

Information package Manege 't Hoogt



Welcome to Manege 't Hoogt!

In this information package, we will inform you about the ins and outs of our riding stables. You can find all the information on our website as well. In

addition, you'll find the most up-to-date information there about riding holidays, birthday parties, and other activities.

If you already have some experience with horse riding, you are welcome to make an appointment for a private lesson or take a trial lesson during one of our group lessons. You'll find the pricing in this package as well.

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There are many other kinds of activities you can do here as well, such as vaulting, birthday parties, holidays, staying the night in our accommodation, having a party in our canteen... You can read more about this on our website. You can also sign up for our newsletter there.

Manege 't Hoogt

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Dear horse enthusiast,



We're so glad you're interested in riding at our stables. It's a good choice, because Manege 't Hoogt is affiliated to the **FNRS** (Federatie Nederlandse Ruiter Sportcentra, Federation of Dutch Equestrian Centres), and riding horse at a certified **FNRS** equestrian centre has a number of appealing advantages. We meet strict safety requirements, offer a balanced riding training, and you'll receive your own Rider passport from the **KNHS** (Koninklijke Nederlandse Hippische Sportbond, the Royal Dutch Equestrian Sports Association) as soon as the lesson agreement is processed.

Training

Whether you come here because you have ambitions in the equestrian sport or whether you're just looking for your weekly hour of relaxation, we have a suitable offer for every kind of rider. Our instructors teach accordingly to the **KNHS** riding training. This way, you can be sure you learn to ride in a fun and safe way.

Would you like to learn more about horses besides your weekly lessons? We also sell the book 'Paardrijden met Plezier' (horse riding with pleasure), in which you can read up on everything about horses and horse riding. A booklet with dressage tests is also included. This is because we regularly organise dressage competitions, during which you can show your progress. Paardrijden met Plezier is only available in Dutch. You will also receive a Rider passport, in which you can keep a record of your progress and results.

Rider passport

With the Rider passport, you:

1. Are a direct member of the **KNHS**, the overarching association for all riders in the Netherlands.
2. Have the guarantee that you'll be learning to ride in a safe manner. The demands for quality and safety are high for the accommodation, the horses, and the instructors. **Stichting Veilige Paardensport (The Foundation for Safe Equestrian Sports)** has their own, independent, safety certificate for equestrian companies in the Netherlands. All riding stables that are affiliated to the **FNRS** have this certificate.
3. Have access to nationally recognised equestrian courses, which are designed specifically to train you in horse riding in a fun and safe way.
4. Are provided with an additional insurance coverage for liability, accidents and legal aid.
5. Can easily move on to the basic competitions of the **KNHS**.
6. Will receive the equestrian magazine **Paard&Sport (Horse&Sport)** every quarter.
7. Can regularly profit from discount offers for equestrian events and products (as seen on www.knhs.nl/ledenvoordeel).



The costs of the rider passport are €21,75 a year. You will receive the correspondences and invoices related to the rider passport from the **KNHS**. We would like to point out that the rider passport is personal and if you quit riding at a **FNRS** equestrian centre, you will need to cancel your rider passport yourself at the **KNHS**. All changes in personal information, such as a change of address for example, should also be communicated to the **KNHS** by you. You can easily do this at Mijnknhs.nl or by sending an e-mail to servicedesk@knhs.nl. Don't forget to include your client number in the e-mail. When you switch to another **FNRS** equestrian centre, your rider passport will remain so you can continue your training.

Lesson agreement

We ask all of our new members to sign a lesson agreement. A lesson agreement contains all the arrangements we make with you (or your

parents) about your lessons and payment, and the arrangement we've made with the KNHS. We send the lesson agreement to the KNHS in order to enquire your rider passport. By signing the lesson agreement, not only do you become a member of Manege 't Hoogt, but you also become a member of the KNHS.

Are you already in possession of a rider passport and membership?

Then please provide us with the client number of your rider passport of membership. You (or your parents) sign only the lesson agreement and we will let the KNHS now that you're riding at our stables. There will be no additional costs for this.

We wish you an educational and enjoyable time at our equestrian centre!

With sporty regards,

The team of Manege 't Hoogt

Vision

“Practical Horsemanship” put into practice.



We copied a few basic elements of keeping horses in a natural way, and from there we developed a practicable vision that we can apply to a regular riding stables. We call this “practical horsemanship”, with the motto: “a horse should be able to be a horse”.

Our riding lessons are not just about the riding itself, but also about approaching and handling a horse. Honest and responsible contact with the horse is a focal point at our stables. Taking care of the horse and becoming aware that working together with the horse is possible, will lead to a more respectful relationship with the horse.

Horses have three important primary needs that should be met:

- A sufficient amount of exercise throughout the day
- Social interaction
- Feed intake spread equally throughout the day

All the horses reside in the paddock as much as possible throughout the day. By letting the horses outside as much as possible, they will have plenty of fresh air, are able to develop social relationships, and will get rid of any excess energy during the lessons (which reduces the risk of accidents).

Many stable vices and health problems, such as gastric or intestinal disorders, are due to the modern way of feeding, i.e. providing horses with large amounts of energy-rich feed several times a day, whereas horses are naturally used to eating little bits of low-energy food, which is why we provide them with an abundance of roughage. If necessary, we will also provide them with additional supplements, to make sure the horses get all the required nutrients (vitamins, minerals, amino acids and trace elements). We apply faeces research and our horses also get a natural dewormer. Only if it's really necessary, we will give our horses a regular dewormer. This way we hope to prevent resistance as much as possible.

Besides that, we also find it important that our company is as eco-friendly as possible. We use green electricity, we separate waste, and we don't use unnecessary energy. We brought our solar panels here as well, to (partially) provide us with electricity. Even in our cosy canteen, we try to be as sustainable as possible. We try to provide and prepare as many regional and/or biological products as we can.

Our larger horses can carry riders up to 90 kg. We also organise riding fit classes to work on the well-being of the riders.

Beginning riders

For children of ages 8 and up, we organise special beginner lessons. During these lessons, handling and taking care of the horse will be combined with riding. The progress will be logged on a card, where the number of horse shoes behind a certain skill will be checked. When the card is full, they move on to the next card. There are five cards in total: green, blue, white, red and orange. By using these cards, every child has the opportunity to learn at their own pace.

The green, blue and white cards will be combined with vaulting, in order to make the children comfortable and unrestricted around the pony.

From the red card onwards, the children will arrive half an hour beforehand to take care of the pony themselves, and then spend an hour on practice. When they finish the orange card, they can move to a group lesson and continue with the F1 level of the riding training, of which the progress will be logged in the rider passport.

Beginning adults or adolescents can take private lessons and participate in the general groom and saddle lessons. If there is enough interest, a starter's course can be organised. A starter's course consists of 7 weeks of consecutive lessons during which the adult or adolescent rider will be prepared for the beginner group lesson. A starter's course costs €125,-. You are not able to catch up on a missed lesson from the starter's course.

Dress codes

Beginning riders

When you are following your first lessons, you don't have to purchase anything yet. For vaulting, sports clothes and shoes will suffice. We also have boots and helmets that you can borrow. This way, you can experience what riding is like without having extra expenses right away.



English riding

For the regular horse riding, you wear riding breeches. You wear riding boots or riding shoes and chaps. These have a smooth sole and a small heel, which prevent that your foot gets stuck in the stirrup. You wear an approved helmet that adheres to the **VG.1** norm or the **CE/EN 1384** quality mark. Decathlon sells helmets that do not adhere to these norms or quality marks, and therefore you are not allowed to ride with these helmets at our stables.

You can leave your jewellery or (long) earrings at home, and your hair should be tied up in a pony-tail or braid.

You're not allowed to wear loose, flapping clothing while riding. You don't leave your jacket open, but close it. Wear a turtleneck sweater instead of a scarf (that can get loose).

Vaulting

For vaulting, sports clothing will suffice. If you're going to be participating weekly, we recommend vaulting slippers (or trainers) and vaulting leggings. These allow you to move freely. Be sure to wear your slippers only in the arena, otherwise they will wear out quickly.

Pricing Manege 't Hoogt 2018



Up to and including age 19	Separate lesson	Quarter card (payment in advance)	Quarter card (direct debit)*
Once a week: beginner lessons with the cards: green, blue, and white	€10,- <i>(Max. 3)</i>	€105,- (€8,75 per lesson) <i>12 lessons in 13 weeks</i>	€105,- (€8,08 per lesson) <i>13 lessons in 13 weeks</i>
Once a week: riding stables' pony/horse	€17,50	€175,- (€14,58 per lesson) <i>12 lessons in 13 weeks</i>	€175,- (€13,46 per lesson) <i>13 lessons in 13 weeks</i>
Once a week: private pony/horse, boarded externally	€10,-	When you want a permanent spot in the lessons with your own pony or horse, then this costs the same as a regular subscription	
Trail ride 1,5 hour	€20,-		
Private lesson <i>30 minutes</i>	€25,-		

*If payment is made by direct debit, 1/3 of the amount will be debited each month.

From age 20 and up	Separate lesson	Quarter card (payment in advance)	Quarter card (direct debit)*
Once a week: riding stables' pony/horse	€20,-	€200,- (€16,67 per lesson) <i>12 lessons in 13 weeks)</i>	€200,- (€15,38 per lesson) <i>13 lessons in 13 weeks</i>
Once a week: private pony/horse, boarded externally	€12,50	When you want a permanent spot in the lessons with your private pony or horse, then this costs the same as a regular subscription	
Trail ride 1,5 hour	€25,-		
Private lesson <i>30 minutes</i>	€30,-		

*If payment is made by direct debit, 1/3 of the amount will be collected each month.

Vaulting	Separate lesson	Quarter card (direct debit)*
Once a week	€7,50	€105,-

*If payment is made by direct debit, 1/3 of the amount will be collected each month.

Use of the arena (times in agreement)	€7,50 per combination each time
Locker rent (every month by means of direct debit)	€5,-

Information about the cards and riding lesson's payment



Do you prefer not to purchase a card right away, but pay for separate lessons instead? That's possible, but when allocating the horses in the lessons, the people with a card will have the priority. People who prefer to do a separate lesson or trial lesson can only join if there is enough space. The payment of separate lessons has to be done beforehand, in the bar.

Do you want to be sure of a spot in the lessons, then you should opt for a quarter card. The invoice should be paid by bank before the beginning of the quarter. If you opt for a quarter card where you pay in advance, you get 12 lessons. If you've opted for payment through direct debit, 1/3 of the total amount will be collected each month. This is the most economical subscription, because you get 13 lessons on this card. Do you have a quarter card, but would you prefer to ride more often, then that's possible. You can buy the (extra) lesson for the economical prices.

The cards are personal. Every rider has their own card which is valid throughout the whole quarter. If you can't make it to a lesson, it's not a problem. You have to cancel your lesson through e-mail (at least 24 hours in advance, otherwise the lesson will still be written off) and then, in agreement with your instructor, you can catch up in your lesson in the same quarter.

The quarter card can be terminated by the client as well as Manege 't Hoogt, taking a one month's notice into account (a month before the end of the quarter at the latest).

If you don't cancel your private lesson in time, half of the lesson price will be charged.

You are not able to catch up on vaulting lessons.

Please note: our quarters are not aligned with the calendar quarters.

Quarter 1: February up to and including April.

Quarter 2: May up to and including July.

Quarter 3: August up to and including October.

Quarter 4: November up to and including January.

House rules Manege 't Hoogt



To make it as pleasant as possible for everyone, we have a couple of agreements with regard to rules and use of our riding stables. This is for the sake of the horses and ponies, our employees, and the riding stables. We can change these rules at any time. Any changes will be communicated through the notice boards. It's your own responsibility to be aware of possible changes. The most recent version of the house rules can be requested through the stables' owner.

Safety

- Smoking is only permitted on the parking lot on the designated place and absolutely nowhere else on our property.
- Parking cars is only permitted on the designated parking spots.
- Bikes need to be placed in the designated bike racks.
- Instructions from our employees need to be followed immediately.
- We urgently ask you to notify the stables' owner of any unsafe situations.

Lessons

- Group lessons are to be taught only by instructors affiliated to our riding stables.
- External instructors are only allowed in agreement and have to be qualified. An external instructor has to introduce themselves to the stables' owner before the lesson starts. While doing so, the external instructor should hand over a copy of their instructor's qualification.
- An external instructor can teach up to one combination each week.
- Per lesson given by an external instructor who is not employed by Manege 't Hoogt, €15,- rent for the arena will be charged. The rent needs to be paid **BEFOREHAND** to the stables' owner. If this doesn't happen, or if the owner isn't notified of the lesson, you may be unable to ride the lesson.
- A lesson from Manege 't Hoogt will always have priority over the lessons from an external instructor. During lessons given by an external instructor, there is no limit to the amount of other people also riding in the arena
- When riding, wearing correct riding clothes and an approved helmet (CE/EN 1384 or VG.1 norm) with a closed chinstrap is required.

Furthermore, long hair needs to be tied up and long earrings are not allowed.

Using the stables

- Grooming the horses needs to be done on the designated grooming areas. If you are done grooming, please sweep the grooming area. The sweepings can go into the muck barrel.
- After grooming, put away your belongings in one of the lockers you can rent from us. This way, you won't lose your things as quickly and the stables will remain tidy and safe.
- The stables' owner accepts no responsibility for property loss or damage, and so forth.
- Please don't clap the brushes against the wall, but on the ground. This way, the dirt can be swept up and the walls will remain clean.
- Please clean up the washing area, the grooming area and the solarium after use. No one likes to walk around in another person's mess.
- When there is damage to the stables or other properties of the stables, please notify the stables' owner a.s.a.p., even if you weren't the one who caused the damage. This way, it can be repaired quickly.

Use of the indoor- and outdoor arena

- To maintain the floor of our riding arena, you're required to take the muck out of the riding arena right away. This counts for the indoor as well as the outdoor arena. You can deposit the muck into the designated grey or black barrels. It would be nice if you would not only pick up your own muck. This way, we can help one another!
- If your horse mucks in the hallway or on the yard, you are also required to pick it up.
- If no one is using the arena after you, please turn off the lights when you're done.
- Use of the jumping materials is only allowed if they are put back in the same place neatly. You're also required to smooth out the floor in the arena.
- Customers are not allowed to stand or walk in the riding arena. Only instructors can do so.

- Our riding arenas are destined for riding under the saddle, so groundwork, lunging and driving carts are not allowed.
- You can find the more extensive rules on the use of the arena at the arena entrance.
- While riding, an approved safety helmet (**CE/EN** or **VG.1**) is required at all times.
- While using one of the arenas, you're required to take other users into consideration and keep excessive use of the voice and whip to a minimum.
- Don't ride next to one another if other people are riding as well.

Other rules

- When visiting our property with a horse, it is your own responsible to make sure the horse has been vaccinated against tetanus and influenza.
- We would like to keep it quiet around the stables, the terrace and the riding arenas, so no yelling or running.
- Please put your small waste into the waste bins.
- Dogs are not allowed on our property.
- If you let your children play, please make sure they clean up the play material afterwards. Because of the possible risks, it is at your own risk to let children play at our riding stables. Children below the age of 12 need to be supervised by an adult at all times.
- Finally, you can always approach us if you have any questions or comments.