

Phase 1 DTBC





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When I come back someone from my house will come to help and support me.

It might be my Mum or Dad or brother or sister. They will have learned just how to help me to get on and off and to walk with me if I need help!

It will be fun and they will be able to see how well I ride!



Then turn into
the car park.



I will use the hand sanitiser and then put on my riding gloves





I will then give my name to the sign-in volunteer

Then I will go outside to mount. MOVE

Things will have changed a bit so I will need to listen

I will be riding outside.....



We will sit quietly and wait.....



Ready to ride? Now we will go to the Outdoor Arena

There might be traffic going past so we need to stop and look right and left before we go. When we are in the arena my Coach will shut the gate



Now my team will help me to check my tack

1. Check my girth



2 Go round to other side



3. Stirrups okay so pick up reins



We will have fun riding in the Outdoor Arena and might be able to ride out too!



But we must remember not to get too close to the Leader and Coach. Of course I can hug my pony as much as I like!



When we finish it is time to get off and my Coach will tell my supporter how to help me if I need it.....

1. Feet out of stirrups

2. Give my pony a hug

3. Bring my right leg over back



And landing! Now its time to go home!

1. Slide down



2. Step back & wave bye



3. Walking back to car



GOODBYE TILL NEXT TIME!



Thank you to the my Pony, my
Leader, my Coach
and to my family supporter!

