

'HAVE A GO' VAULTING DAYS

One Day Courses for Groups

The Perry Vaulting Group (www.perry-rda.org) will be running one day training courses at Perry Cottage, Yeaton, near Baschurch, for any schools or clubs interested in offering vaulting as an alternative opportunity for sport and fun. Vaulting is a wonderful way to attract youngsters into the equestrian world. One horse can work with 8–10 children. For those instructors with some experience of lunge work, the coaching path is not too difficult. Help can also be given with training a horse.

It is recommended that Instructors bring one or two other adults (usually interested parents or other instructors) and some young people who would like to try vaulting.

The pattern of the day takes the following shape

Morning: Start about 10.30

Adults: some theory regarding safety, insurance, equipment, choosing & training the vaulting horse, differences in lunge work for vaulting to BHS traditions, basic moves

Children: watch vaulting videos for new groups. General exercises and first introduction to work with the vaulting horse.

Break for packed lunch 1–2pm

Afternoon 2–4.30pm

Adults: Work with trained horse on the lunge, warm-up advice, use of barrel

Children: warm up, barrel work and opportunity to try it out on the trained vaulting horse.

Costs: £15 (Instructors who will get handouts and help)

Equipment and literature can be provided to help get a new group up and running. Follow up days can continue the good work started until the Group is confident to go it alone with mentor help.