

## MJM Camp Schedule

	Group A- Level 3 and up	Group B- Level 2	Group C- Level 1
8:30	Registration, roll call, bring in horses from field		
9:00	Tack up horses	Stable Management	Stable Management
9:15	Riding lesson		
9:30			
9:45			
10:00		Snack/Break	Snack/Break
10:15	Snack/Break	Riding lesson	Arts and Crafts
10:30	Stable Management		
10:45			
11:00	Lunch	Arts and Crafts	Riding lesson
11:15			
11:30			
11:45	Untack horses		(help) untack horses
12:00		Lunch	Lunch
12:15	Pony Games		
12:30			
12:45			
1:00			
1:15	Tack up horses	Multi sport	Riding lesson
1:30			
1:45	Stable Management	Riding lesson	Multi sport
2:00			
2:15	Snack/Break		
2:30	Riding lesson	Snack/Break	Snack/Break
2:45		Pony Games	Pony Games
3:00			
3:15		Untack horses	
3:30			
3:45	Arts and Crafts until pick up	Arts and Crafts until pick up	Arts and Crafts until pick up

## **Riding Lessons**

Each day students will participate in two riding lessons. They will be divided into small groups according to their age and level of experience.

### **Tacking up**

- 1) All horses to be tacked up in their stalls using a quick release knot.
- 2) Every horse has it's own brushes, halter, bridle, lead rope, and saddle pad, all of which are labeled with their name.
- 3) While campers are never left unattended with horses, Riders should attempt to tack up, including saddle and bridle:
  - a. Position the saddle and saddle pad on the horse and where the girth should lay on the horse, and;
  - b. Recognize how to place saddles, pads and girths correctly on the horse.

### **Before the lesson**

- 1) Riders must wear ASTM/SEI or BSI/BS EN approved helmets, with safety harness correctly fastened, at all times while mounted as well as hard soled, heeled, ankle boot or higher and fitted, seamless pants. Gloves are recommended at all levels.
- 2) All lessons are conducted in an indoor arena with all doors closed, except where weather allows in which case they will be in the enclosed outer sand ring.
- 3) Instructor to student ratio is 4 to 1.
- 4) At the beginning of the lesson all students will line up in the middle of the arena facing the tack up area and the instructor and student will double check all their tack before mounting:
  - a. Adjust stirrups from ground,
  - b. Tighten girth, and;
  - c. Put reins over head.
- 5) All students will mount with the assistance of the instructor only.
- 6) Once mounted stirrups will be adjusted by student and counsellor and girth will be checked.

### **During the lesson**

Beginner riders will learn to develop basic walk and trot skills. More experienced rider will work to advance and improve their riding position and technique. With a leader per horse during the beginner lessons, the riders are ensured of a safe introduction to riding, based on the [national rider level system](#), with a focus on safe progressive skill development:

- 1) The end goal for the week is that riders are well started with the basics of riding and are able to demonstrate a good position, knowledge of "aids" and an appreciation for "safe" habits.
- 2) Rider should not be balancing on the horse's mouth. Hands should be independent at walk.
- 3) The use of a strap is allowed to be used periodically at the trot.
- 4) Contact is applied to stop, turn and slow down, reins are then returned to an inactive state on the bucking strap.

- 5) Drop and retake stirrups at walk.
- 6) Upper body should remain still, practicing independent use of legs.
- 7) Riders should be able to change their diagonals when asked but may not necessarily know if they are rising on the correct diagonal.
- 8) Practice Transitions: halt /walk, walk /halt, walk/trot, trot/walk
- 9) Intermediate riders ONLY: Perform Figures: Turn down centerline at walk, Across the ring in walk, Long diagonal in rising trot, Identify direction of travel (i.e. left rein, right rein), and circles.
- 10) Advanced riders ONLY: Jumping Position: Demonstrate jumping position (halfseat) at trot. Walk/trot course of poles to demonstrate ability to control direction, approach and ride to the end of the lines and use corners. They should be able to focus on direction, and use of eyes to plan where to turn for next fence. Course should be "simple" with 2 changes of direction and nothing related. For example a single pole at B, diagonal, diagonal and a single pole at E. The candidate is to execute the course in rising trot with correct use of diagonals. The standards should be left at the ends of the poles to encourage horse and rider to go through the standards and over the middle of the poles.

### **Musical Ride**

Every afternoon as part of their riding lessons student will develop a musical ride with their instructor which they will demonstrate for their parents in **a show at 2pm on Fridays! Parents are welcome and encouraged to attend.**

## **Practical Horse Knowledge; Stable Management and Horsemanship**

Stable Management is important for developing team work skills with campers and instructors. By the end of camp the riders should demonstrate that they are aware of the basic parts of the horse and of their equipment, and that they can, with assistance, be involved in the daily care of their horse.

### **General Rider Knowledge (Mondays)**

- 1) Types of horseback riding
- 2) Natural and artificial aids
- 3) Arena markers
- 4) Rein Aids
- 5) Approach and halter horse, lead horse out of stall, lead back to stall, remove halter and exit:
  - 1) Riders must enter the stall, approach the horse/pony safely and put the halter on
  - 2) Riders are to lead the pony or horse out of the stall properly, turn it correctly, take the horse/pony back into the stall and remove the halter.
  - 3) A lead line with or without chain should be attached correctly and the rider must not lead the horse without a lead attached.

### **Horse Stable Care (Tuesdays)**

- 1) Feed and water camper's "own horse" they ride for the session.
- 2) Maintenance of horse stalls (with assistance of instructor).
- 3) Bedding – use and types.
- 4) How and what to feed as a treat and other safety rules
  - a. Riders must demonstrate how to feed a treat and what types of foods are best to offer as treats.
  - b. Riders may feed the treat only by use of the feed tub.

### **Equipment and Horse characteristics**

- 1) Parts of the saddle and bridle, fitting of same.
- 2) Care of tack.
- 3) Describe the colour of all the school horses and breed.
- 4) Parts of the horse.
- 5) Parts of the hoof, function of each.
- 6) Markings of legs and face.

### **Grooming (Thursdays and Fridays)**

- 1) Demonstrate the technique of using the dandy brush, body brush and safely using the hoof pick.
- 2) Tie a quick release knot.
- 3) Reasons to groom your horse ie Horse Coat health.
- 4) How to bathe a horse.

## **Pony Games/Multisport**

### **Horse poster making (Mondays)**

Campers create a poster of to show what they learned in their first day of camp using horse magazines. After poster creation is complete campers can play soccer and other games in the back field.

### **Jump painting (Tuesdays)**

Campers get to paint one horse jump together for their camp session with their friends. This jump will stay at MJM for years to come. Campers get to decide how they want to decorate. After jump painting is complete campers can play soccer and other games in the back field.

### **Paint the horse (Wednesdays)**

Campers enjoy painting a horse! And they practice bathing the horse afterwards. After painting is complete campers can play soccer and other games in the back field.

### **Horse braiding (Thursdays)**

Campers will work with instructors and volunteers, as well as other campers to braid a horse, as well as how to prepare for their musical ride demonstration on Friday (including 'dressing' their horse in polos (i.e., leg wraps) and saddle pads that are coordinated.

*Our daily activities are supervised by qualified staff, from the senior camp director to the junior counselors and volunteers. Every Friday there is a musical ride at 2:00pm for the parents to see what the campers have learned!*