

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:	Caroline Roy, Nina Lewis
Auxiliary Instructors	Jenny Key (equine therapy)
Interns:	Brenda Cole
Sr. & Jr. Camp Counselors:	Blazing Saddles 4-H members and other young equestrians

The Beginner Camp Schedule (more or less*)

Monday	8:30 – 9:00	Introductions, safety reminders and group check-in
	9:00 – 9:30	Horse Communication
	9:30 – 10:00	Meet the horses, leading and grooming a horse
	10:00 – 10:15	Snack/break
	10:15 – 12:00	Equine Therapy Exercise
	12:00 – 12:30	Group Check Out
Tuesday	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	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 and horse breeds and colors (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
Thursday	8:30 – 8:45	Reminders and group check-in

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8:45 – 9:15	Groom and saddle horses
9:15 – 10:30	Games on horseback (snack break down by jumping arena)
10:30 – 11:00	Untack, groom and put horses away
11:00 – 12:25	Horse Art
12:25 – 12:30	Group check out

Friday

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!!