

The Farm at One Under Lane Riding School

Frequently Asked Questions

a.k.a What Am I Getting Into?

Q: *What requirements do you have for my rider to be involved in your program?*

A: At its most basic, to begin riding lessons, students should be at least 7 years old and capable of following instructions. We require students to wear closed-toed shoes with a slight heel and long pants, preferably not jeans. By the end of the first month of lessons, students must have riding boots, breeches or jodhpurs, and their own helmet.

Further requirements depend upon the student's level and commitment to the sport.

Q: *How many lessons each month/week are suggested? Required?*

A: We strongly suggest that students ride no less than twice each week. For beginners and/or riders without their own horse, this would mean two lessons each week. Students with their own horse may take once-weekly lessons if they're riding additional days on their own. Just like with any other activity, the more you practice, the better you will be. Riding utilizes muscles and skills that are not often used in any other sport or activity, if at all. It's extremely difficult for riders to progress when they're only practicing for two to four hours out of 30 days in a month.

In order to compete, we have separate requirements for lessons. Please see our policies sheet for details.

Q: *What sort of attire do you expect from the rider for lessons?*

A: Riders must be in boots with a heel, long pants without an inside seam, and a helmet. Hair must be restrained in some way. No spaghetti straps. Riders may choose to wear chaps for lessons if they'd like.

Q: *What additional equipment should my rider have?*

A: Students may purchase their own items such as grooming kits, bathing tools, saddle pads, fly bonnets, fly spray, crops, etc. It's encouraged that students with these items also purchase their own tack trunk in which to store them.

Q: *Each lesson, what is expected from the rider?*

A: Students are responsible for catching, thoroughly grooming, and tacking up their mount prior to the start of the lesson. Following the lesson, riders will untack, groom or rinse, and put their horse away, as well as clean tack and sweep their crosstie area.

Q: *How early should we arrive for a lesson?*

A: We advise arriving at least 30 minutes prior to the lesson, but some riders may need

more time. Always assume your mount is going to be at the furthest end of the field and plan accordingly! Your time begins at your designated time slot, and lessons will end at the designated time.

Q: When do riders join group lessons?

A: Students may join a group lesson when they are able to steer confidently at the walk and trot, and have mastered posting.

Q: When can riders start competing?

A: Riders may begin competing when they have mastered their diagonals, have control of their mount around many horses in the arena, and are cantering at home. Students will always compete one level below what they're doing at home. For example, riders who are learning to canter at home will compete in walk/trot. Riders jumping 2' at home will compete in crossrails.

Q: What's next after basic lessons? We want to be more involved.

A: We have established a very clear and successful pipeline for our students. Once students reach a level where they are capable of riding safely on their own outside of lessons and are ready for the next step, we advise a half or full lease of a horse/pony. Leasing provides students and their families with an introduction to horse ownership with less risk. Students will gain extra riding days outside of lessons to hone their craft and practice their skills between lessons, leading to even greater progress. Leases are occasionally available in barn, or Maddy will set out to find the perfect match for your family within your budget and bring the horse in for you. Leases are a great choice for growing kids and developing riders as they provide the opportunity to find the next size or level horse once the rider is ready for the next step. The mount a student has for walk/trot is typically not going to be their same mount a few years down the road for 2'6". For this reason, leasing is a great option! Done the leasing thing and think ownership might be the next step for you? Discuss with Maddy to determine if it's the right time and place in yours or your child's riding journey to make a purchase.