

March, Saturday 18th - Location: NCEFT

Reserved Arena Time: 3:00 -7:00pm

Focus: Sensory - Trail Obstacles in the arena + Sound & Visual Sensory

Leads: Carole, Kristi, Martha

Objective: Horse & Rider navigate obstacles safely & effectively.

- Rider & Horse to wear the **reflective gear**, bring a **flashlight**
- Must have **HALTER** under bridle for every lesson.

PLEASE DO NOT **WORK ON THE OBSTACLES** IN THE ARENA BEFORE THE LESSON, THANK YOU! You may **walk around** them.

Warm Ups: 3:00-4:00

Ground work – flexion & bending of poll and neck. Movement of forehead & haunches.

Saddle work - flexion & bending of poll and neck, walk & trot to warm up muscles, practice side pass RT & LT, Turn on the forehead, Turn on the haunches. While riding at a walk practice bending horses neck both sides.

Arena Work: 4:00 – 5:00 (*You may chose to work **on the ground** with your horse or you may be mounted to work the obstacles. We might split into 2 groups Mounted & Ground.*)

PART 1: Practicing Partnership riding in pairs **AROUND** obstacles, (Walk/Trot)

- be prepared for various directions & riding skills previously practiced.

PART 2: Riding **THROUGH** the obstacles (1) singles then (2) partners

Obstacle 1: Bridges – (1) flat thick plywood board, (2) raised bridge (Filice)

Obstacle 2: Garbage Pit – (4) 4x4 posts to create a box, plastic bottles in the box

(1) No bottles, (2) few bottles added, (3) continue to add bottles on each pass until full.

Obstacle 3: Cowboy Carwash (Filice) – (1) “OPEN”, (2) Slowly adding (3) “CLOSED”

Obstacle 4: Walk over "logs" – Noodles, Caveletti poles, large plastic tube

Obstacle 5: Stationary large soccer ball

Obstacle 6: Tarps: White & Grey, (*Will be set up outside the arena*)

Obstacle 7: Lights along the arena wall, Flashlights

Obstacle 8: (1) Caution tape tied to posts along the arena wall. (2) Balloons tied to posts.

Obstacle 9: Stop sign on a post.

Trail/Road Work: 5:00 – 6:00

- Rider & Horse to wear the reflective gear, bring a flashlight

Riding in pairs, leave NCEFT and ride north up Runnymede Road towards Edgewood Road along the Freeway access trail (Sand Trail), at the end return along same trail, Ride up the fire road, if trail is ride-able: to Raymundo, come down Raymundo back to NCEFT. If not ride-able, ride back down the Fire Road to NCEFT.

6:00-6:30 Stay and play on the obstacles if needed.

6:30-7:00 PLEASE HELP CLEAN UP ARENA

7:00 -?? HAPPY HOUR Please feel free to stay and be social.

Arena Diagram

