

ROCKY MOUNTAIN EQUI-RHYTHM SUMMER CAMP ORIENTATION

Information for Campers (and their Parents)

What is the purpose of camp? Our goal is to teach as much as we can in a progressive manner. This means you will advance to new skills only after you have thoroughly learned basic skills and they are easy for you to do. At first it may seem that we move slowly, but by the end of camp you will find you have learned to do many new things.

We are here to make sure each of you have a great time while you learn about horses, how to work with them and learn how to ride a horse. We also want you to leave camp with an understanding of the importance of the horse/human relationship and what horses provide to us.

Who are we?

Chief Instructors: Brenda Cole, Caroline Roy LCSW
Auxiliary Instructors: Jenny Key (equine therapy)
Interns (Assistant Lead Counselor): Heather Rubey
Sr. Counselors: Marina Cifelli
Jr. Camp Counselors: Olivia Liguori, Bishop Hennigh

The Beginner Camp Schedule (more or less*)

Monday **Theme for the Day: Horse and Human Communication/Relationship**
8:30 – 9:00 Introductions, safety reminders and group check-in
9:00 – 9:30 Horse Communication and Horse Breeds and Colors
9:30 – 10:00 Meet the Horses, Leading and Grooming a horse/Bareback Riding
10:00 – 10:15 Snack/break
10:15 – 12:00 Equine Therapy Exercise
12:00 – 12:30 Group Check Out

Tuesday **Theme for the Day: Saddling a Horse and Riding**
8:30 – 9:00 Reminders and group check-in
9:00 – 9:45 Lecture on saddle and bridle parts
9:45 – 10:00 Groom and saddle horses
(Campers will split into two groups and trade places after 45 minutes.)
10:00 – 10:15 Snack/Break
10:15 – 12:00 Riding lessons and lecture on cleaning tack
(Campers will split into two groups and trade places after 45 minutes.)
12:00 – 12:30 Untack, groom and put horses away, group check out

Wednesday **Theme for the Day: Horse Care and Riding**
8:30 – 9:00 Reminders and group check-in
9:00 – 10:00 The art of cleaning horse stalls
10:00 – 10:15 Snack/Break
10:15 – 11:00 Groom and saddle horses
11:00 – 12:00 Riding lessons/Horse First Aid/How to Bath a Horse
(Campers will split into two groups and trade places after 45 minutes.)
12:00 – 12:30 Untack, groom and put horses away, group check out

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Thursday **Theme for the Day: Games on Horseback, Art and Horse Treats**
8:30 – 8:45 Reminders and group check-in
8:45 – 9:15 Groom and saddle horses (tack up by jumping arena)
9:15 – 10:30 Games on horseback and Roping (snack break down by jumping arena)
10:30 – 11:00 Untack, groom and put horses away
11:00 – 12:25 Horsey Art /Making Horse Cookies
12:25 – 12:30 Group check out

Friday **Theme for the Day: Trail Ride, Goodbyes**
TRAIL RIDE
8:00 – 9:00 Arrive and get horses ready
9:00 – 11:00 Trail ride around the mountain (staff will walk by riders)
11:00 Unsaddle, Groom and return horses to their pens
12:00 Awards ceremony

(parents are encouraged to attend –parents may also hike with campers on trail ride)

**Our schedule may change a bit according to the needs of the horses, weather conditions, camper skills, etc. When working with horses, it is good to have a plan and necessary to be flexible.*

Horse Camp Rules:

- Morning Camp begins at 8:30 and ends at 12:30. Please be on time. On Friday, Camp start time is 8:00 and end time is 12:00
- Afternoon Camp begins at 1:30 and ends at 5:30. Please be on time.
- We will give you a folder to hold all your written camp materials. We may give you homework, so you must remember to take your folder home each night and bring it to camp each day.
- You need to wear the right clothes for riding, but you do not have to wear special riding clothes. Each morning, you should come dressed to ride. If you don't know what to wear, ask any of the staff. Don't forget sunscreen and a hat.
- Running or yelling around the horses is absolutely not allowed.
- Kicking, hitting, yanking on or yelling at a horse is never okay.
- An instructor will tell you when you may get on and off your horse, and will help you to do so. Please do not try to mount or dismount the horse without help.
- Listen to all of the instructors and camp counselors and do as you are told. This is for your safety. Please feel free to ask questions if you do not understand an instruction or why you are being asked to do it. *If we can't tell you why....you don't have to do it!*
- Dogs are not allowed at the ranch, so please help your parents remember not to bring your dog.
- Try to be fair and to take your turn being "first" and being "last."

And . . . most important: HAVE A GREAT TIME AT CAMP!!