

Parent Orientation Handout

What is Rookie Riders?

- Rookie Riders is a comprehensive program, teaching children the foundational skills to ride a horse
- The program merges games, ground skills, and movements on a barrel, and can also include riding a horse
- The program can be run solely using the ground and barrel skills, without the horse (ideal for children too young to ride a horse)

Why Rookie Riders?

- Rookie Riders has been developed by Certified Equestrian Coaches and delivered at Equestrian Facilities across Canada
- Rookie Riders teaches fundamental movement skills and mental skills that are age and stage appropriate for children aged 6 to 12, in accordance with the Sport for Life's "Long-Term Development in Sport and Physical Activity" model.
- The activities are fun and specifically designed to support the development of physical literacy
- Children have the opportunity to work individually and in groups
- This program provides children with fundamental riding skills. Upon completion, students are ready to enter a regular riding school lesson program, where they can continue to learn and develop as a rider through Equestrian Canada's Learn to Ride program.

What Rookie Riders will need

- Long pants – yoga, jeans or track pants (less silky fabric makes it easier to balance on the equipment)
- Footwear – boots over the ankle with a heel, running shoes and vaulting or gymnastic shoes/slippers
- Dress for the weather – layers when cold, and cover for the heat (gloves, sunscreen, toque or sun hat)
- Clothing without straps, belts, strings or hoods that could get caught in equipment
- An ASTM approved Riding Helmet is required for all mounted activities – your barn may provide helmets
- Snacks and lunch, and you may need to bring drinking water – check with the facility operator or instructor
- You will be required to sign a waiver including your emergency contact information
- Make sure the instructor is aware of any allergies or health conditions that may arise while your child is in their care