Adjust your stirrups based on the arm test in the barn before heading up to the arena
- Make sure you bring your crop and spurs to the ring if needed!
- Give yourself time for a 10 minute walk warm up before your lesson time starts to get the most out of your lesson – this is a great time for practicing posting, 2-point, no stirrups, stretching, etc.

Riding Lesson Checklist

After your ride:

- Untack your horse and put tack on a rack in the barn aisle
 - o Dunk your bit into water or leave in a small bucket of water to ease cleaning later
- Hose off horse as weather allows
 - o Hose off entire body including face on all horses that will allow it (not Ellie or Scottie) if temperature is 65*+ and they won't need a blanket
 - If unable to hose off horse completely, then take a hot wet towel to entire body focusing on bridle and saddle marks
 - o Wash legs with bar soap (unless the temperature is below 50*)
 - Feel for any funk or cuts on legs that you may have missed in grooming before your ride – treat with MTG/ointment as appropriate and let Jordan know
 - If unable to wash legs, curry them EXTENSIVELY
 - o After hosing, sweat scrape horse then towel off head and legs then brush entire body with a medium/stiff brush
 - o Brush mane to horse's right side
 - o Pick out feet and sweep up
 - o **IMPORTANT: If you leave a sweat/saddle/bridle mark on a horse, you will lose your stirrups on your next ride**
- Clean your tack
 - o Bridle: use a damp cloth to remove all dirt and sweat from the leather and the bit, then use saddle soap, removing excess with a dry towel.
 - Use leather conditioner as needed or before shows.
 - Wrap your bridle after it is cleaned
 - o Saddle: use a damp cloth to remove all dirt, then use saddle soap over entire saddle including billets and underneath.
 - If saddle is dry, use conditioner.
 - If saddle is slick, use leather balm.
 - If saddle is stiff, use Neatsfoot oil.
 - Put on saddle cover and return to the correct rack with girth and half pad.
 - o Saddle pads and any used towels hang up on rack outside of feed room to dry.
- Sweep up your area and remove all poop and dirt from your horse from aisle and wash rack.
- Make sure that all your tack is in the correct labeled spot.
- Horse goes back to where you got it unless turnout has started, then ask if you aren't sure where they go.
 - o If turnout has started, you are responsible for turning out your horse. This includes putting on bell boots, fly sheets, shoulder guards, blankets, leg boots, fly spray, etc. and getting your horse to their pasture. If they are the first to go out in their field, take another horse with them so they are not alone.

Achievement Checklist

Level	Riding and Handling Goals	Practical Horsemanship Goals	Written Horsemanship Goals	Classes Available at Shows
Level One	• Leading a horse • Mounting and dismounting correctly • Safely walking on the line • Counting the beats of the walk	• Grooming with assistance • Tacking with assistance • Haltering a horse with assistance • Cleaning tack with assistance	• Grooming tools • Pieces of tack • Colors of horses in the barn • Parts of the Saddle • Parts of the bridle	<u>IEA</u> N/A <u>H/J</u> Leadline <u>Dressage/CT</u> N/A
Level Two	• Holding reins correctly • Walking on the longe line without reins and stirrups • Drop and pick up stirrups at the walk • Using eyes, legs, and opening rein to turn • Walking off of longe line • Change direction at the walk • Walk in two-point on and off of longe line • Trot on longe line – posting and 2pt • Counting beats of the trot • Correct Diagonal at the trot – Identifying and changing • Posting trot off of longe line • 2pt at trot off of longe line • Change directions at the trot • Arena rules • Drop and pick up stirrups at trot on and off longe line • Sitting trot without stirrups	• Grooming with minimal assistance • Tack and untack with minimal assistance • Bathing with assistance • Cleaning tack with minimal assistance	• Colors/coat patterns • Facial and leg markings • Breeds • Disciplines • Parts of Saddle • Parts of Bridle	<u>IEA</u> N/A <u>H/J</u> Walk/Halt Jr/Sr Beginner <u>Dressage/CT</u> Intro A Intro B

	• Bend and flexion at the walk and trot			
THREE Time to enter group walk/trot lessons!	• Longe line – canter 2 pt then half seat • Beats of the canter • Leads – identifying and correcting • Canter off longe line • Canter in 2 point • Trot poles 2 point • Trot poles posting • Canter 20m circles • Canter single poles • Canter 2 poles • Trot groundpole course • Change direction and lead at the canter • Trotting figure eights • Sit-sit-stand, stand-stand-sit • Rising trot without stirrups • Canter on longe line without stirrups • Establishing contact • Bend and flexion at the canter	• Halter independently • Grooming independently • Tack and untack independently • Bathing with supervision • Cleaning tack independently • Cleaning stalls with assistance • Making feed with assistance • Blanketing with assistance • Take apart and put together a bridle • Actively helping load trailers for horse shows	• Parts of the horse • Breeds for the alphabet • Daily / Routine / Annual care of horses • Jobs in the horse world	<u>IEA</u> Walk/Trot <u>H/J</u> Ground Poles <u>Dressage/CT</u> Intro C Training 1 Training 2
FOUR Time to enter group walk/trot/canter lessons AND beginner jumping lessons! Time to start thinking about half-leasing if	• Canter pole courses • Canter figure eights • Trot in single crossrails • Simple lead changes through trot and walk • Trot in crossrail lines (trot and canter out) • Canter in single crossrails • Canter once/twice around crossrail courses • Counting strides between jumps • Start counting strides to jumps – start on single ground pole	• Showmanship patterns • Longing with assistance • Cleaning stalls independently • Making feed with supervision • Blanketing independently • Leg wrapping with assistance • Hoof wrapping with assistance • Trailer loading with assistance • Basic first aid • Taking vital signs	• Nutrition • Common illness/injury • Shoeing • Riding Theory • Bits • Bridle types	<u>IEA</u> W/T/C <u>H/J</u> 1x/2x Crossrails <u>Dressage/CT</u> Training 3 Pre-Amoeba CT Amoeba CT

you haven't already – half-leasing is required for showing at this level.	- Identifying long/short/perfect distances - Canter without stirrups – full-seat and half-seat	- Correctly size a horse's bridle - Mane pulling with assistance		
FIVE Time to start thinking about full-leasing or purchasing a horse if you haven't already (half-leasing is required for showing at this level)	- Crossrail hunter and equitation courses - Gymnastics up to 2' - Hillwork: walk up & down, trot up, start trot down, canter up - Eye for distances/strides before jumps - Lengthening and shortening strides at walk, trot - Canter 15m circles	- Longing independently - Leg wrapping independently - Hoof wrapping independently - Trailer loading with supervision - Treating injuries with assistance - Evaluating vital signs - Mane pulling independently - Body clipping with assistance	- Making courses from set of jumps - Pasture Management - Stable Management - Welfare - Saddle types - Training aids for horses	<u>IEA</u> <u>H/J</u> Crossrail hunt. <u>Dressage/CT</u> First 1
SIX Half-lease is required (full-lease is required for showing at this level)	2' hunter courses - Flying lead changes - Gymnastics up to 2'6" - Leg yield at trot - Shoulder in at trot - Lengthening and shortening strides at canter - Hillwork: trot down, canter up and down, jumping	- Helping with beginner lessons or camp - Helping groom/tack for trainers - Body clipping independently - Working / volunteering at horse shows (gate, runner, scribe) - Judging Conformation and performance	- Designing courses for home and show - Skeletal system - Muscle groups	<u>IEA</u> Crossrails <u>H/J</u> Mini Hunters Opt. Time Jumpers Short Stirrup <u>Dressage/CT</u> First Lvl 2 First Lvl 3 Starter CT

SEVEN Full-lease is required	• 2'6" hunter and equitation courses with lead changes • Gymnastics up to 3' • Advanced hillwork • Conditioning work – trot and canter sets • Advanced pole work • Countercanter • Turn on haunches and forehand	• Helping with intermediate lessons or camp • Working with a young or project horse • Physical restraints for safe handling	• Tendons / Ligaments Identification	<u>IEA</u> 2' 2'6" <u>H/J</u> Long Stirrup Pre-Children's .80m Jumpers <u>Dressage/CT</u> Second Lvl 1 Second Lvl 2 Second Lvl 3 Beg. Nov. CT
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