



Four Star Farm staff use only.
Date _____
Instructor _____
Frequency _____

Welcome to Four Star Farm LLC at Valley Dressage and Sporthorse Center! We take pride in a welcoming and quality English riding lesson program. Please fill out this form to help us get to know you better.

Parent/Guardian Name (first and last) _____

Rider Name _____

If a minor (under 18), rider's age _____

Email _____

Phone _____

Address (street, city) _____

What is your or your rider's previous experience with horses and riding? _____

What are your or your rider's goals? _____

What are your scheduling needs for lessons? _____

How did you find us? _____

Anything else you'd like to add? _____



Welcome to the Four Star Farm Lesson Program

What to expect if you're a new rider

Four Star Farm takes a holistic approach to learning to ride, developing riders who are proficient in all areas of horsemanship. This includes the basic skills required to prepare a horse for riding. Riders also learn responsibility and thoughtfulness by cleaning tack, cleaning up after themselves when putting away tack, and keeping the barn aisle swept and neat.

Riders new to horses may spend a significant portion of initial lessons learning how to put on a halter, lead their horse, groom, and put on a saddle and bridle ("tacking up"). This is an exciting phase as riders acquire and master new skills. Once riders master these important basic skills that form the foundation for riding and ensure the safety of horse and rider, they are invited to arrive early for lessons to independently prepare their horse so they can be ready at their lesson time. Independently preparing their horse prior to lesson start time enables riders to spend the entire 45 minutes of a private lesson, or one hour for a group lesson, in the saddle.

Because increasing time in the saddle is important to Four Star Farm instructors as well as riders and their families, we hold a monthly, two-hour non-riding horsemanship class the third Sunday of the month, 2-4 p.m., to give new riders the opportunity to master tacking up skills outside of lessons. The classes also cover horse behavior, horse care and equine first aid. New riders are encouraged to attend a minimum of four months in a row. Sign-up is online at fourstarfarm.com/horsemanship, \$40 per class.

Beginning riders start out vaulting in lessons to acquire a correct, balanced position. When vaulting, riders are on a lunge line and don't need to concentrate on steering and instead focus on staying with the horse's motion at the walk, trot and canter. Riders will advance to performing vaulting movements at all three gaits. Once this balance is achieved, the transition to riding in a saddle is easier.

Riding is a lifelong journey that teaches persistence, resilience, responsibility, patience ... and is exhilarating and fun!

Please feel free to ask questions about how lessons are structured.

Thank you for riding with Four Star Farm!

Four Star Farm Policies

1. To respect the schedules of Natalie Brady and FSF instructors, please text during weekday business hours, Monday-Friday, 8:00 a.m.-5:00 p.m. Outside of those hours, please communicate only in the case of a veterinary emergency. Thank you!
2. A 24-hour cancellation notice is required for all lessons.
3. Students, boarders, and visiting riders must sign a release of liability form before riding.
4. All riding is done at your own risk.
5. Dogs must be leashed at all times.
6. Smoking is not allowed inside barns, buildings, or other facilities.
7. No open-toed shoes, i.e. flip flops or sandals. This is for your safety.
8. ALWAYS wear your riding helmet while on the horse. TROXELS are not allowed. Charles Owen helmets are our preferred brain protector! Four Star Farm has helmets available for riders in lessons.
9. Always return equipment in clean condition and neatly hung or put away.
10. Clean up any manure your horse leaves behind in the arena, wash stalls, cross ties or aisles.
11. Four Star Farm is not responsible for personal items. It is your responsibility to properly store all personal gear not in use.
12. Please note that when trailering in horses not boarded at Valley Dressage, the barn charges a \$25 trailer-in fee.
13. Please remember that if you break or lose a piece of FSF equipment or tack, you are expected to replace it within one week.
14. Have fun! Horses are an adventure.

Payment and Lesson Attendance Policies

1. Tuition options are available for four or eight lessons per month.
2. To be assigned a guaranteed standing lesson time, i.e. a regularly scheduled time and day, clients are required to be enrolled in a tuition package.
3. Lesson horse assignments are made upon arrival at the barn. If a rider would like to ride the same lesson horse consistently, please talk with Natalie about half leasing a lesson horse.
4. Lessons may be conducted individually or in small groups, at our discretion and depending on the needs of the rider. Private lessons are 45 minutes, group lessons are one hour. **Note: For beginning riders lesson time includes learning to groom and tack up a horse.**
5. Training and tuition fees are due by the 5th of the month. A late fee will be assessed after the 10th. Electronic bill pay is available.
6. When competing, coaching and horse use fees are billed following the event. Trailering fees are due at the time of service.
7. If paying per lesson, payment via cash, check or Venmo, is due at the time of lesson.
8. Monthly tuition is payable by check, credit card (3.5% fee) or electronic funds transfer (EFT). To receive the monthly discount, payment must be by EFT.
9. Make-up lessons require a 24-hour cancellation notice, otherwise clients are billed for the missed lesson and no make-up is scheduled. Make-up lessons are scheduled the last week of the month in which the missed lesson occurred. Missed lessons cannot be carried over or discounted from the next month's bill.
10. Lessons are not scheduled on major holidays. All students are entitled to make up any lesson that falls on major holidays.

Client Name

Client Signature

Date



We are glad you have joined the Four Star Farm riding and horsemanship program! If you're a beginning rider, your lesson time will include learning to halter, lead, groom and tack up your assigned horse. These are skills necessary to understanding the care involved in horsekeeping! When Four Star Farm instructors have determined you've mastered these skills, you are welcome to arrive early to get your horse ready for your lesson and increase your time in the saddle. Also, beginning riders may start with vaulting to learn balance and position.

Listed below are the skills you need to demonstrate prior to starting lessons with Natalie, who instructs advanced riders. Check them off as you master each and ride on!

- Safety rules
- Basic horse anatomy
- Tack parts
- Correct haltering and leading
- Groom and tack up your horse independently
- Care after riding
- Correct mounting and dismounting
- Emergency dismount
- Steering
- Aids for halting and moving forward
- Understand the role of the inside and outside leg and rein
- Know correct posting diagonal
- Post at the trot with and without stirrups
- Ride trot poles
- Stand in the stirrups at the walk, trot and canter
- Keep a dollar bill under the leg while riding
- Learn and ride the United States Eventing Association's lower-level dressage tests
- Mastering the half-halt
- Correct jumping position
- Trot and canter over a course of poles
- Jump a crossrail without stirrups and without reins
- Ride a course of six jumps (The progression is poles, crossrails then crossrails and verticals.)
- Execute a turn on the forehand
- Demonstrate aids for lateral movements (leg yield, shoulder-in)
- Demonstrate keeping your horse straight
- Demonstrate correct geometry of a circle and riding corners
- Canter without stirrups

Once you have mastered these skills, you'll be ready to take lessons with Natalie, who focuses on preparing riders for competition. With Natalie you'll develop the following:

- Understand the training scale for advanced dressage and lateral work
 - Rein back
 - Leg yield
 - Shoulder-in
 - Haunches-out (renver)
 - Haunches- in (traver)

- Flying lead changes
- Learn dressage tests of increasing difficulty, both United States Eventing Association tests (USEA) and United States Dressage Federation (USDF) tests
- Advanced jumping skills
 - Oxers
 - Combinations
 - Gymnastics
 - Courses
 - Cavaletti work
- Expectations for your first show
 - Rules while on the show grounds
 - Grooming
 - Braiding
 - Warming-up
 - Walking courses: show jumping and cross country
- Cross-country riding skills
- Strategies when showing
- Advanced veterinary care
 - Giving injections
 - Wrapping wounds
 - Taking temperature, pulse and respiration
 - Diseases
 - Bandaging
- A secure, balanced, independent, and classically correct seat on the flat, over fences, and in the open.
- Correct, independent, and effective use of aids, with tact, empathy, and good judgment, considering the level of the horse's training, his needs, and his nature. Understand proper use and effect of the natural and artificial aids.
- Ability to ride different horses at various stages of training.

Are you a parent who wants to help out during your child's lesson? A couple ways you can assist are to help find your child's helmet and scoop poop during the lesson. (Poop must be picked up immediately, not at the end of the lesson, to preserve the footing and keep the arena clean for everyone to enjoy.)

RELEASE AND HOLD HARMLESS AGREEMENT

FOR
VALLEY DRESSAGE AND SPORTHORSE CENTER, LLC.
AND
FOUR STAR FARM, LLC
7445 Pitt School Rd., Dixon, CA 95620
707-693-9227

This release contains important information on liability and should be carefully read by all horse owners, handlers and riders.

The undersigned states as follows:

I acknowledge that horse riding, training and handling contain inherent risks of injury of damage to me, to my horse(s) and to my equipment. I also acknowledge that **VALLEY DRESSAGE AND SPORTHORSE CENTER** and **FOUR STAR FARM** urges horse riders and handlers to wear proper riding attire for safety at all times, including boots with heels and AHSA-approved helmets, with helmets required for minor children, for jumping and always strongly recommended. Knowing this, I nevertheless, with your acceptance of this form, do hereby for myself, my executors and administrators waive, release and hold harmless **VALLEY DRESSAGE AND SPORTHORSE CENTER** and **FOUR STAR FARM**, heirs, their owners, leases, officers, staff and all individuals thereof and all other persons and organizations in any way connected with the events, property, boarding, lessons or any activity described herein, the representative, heirs, executors, administrators and assigns, from any and all rights, claim or liability for any and all claims of any kind or nature that I might have as a result of or arising out of my participation in any activity. Further, I do hereby acknowledge that this release will extend to any accident, damages, or claims arising out of my participation, caused by my own acts or the acts of anyone or any animal within my control. I further agree that I will defend indemnify and hold harmless **VALLEY DRESSAGE AND SPORTHORSE CENTER** and **FOUR STAR FARM**, their owners, leases, officers, staff and all individuals thereof against all claims, demands and causes of action, including court costs and reasonable attorney's fees directly or indirectly arising from any action or other proceeding brought by or prosecuted for my benefit contrary to this release extended to all claims of every kind and nature whatsoever, whether known or unknown. I expressly waive any benefits I may have under Section 1542 of the California Civil Code relating to the release of unknown claims.

NAME _____

ADDRESS (include city and state) _____

EMERGENCY CONTACT NAME AND PHONE NUMBER _____

SIGNATURE _____

MINORS MUST HAVE THE FOLLOWING LIABILITY RELEASE SIGNED BY THEIR PARENTS OR LEGAL GUARDIANS:

We, the undersigned parents or legal guardians of _____ for and in consideration of our child's participation with **VALLEY DRESSAGE AND SPORTHORSE CENTER** and **FOUR STAR FARM**, state that we have read the waiver, release and hold harmless written above, that we have read and explained this agreement to our child and that we expressly agree that the terms and of conditions of said waiver, release and hold harmless shall apply to and be binding upon us and our minor child, insofar as it pertains to his/her participation and to any injury or damage said minor child or his/her horse(s) may sustain as a result of said participation. We further warrant we have health and accident insurance on said minor.

PARENT'S/LEGAL GUARDIAN'S SIGNATURE _____

DATE _____

Four Star Farm, LLC

Debit Authorization Form

I, _____ (your name), authorize Four Star Farm LLC to electronically debit my bank account according to the terms outlined below.

Terms of billing:

- Monthly Tuition and Lessons:** On the _____ (choose 1st-5th) day of each month and every month thereafter on the selected day, tuition will be debited until I cancel the tuition contract by written, 30-day notice. Extra tuition lessons (for tuition packages of four (4) lessons per month or higher only) or individually scheduled lessons are debited on the day of the lesson.

- Full Training:** On the _____ (choose 1st-5th) day of each month and every month thereafter on the selected day, full-training will be debited until I cancel the training contract by written, 30-day notice.

- Half-Lease with monthly tuition:** On the _____ (choose 1st-5th) day of each month and every month thereafter on the selected day, the half-lease with the tuition will be debited until the leasing contract expires.

Customer bank account information:

Name(s) on account as printed on your checks or monthly bank statement

Phone number associated with account

Routing number

Account number

Account type: Checking Please indicate: Consumer Business

I, _____ (your name), will notify Four Star Farm LLC of any changes to this authorization by giving written notice in enough time for Four Star Farm LLC and receiving financial institution to have a reasonable opportunity to act on it.

Customer signature

Customer printed name

Date _____