

Off the Track & EWA – Avon Valley Regional Clinic – 9th & 10th April 2022

Venue: Avon Valley Adult Riding Club, **Northam Equestrian Centre**, Clarke Road, Northam WA

What's offered: Join Off the Track WA & EWA for a two-day educational clinic offering groundwork, flatwork, poles and rails / jumping with popular EA accredited coaches.

Information regarding lessons

Ground work and Flatwork Green – Coach – Shaun Dillon

Groundwork is fundamental to good training under saddle. It is an unmounted lesson and its aim is to improve the horse's response to the aids and deals with behavioural issues so that they can be dealt with safely if they occur under saddle. It also helps the rider/handler to develop confidence with their horse. You will learn how to control the horse safely on the ground and begin education of the aids that you can transfer to the ridden work. These classes are great for training green horses in a safe and controlled environment with support and getting them used to working around other horses.

If your horse has had limited education since retiring from racing, then it is advisable to participate in a Groundwork class and then follow on to a Green flatwork lesson to gain maximum training benefits for you and your horse.

Preferred equipment for groundwork – It is most beneficial to train groundwork in the tack you will ride in eg bridle as the responses you train in hand will transfer clearly to the horse when ridden. You may use reins or an equaliser clip with a lead rope. If you are using a halter then a rope halter and lead rope of 2-4 metres in length. Bring a dressage whip. No horse boots. Rider to wear helmet and gloves and suitable safe footwear.

Flatwork Green is suitable for the very green or inexperienced horse and is often selected after the ground work session as the next step in training for riding away from the home environment. You will learn how to ride with other horses and teach your horse how to socialise with other horses. This session is mostly conducted in walk and trot. Green flatwork is classified as rider and horse combinations that can walk and trot. Canter is optional.

Flatwork Intermediate & Advanced – Coach - Bec Thomas

The purpose of flatwork is to assist the ridden horse to become calm, supple, loose and flexible, but also confident, attentive and keen, thus achieving perfect understanding with its rider. Flatwork covers a multitude of exercises from circles, turns, transitions from pace to pace for example, from walk to trot/trot to walk and transitions within a pace more forward and slower to help establish control.

Lesson classification:

- *Intermediate* – can walk, trot and canter safely – lesson ranges from preliminary to novice.
- *Advanced* – confident to walk, trot and canter in a consistent frame. Has started training in lateral movements such as turn on the forehand and leg yield – lesson ranges from elementary and above.

If your horse has not worked in group lessons before it might be advisable to ride one group lower for your first group lesson.

Jumping – Coach - Kellie-Ann Crowe

Jumping lessons offer horse/rider combinations the opportunity to learn to navigate obstacles in a safe, confident manner. Lessons involve grid work, single fences and poles on the ground.

Lesson classification:

- Pole work & jumps up to 45cm – walk & trot exercises over poles to establish the basics for jumping and can walk & trot safely when in a group.
- Rails from 45cm to 60cm – can walk & trot safely when in a group, canter is optional.
- Jumps from 60cm to 80cm – can walk, trot and canter safely. Can approach in a canter to jump.

NEW IN 2022:

As these clinics continue to evolve and include the requests of riders, we have decided to open up Day 2 to Non OTTWA horses for all regional areas and a select few of the metro clinics, therefore the format for each day of this clinic is:

2022 Dates	Clinic – Avon Valley Region	Location – Northam EC
9 th April	OTTWA Clinic – for OTTWA horse passport holders only	Avon Valley Adult Riding Club
10 th April	EWA Clinic – Open to all horses & breeds	Avon Valley Adult Riding Club

Conditions of Participation

- **Day 1 – Exclusive for OTTWA horses only (OTTWA passport holders only)**
This day is open to any retired racehorse, both Standardbred and Thoroughbred including un-raced and un-trialled horses, who hold a valid OTTWA Passport. The OTTWA Passport is free and is easy to obtain. Simply visit the OTTWA Passport website - <https://www.offthetrackwa.com.au/off-the-track-wa-passport/> to register.
- **Day 2 – Open to all horses & breeds**
- Riders are not required to be EWA members but recommended to hold at least recreational membership for personal accident insurance. Clinic participants who are new EWA members are eligible for a discount on membership. Find out more <https://www.wa.equestrian.org.au/ewa-ott-events-and-clinics>
- All Non Equestrian WA members attending this clinic will automatically be classified as an Equestrian WA Day member, to be covered by our Public & Product Liability Insurance only for the duration of the clinic.
- All clinic registrations must be made online at www.nominate.com.au
- All riders must sign a disclaimer of liability when registering online.
- All riders, supporters and spectators will be required to register their attendance via the Safe WA app in line with WA State Government Covid-19 guidelines and contact tracing.
- Riders may register for a maximum of **two sessions** per horse per day. Riders are permitted to bring a maximum of **two** horses per day. Limited positions available. Register early to avoid disappointment.
- There is a nomination fee of \$30 per rider per day which enables the rider to have up to four lessons/classes per day (maximum of two lessons per horse).
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- Minimum age of horses is 2 years for groundwork, 3 years for green and intermediate flatwork and under 60cm jumping and 4 years for advanced and jumping over 60cm.
- **Refunds** - a full refund will be available until close of nominations. No refunds will be available after close of nominations.
- Where nominations exceed requests for lessons a **waitlist** will be available. Nominations who *only* nominate for waitlist classes and are not accepted off the waitlist will be refunded their nomination fee.
- All horses will be allocated a number. This number must be worn at all times when on the grounds at the clinic. If participants don't have a number holder they will need to purchase one for \$8 with registration.

Lessons

Day 1 – Off the Track WA Clinic – OTTWA horse passport holders only

DAY 1 - SATURDAY, 9 April	Groundwork	Flatwork Lesson	Flatwork Lesson	Flatwork Lesson	Pole work	Rails/Jumping	Rails/Jumping
Level		Green	Intermediate	Advanced	<45cm	45 to 60cm	60cm+
COACHES	Shaun Dillon		Bec Thomas		Kellie-Ann Crowe		
Session 1 8:00-8:45	6		4		4		
Session 2 9:00-9:45	6			4	4		
Session 3 10:00-10:45	6		4			4	
Session 4 11:00-11:45	6			4		4	
Lunch 11:45-12:30	LUNCH BREAK						
Session 5 12:30-13:15		4	4				4
Session 6 13:30-14:15		4		4			4
Session 7 14:30-15:15		4	4				4
Session 8 15:30-16:15		4		4			4
Total Lessons	24	16	16	16	8	8	16

Day 2 – EWA Clinic - Open to all horses & breeds

DAY 2 - SUNDAY, 10 April	Groundwork	Flatwork Lesson	Flatwork Lesson	Flatwork Lesson	Pole work	Rails/Jumping	Rails/Jumping
Level		Green	Intermediate	Advanced	<45cm	45 to 60cm	60cm+
COACHES	Shaun Dillon		Bec Thomas		Kellie-Ann Crowe		
Session 1 8:00-8:45	6		4		4		
Session 2 9:00-9:45	6			4	4		
Session 3 10:00-10:45	6		4			4	
Session 4 11:00-11:45	6			4		4	
Lunch 11:45-12:30	LUNCH BREAK						
Session 5 12:30-13:15		4	4				4
Session 6 13:30-14:15		4		4			4
Session 7 14:30-15:15		4	4				4
Total Lessons	24	12	16	12	8	8	16

Additional lesson information

- **First timers** - Equestrian WA highly recommends for riders with horses that are attending this type of clinic for the first time to consider booking into a Ground work lesson or a Flatwork Green lesson prior to any other classes. This will give your horse a chance to adjust to their surrounds and is then properly prepared for you to get the most out of any other lessons.
- **Prepare your horse** - Depending on the venue's capacity to provide a safe area and for you to make the most of your time in each lesson, we recommend you try to warm up your horse before the lesson starts. Further information of warm up areas will be included in the final information document once bookings close.
- **Getting to class on time** - Please ensure you arrive on time to your lesson, as late comers can disrupt the lesson for others, plus the coach needs time to do a safety check of horse tack and riding equipment. If arriving too late the coach has the discretion to find room for you in another lesson within their schedule.

Venue facilities

There are stables & yards available at no charge, with a first come first served basis. There are also additional yards behind the stables however these particular yards need owners to bring a rope to enclose them as they are only 3 sided. There is plenty of room for participants to set up float yards.

Camping

Camping is available at the Northam Equestrian Centre grounds. The fee is \$10 per night, no booking required, please pay at the canteen on clinic days.

Catering

The canteen will be open and available to all, with cool drinks, water, tea & coffee as well as food relative to the weather. The canteen is only setup to accept CASH.

EWA Event or clinic enquiries: Sharna Keys-Fernihough 08 9296 1200 events@equestrianwa.org.au

Off the Track enquiries: Mara Coombes 08 9445 5481 offthetrackwa@rwwa.com.au