

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 LCSW
Auxiliary Instructors: Karen Eiffert LCSW (equine therapist); MSW Interns
Assistant Lead Counselor: Reilly, Bishop; Carrley; Nina

The Beginner Camp Schedule (more or less*)

Monday	Theme for the Day: Horse and Human Communication/Relationship
8:00 – 9:00	Feed Horses; Introductions, safety reminders & group check-in
9:00	Morning Yoga Stretch
9:30	Horse Communication and Horse Breeds and Colors
10:00	Meet the Horses, Leading and Grooming a Horse/Bareback Riding/Natural Horsemanship
10:00ish	Snack/break
10:15 – 12:00	Equine Therapy Exercise
12:00 – 1:00	Group Check Out
Tuesday	Theme for the Day: Saddling a Horse and Riding
8:00 – 9:00	Feed Horses; Reminders and group check-in
9:00	Morning Yoga Stretch
9:30 – 10:00	Lecture on saddle and bridle parts
10:00	Groom and saddle horses (Campers will split into two groups and trade places after 45 minutes.)
10:00ish	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 – 1:00	Untack, groom and put horses away, group check out
Wednesday	Theme for the Day: Horse Care and Riding
8:00 – 9:00	Feed Horses; Reminders and group check-in
9:00	Morning Yoga Stretch
9:30 – 10:00	The art of cleaning horse stalls
10:00ish	Snack/Break
10:15 – 11:00	Groom and saddle horses
11:00 – 12:00	Riding lessons/Horse First Aid/How to Bath a Horse (Campers will split into two groups and trade places after 45 minutes.)

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12:00 – 1:00 Untack, groom and put horses away, group check out

Thursday **Theme for the Day: Games on Horseback, Art and Horse Treats**

8:00 – 8:45 Feed Horses; Reminders and group check-in

9:00 Morning Yoga Stretch

9:30 Groom and saddle horses

10:00ish Snack/Break

10:00 Games on horseback and Roping

10:30 – 11:00 Untack, groom and put horses away

11:00 – 12:25 Horsey Art /Making Horse Cookies

12:25 – 1:00 Group check out

Friday **Theme for the Day: Horse Show, Goodbyes**

8:00 – 9:00 Feed Horses; Arrive and get horses ready

9:00 Morning Yoga Stretch

9:30 – 11:00 Getting ready for the Horse Show

10:00ish Snack/Break

12:00 Horse Show (each rider will individually ride and demonstrate new horsemanship skills (staff will walk by riders as needed))

1:00 Unsaddle, Groom and return horses to their pens

1:15 Awards ceremony

(Parents are encouraged to attend the horse show and awards ceremony)

**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 8:00 and ends at 1:00. 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."

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And . . . most important: HAVE A GREAT TIME AT CAMP!!