Riding Lessons Information

- Minimum age 8 years old at the time of first class of session
- Helmets and boots required. (Helmets provided by Warm Beach Camp; limited supply of boots are available.)
- Cancellation Policy: Please give at least 24 hours’ notice if missing a lesson.
- No refunds or make up classes will be given for lessons missed.
- If arriving 15 minutes late or more, rider may not be able to participate.
- Maximum 6 riders per class
- Most riding lessons will occur in the riding arena with occasional “trail lessons” (taught at the discretion of the instructor).
- Must complete the registration form, release form, and concussion policy prior to the first session.

Curriculum Outline

Horsemanship instruction follows the curriculum guidelines of the international organization, Certified Horsemanship Association (CHA). Safety is the highest priority in riding and horsemanship instruction. Riders are assigned a lesson group based on their demonstrated experience and any prior assessment done at a CHA program. CHA programs have four levels of instruction each gradually more skilled and demanding. Written and riding tests are made available to those who want to move from one level to another. Western and English riding lessons are available.

<table>
<thead>
<tr>
<th>Level One</th>
<th>Level Two</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Basic safety and horse sense</td>
<td>• Horse science such as parts of the horse, saddle, breeds, etc.</td>
</tr>
<tr>
<td>• Safely approaching a horse</td>
<td>• Demonstrated respect and empathy for the horse</td>
</tr>
<tr>
<td>• Leading and tying</td>
<td>• Improved trot control</td>
</tr>
<tr>
<td>• Grooming and saddling</td>
<td>• Posting on the correct diagonal (a specific rhythm of the horse's trot)</td>
</tr>
<tr>
<td>• Mounting and dismounting</td>
<td>• Improved trot posture and control in two point position</td>
</tr>
<tr>
<td>• Basic Start, Stop, Turn, Go at a walk</td>
<td>• Improved equitation or posture in the saddle at walk, trot</td>
</tr>
<tr>
<td>• Using the 4 natural aids of the rider to communicate with the horse: Hands, legs, weight, voice</td>
<td>• Introduction to the canter</td>
</tr>
<tr>
<td>• Walking circles and teardrop shaped reverse patterns in the arena</td>
<td>• Control and equitation (posture) at the canter – working on balance, relaxation, and ability to move with the horse while maintaining safe control.</td>
</tr>
<tr>
<td>• Walking through a serpentine pattern around traffic cones</td>
<td>• Ability to smoothly transition from walk to trot to canter or lope and back down again</td>
</tr>
<tr>
<td>• Control at a trot</td>
<td>• Begin work over poles and small jumps (English riding only)</td>
</tr>
<tr>
<td>• Proper equitation or posture in the saddle</td>
<td></td>
</tr>
<tr>
<td>• Posting at the trot (rising and falling in rhythm with the horse’s movement)</td>
<td></td>
</tr>
<tr>
<td>• Two Point position (a balanced posture out of the saddle used when horses go over objects such as a pole)</td>
<td></td>
</tr>
</tbody>
</table>
Level Three

- Horse science such as horse behavior, reading a horse's body language, horse senses, etc.
- Correct equitation in the saddle at all three gaits, walk, trot, canter, while also doing circles and transitions from one gate to next
- Demonstrating improved balance, relaxation, and movement with the horse
- Overall calm, confident, consistent riding manner
- Ability to correct horses with firmness, consistency, and gentleness
- Beginning principles of horse training
- Ability to demonstrate a feel for the correct lead (a lead refers to the leading legs in a horse's canter/lope)
- Improved equitation and control over poles and jumps (English riding only)
- Begin jumping courses

Level Four

- Horse science such as hoof care, signs of health and sickness, basic first aid for horses, conformation, behavior problems, etc.
- Smooth transitions using half halts, collection, and extension
- Smooth, bending circles while maintaining forward motion
- Smooth transitions of simple lead changes
- Ability to ride a horse in a straight line at walk, trot and canter/lope
- Forehand turns and pivots that display sensitivity and feeling for what the horse is doing in response to the rider’s cues (use of hands, weight, legs, and voice)
- Learn to re-school camp horses
- Learn basic horse training & how to evaluate a horse's training level
- Improve jumping techniques through grids, combinations and more advanced jumping courses (English riding only)

To register:

Contact the Warm Beach Camp Registration office and check for space availability:
registration@warmbeach.com / 800.228.6724 or 360.652.7575 ext 2282

Complete the release form and concussion policy and send to:

Warm Beach Camp – Registration Department
mail: 20800 Marine Dr, Stanwood, WA 98292
FAX: 360-652-8210
e-mail: registration@warmbeach.com
Horse Program - Permission to Participate and Release of Liability

PLEASE READ THE FOLLOWING CAREFULLY

Release/Participation: I am the parent or guardian of the participant. I give permission for my child to participate in Warm Beach Camp activities including transportation. These may include field games, swimming, canoeing, climbing tower, high ropes course, horseback riding and equestrian vaulting. While Warm Beach Camp will provide for adequate and reasonable participant safety, I understand that accidents can sometimes happen. Therefore, in exchange for Warm Beach Camp allowing my child to participate in camp activities, I understand and expressly acknowledge that I release Warm Beach Camp, its employees, board of directors, volunteers, or guests from all liability for any injury, loss or damage connected in any way whatsoever to participation in Warm Beach Camp activities whether on or off Warm Beach Camp’s premises and including transportation. I understand that this release includes any claims based on negligence, action or inaction of Warm Beach Camp, its employees, board of directors, volunteers, or guests.

Inherent Risks/Assumption of Risks: I acknowledge that: Horseback riding and vaulting is classified as “Rugged Adventure Recreational Sport Activity” and that risks, conditions, and dangers are inherent in (meaning integral part of) horse/animal activity regardless of all feasible safety measures which can be taken and I agree to assume them on behalf of my child. I acknowledge that regardless of any reasonable safety measures, training, and performance record that horses may react unpredictably to their environment. Even when all feasible safety measures are being taken, I understand that accidents with horses may happen resulting in injury, harm, or even death. I am not relying upon Warm Beach Camp to list all possible risks. Furthermore, I understand that under Washington State law, an equine (horse) activity sponsor or equine professional is not liable for an injury to or death of a participant in equine activities resulting from the inherent risks of equine activities. (Rev. Code Washington (ARCW) s 4.24.530 ) (1994).

Consent for Medical Treatment: I give permission for the Warm Beach Camp staff to treat my child up to the level of their training and for the camp nurse to follow the physician’s standing orders for care and treatment of my child. I give permission to the physician selected by Warm Beach Camp to provide emergency medical treatment for my child and to transport them to an emergency center for treatment. I understand that this emergency care may require the physician to hospitalize, secure proper treatment for, and to order injections, anesthesia, or surgery for the camper named on this form. I understand that every effort will be made to notify the parent or guardian of the camper when medical attention is required at a hospital or clinic.

Insurance: I understand that Warm Beach Camp does not provide any primary accident or health insurance for campers and guests and further understand it is my responsibility to provide such coverage.

Property Loss: Warm Beach Camp is not responsible for personal property lost, damaged or stolen while using Warm Beach Camp facilities, including parking lots, or participating in Warm Beach Camp programs.

Photograph Permission: I give permission for Warm Beach Camp to use, without limitations or obligation, photographs, film footage or tape recordings which may include my child’s image, voice, or artwork for the purposes of promoting or interpreting Warm Beach Camp’s programs.

IF YOU HAVE ANY QUESTIONS, HAVE THEM ANSWERED BEFORE SIGNING THIS DOCUMENT.

Date: ________________________________________________________________

Participant: __________________________________________________________________________

Parent/Guardian: _____________________________________________________________________
WHAT IS A CONCUSSION?
A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians
If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

• Appears dazed or stunned
• Is confused about assignment or position
• Forgets an instruction
• Is unsure of game, score, or opponent
• Moves clumsily
• Answers questions slowly
• Loses consciousness (even briefly)
• Shows mood, behavior, or personality changes

Symptoms Reported by Athlete

• Headache or “pressure” in head
• Nausea or vomiting
• Balance problems or dizziness
• Double or blurry vision
• Sensitivity to light
• Sensitivity to noise
• Feeling sluggish, hazy, foggy, or groggy
• Concentration or memory problems
• Confusion
• Just “not feeling right” or “feeling down”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

• Ensure that they follow their coach’s rules for safety and the rules of the sport.
• Encourage them to practice good sportsmanship at all times.
• Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
• Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
  – However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. SEEK MEDICAL ATTENTION RIGHT AWAY.
A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

2. KEEP YOUR CHILD OUT OF PLAY.
Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION.
Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

For more information, visit www.cdc.gov/Concussion.
CONCUSSION FACTS
A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a bump, blow, or jolt to the head or body.
- A concussion can happen even if you haven’t been knocked out.
- If you think you have a concussion, you should not return to play on the day of the injury and not until a health care professional says you are OK to return to play.

CONCUSSION SIGNS AND SYMPTOMS
Concussion symptoms differ with each person and with each injury, and they may not be noticeable for hours or days. Common symptoms include:
- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or “down”
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness
During recovery, exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?
- DON’T HIDE IT. REPORT IT. Ignoring your symptoms and trying to “tough it out” often makes symptoms worse. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don’t let anyone pressure you into continuing to practice or play with a concussion.
- GET CHECKED OUT. Only a health care professional can tell if you have a concussion and when it’s OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.
- TAKE CARE OF YOUR BRAIN.
A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

HOW CAN I HELP PREVENT A CONCUSSION?
Every sport is different, but there are steps you can take to protect yourself.
- Follow your coach’s rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

For more information, visit www.cdc.gov/Concussion.
Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion listed below after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it’s OK to return to play.

Did You Know?

• Most concussions occur without loss of consciousness.
• Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
• Young children and teens are more likely to get a concussion and take longer to recover than adults.

<table>
<thead>
<tr>
<th>SIGNS OBSERVED BY COACHING STAFF</th>
<th>SYMPTOMS REPORTED BY ATHLETES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appears dazed or stunned</td>
<td>Headache or “pressure” in head</td>
</tr>
<tr>
<td>Is confused about assignment or position</td>
<td>Nausea or vomiting</td>
</tr>
<tr>
<td>Forgets an instruction</td>
<td>Balance problems or dizziness</td>
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<tr>
<td>Is unsure of game, score, or opponent</td>
<td>Double or blurry vision</td>
</tr>
<tr>
<td>Moves clumsily</td>
<td>Sensitivity to light</td>
</tr>
<tr>
<td>Answers questions slowly</td>
<td>Sensitivity to noise</td>
</tr>
<tr>
<td>Loses consciousness (even briefly)</td>
<td>Feeling sluggish, hazy, foggy, or groggy</td>
</tr>
<tr>
<td>Shows mood, behavior, or personality changes</td>
<td>Concentration or memory problems</td>
</tr>
<tr>
<td>Can’t recall events prior to hit or fall</td>
<td>Confusion</td>
</tr>
<tr>
<td>Can’t recall events after hit or fall</td>
<td>Just not “feeling right” or “feeling down”</td>
</tr>
</tbody>
</table>
CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it’s OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

It’s better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussion.

______________________________  ______________________________  _____________
Student-Athlete Name Printed            Student-Athlete Signature             Date

______________________________  ______________________________  _____________
Parent or Legal Guardian Printed                Parent or Legal Guardian Signature           Date