

Welcome to Hidden K Stables



Welcome to Hidden K Stables!

We are so happy you have decided to ride at Hidden K. We want your experience with us to be educational and enjoyable. Unlike many other teaching stables, we at Hidden K believe that the best riders are those who understand all there is to know about horses, horse handling and riding. Your riding experience at Hidden K will begin with a very hands-on approach to horse handling in preparation for your riding lesson. You can expect to accompany your instructor or a dedicated helper to retrieve the horse they have selected for your lesson. They will show you how to groom your mount and explain to you the tools you are using and how to use them. They will show you the tack you will need and where it is kept and will assist you in tacking up your mount. Parents are encouraged to participate in this aspect of their child's lessons and learn right along with their child.

You should plan to arrive at least 15 minutes before the scheduled start time of your lesson in order to have ample time to get your horse ready for your lesson.

New riders will begin their riding experience with lessons on a lunge line. This allows the instructor to maintain control of the horse while still allowing the rider to actively ride the horse. Riders may continue in lunge lessons for an extended time or may move off of the lunge line during their first few rides; this is determined at the discretion of our qualified instructors.

All initial lessons are half hour private lessons. Once an instructor feels that the basic skills needed to ride in the company of other horses and riders have been achieved, a rider may move to 1 hour long group lessons with other riders at their skill level.

The barn family at Hidden K Stables is made up of a great mix of youth, students and adults. Our staff are always willing and happy to answer any questions, but do not hesitate to ask for help from any member of our family. We take great pride in the kindness and helpfulness of everyone who rides and boards at our barn.

Please DO ask questions. Many members of our barn family came to us knowing nothing about horses and we recognize it can be an entirely new experience for many of those who visit our facilities. We want you to feel comfortable, confident and welcomed and will do whatever we can to help you learn all you want to know about the wonderful world of horses and riding!

Sincerely,

Michelle Hargreaves, Owner

*Michelle Hargreaves
is a British Horse
Society qualified
riding instructor!*

It is estimated that more than 4,500 barn fires break out each year in the US.

Barn Rules

Keeping you, our horses and our riders safe and happy is our first priority.

1. No smoking is permitted in or around the barn/arena area. You must be outside of the red entry gates if you are smoking.
2. No glass containers should be brought into the barn.
3. No alcoholic beverages are permitted at the barn.
4. Helmets must be worn at all times when riding.
5. Aisle ways must be tidy at all times; do not leave grooming tools or tack strewn in the aisles.
6. If you or your horse put it there, you need to pick it up 😊
7. Do not give treats to any equine other than your own unless you have express permission of the staff or owner.
8. No running or yelling at the barn.
9. If you are in the barn or in contact with un-stalled horses (even if you are not riding) you must wear closed toe shoes.
10. Never ride or mount a horse in the barn area or in a stall.
11. Do not leave puddles of water on concrete aisle ways after sponging down your horse. Horses can easily slip in puddles and become seriously injured. Sponging and rinsing should be done in designated areas.
12. You must call your instructor in advance to cancel or reschedule lessons.
13. The house on the barn property is a private residence, and not a part of the barn. Please respect the resident's privacy.
14. When in doubt...ask.

Did you know...If you have a hard blow impact accident while wearing your helmet you should replace it immediately? There may be damage to the helmet that is not visible to the naked eye.

Do not yell, jump up and down, or make sudden movements around horses. Throwing things around horses is a big no-no, and so is running up to them, grabbing them, or whacking them. Horses cannot see right in front of their noses, or directly behind themselves- whacking or suddenly patting these areas can startle a horse. They can see everywhere else except those two blind spots. Their vision is not as clear as ours, and when something suddenly moves, some horses may jump away- that's why you don't run up to them or throw things near them.

Is Hidden K Stables just a lesson barn?

Not just a place to go ride.

Hidden K Stables is so much more than just a lesson barn.

There are many other ways to be involved, learn about horses, and become a member of this welcoming barn family.

Pony Club:

Hidden K Stables is a US Pony Club Riding Center. Pony Club is a national organization committed to the advancement and education of young riders. Pony Club members are between the ages of 7 and 21 and learn extensively about horse care and management, as well as riding. Members of a PC Riding Center do not need to own their own horse to participate. The HKS Pony Club meets twice every month for one mounted meeting (Saturdays) and one unmounted meeting (Wednesdays). Pony club fees : National Dues \$150/Yr for new members, Regional Dues \$55.00/Yr, Riding Center Dues \$35/Month*

The HKS Pony Club has sent our members to National or regional championships every year since 2013!

HKS PCRC is the second largest Pony Club in North & South Carolina,

<http://www.ponyclub.org/>

<https://www.facebook.com/#!/groups/192268877476745/>

Hidden K Stables Rescue and Rehab:

Hidden K Stables is home to HKSR&R, a nonprofit horse rescue and rehabilitation organization formed in July of 2011. HKSR&R provides opportunities to volunteer as a member of one of our committees or Board of directors, to volunteer at one of our fundraising events or just to be a proud supporter.

<http://www.hiddenhorserescue.org/>

Many of Hidden K's talented instructors are WFU and Salem Equestrian team members & graduates.

Wake Forest and Salem College Equestrian Teams:

Hidden K Stables is home to both the Wake Forest University and Salem College equestrian teams. You can always see some of our great team riders at the barn practicing for the next show. And be sure to come support our teams at their "Home Shows" hosted at the stables.

**Dues amounts subject to change at any time. Please consult staff for the current dues quote.*

Clinics and Shows:

HKS and HKSR&R both strive to offer clinics that are of interest to our clients and supporters. Clinic topics cover mounted discipline work (jumping, dressage, etc.) as well as unmounted horse management topics (ground work, lungeing, stretching).

HKS participates in several schooling shows at TTC (Thoroughbred Training Center) in Mocksville, NC throughout the year. <http://www.ttcmocksville.com/> and in rated shows throughout the year at Sedgefield Show grounds in Greensboro <http://www.sedgefieldshowgrounds.com/>

HKS also participates in recognized shows for NCHJA, NCDCTA and USEF. For information on any of our show opportunities watch for email notifications and the newsletter.

You are always welcome to come along and watch your friends ride or inquire with the barn staff about attending and competing at one of these shows.

Summer Camp:

HKS offers summer camps every year for all levels of riders. Check out the summer camp schedule on the HKS website for the most current camp info.

How do I keep up with all the things going on at Hidden K Stables?

Watch our website:

<http://www.hiddenkstables.com/>

Join the HKS Facebook group:

<https://www.facebook.com/#!/groups/36445737051/>

Like the HKSR&R Facebook Group:

<https://www.facebook.com/#!/hiddenhorserescue>

Be sure to sign up for special notifications tailored to your specific interests and email newsletters from HKS by emailing dawn@hiddenkstables.com

Ask to join the mailing list for HKSR&R:

Email requests to: Dlongman@hiddenhorserescue.org

Watch the wipe boards, bulletin boards and calendars in the barn!

What do I need to wear?

Apparel for the beginner rider

What can I wear if I am not sure I will enjoy riding?

For beginner riders, long pants or jeans and shoes with a flat sole and a little bit of a heel will until you decide riding is something you want to continue to do, and are ready to make an investment in proper apparel.

What should I buy if I know I want to keep riding?

Riding pants such as breeches, riding tights or johdpurs and paddock boots are good essentials to have for riding. There are a few local stores that sell riding apparel:

Horse and Rider

5549 W. Market St
Grensboro, NC 27409

336-852-0906

M-F 10AM-5:30PM; Sat 10AM-4PM

<http://horseandriderinc.com/cgi-bin/p/awtp-home.cgi?d=the-horse-and-rider-inc>

Purgason's

4901 Auburn Rd
Summerfield, NC 27358

336-643-5353

M-S 9AM-6PM

<http://purgasons.com/>

You can also check out some online stores for your basics. Smartpak www.smartpakequine.com, Dover Saddlery www.doversaddlery.com or Chick's Saddlery www.chicksaddlery.com are all good sources. Chick's probably has the best deal, but as they sell both Western and English apparel it may be more difficult to negotiate their site. A good quality pair of starter breeches that are reasonably priced are the TuffRider Child's Starter Low-Rise Pull-On \$26.95 @ Chick's, Item Code # SLP567. TuffRider also makes adult starter breeches!

What about a helmet?

A helmet is probably the next piece of equipment, after pants and boots, that you will want to purchase if you decide to continue your riding. Helmets are required to be worn at all times when riding at Hidden K Stables. We do have schooling helmets that can be borrowed until you decide that riding is the sport for you. When you decide to invest in your own helmet, we recommend going to a local store and asking them to help you properly fit it. Helmets range from \$40 for basic schooling helmets to several hundred dollars for helmets used in eventing and upper level riding.

Some final thoughts on barn etiquette:

One of the most important things to remember around horses is to be aware. Although they are mostly sweet and wonderful, they are big, strong animals, and they can unintentionally hurt you if you put yourself in the wrong situation. Another thing to remember is that horses are animals, not machines, and they are alive and have feelings, too.

*Things some horses
find very scary:
Plastic bags
Umbrellas
Honking horns
Loud engines*

It is not a good idea to run up and surprise horses. Being flight animals, instead of fighting animals, their natural response to danger is to run away. They naturally want to quickly jump away from any threats. Most well-trained horses are used to noises, sudden movements, and such 'scary' things, so they do not mind, but since you do not know the horse, always act as though it's new to situations. While most well-trained horses won't spook, kick, or bite, it's still a good idea to be aware around them. That's one reason why it's important to wear proper clothing. Something that is loose may be caught up when a horse spooks, or it may blow in the wind and cause a horse to spook.

When around horses, you should also do what the riding instructor or person in charge says. They know the horse, so they know how it acts and reacts, and what you can and can't do with it. Follow their instructions, and don't be afraid to ask them questions.

Don't walk behind a horse, they cannot see directly behind themselves and could accidentally kick you. Don't pat a horse you don't know on the nose. This would be like walking up to a stranger on the street and touching their face! Horses generally prefer a nice scratch under the chin or along the neck.

Always listen to the instructor or person in charge, and do what they say to stay safe. Be aware around horses, because they can be unpredictable. Most important, be sure to tell the person in charge that you are a beginner, and don't be afraid to ask questions. Asking a question is the way to learn, so don't be worried, there are no dumb questions. Our barn family is very friendly and will be glad to answer all your questions.

How to contact us:

Michelle Hargreaves: (336) 403-7131

michelle@hiddenkstables.com

Your Instructor will be: _____

Phone: _____

Email: _____

VISITOR/RIDER/PARENT OF RIDER RELEASE OF LIABILITY AND ACKNOWLEDGMENT OF RISK

(Please read carefully, fill in all blanks, and initial each paragraph before signing.)

WARNING

UNDER NORTH CAROLINA LAW, AN EQUINE ACTIVITY SPONSOR OR EQUINE PROFESSIONAL IS NOT LIABLE FOR AN INJURY TO OR THE DEATH OF A PARTICIPANT IN EQUINE ACTIVITIES RESULTING EXCLUSIVELY FROM THE INHERENT RISKS OF EQUINE ACTIVITIES.

(CHAPTER 99E OF THE NORTH CAROLINA GENERAL STATUTES)

I, _____, hereby affirm that I am a guest of Hidden K Stables and I have been informed of the inherent hazards of horseback riding, driving, and other horse-related activities.

I understand and agree that neither Hidden "K" Stables, Hidden K Stable Rescue and Rehab, nor any respective family members, employees, officers, agents, or assigns (hereinafter referred to as Released Parties') may be held liable or responsible in any way to any injury, death, or other damages to me or my family or my property, heirs, or assigns that may occur as a result of my participation in this horse-related activity or as a result of the negligence of any party, including the Released Parties, whether active or passive.

I also understand that if I do not cancel my lesson 24 HOURS AHEAD of the Lesson time I will be financially responsible for the lesson.

___ In consideration of being allowed to visit and/or participate in equine activity, I hereby personally assume all risks in connection with said activity, for any harm, injury, or damage that may befall me or my property while so engaged, including all risks connected therewith, whether foreseen or unforeseen.

___ I further save and hold harmless said activity and Released Parties from any claim or lawsuit by me, my family, estate, heirs, or assigns, arising out of my participation in this activity, including both claims arising during the activity and/or afterwards.

___ I also understand that horse-related activities may be physically strenuous and that I may be exerting myself during this activity. I further understand that horses may behave in unpredictable and potentially dangerous ways. I expressly assume the risk of injuries resultant from my participation in these activities and I will not hold the above listed individuals or companies responsible for the same,

___ I further state that I am of lawful age and legally competent to sign this liability release or, that I have acquired the written consent of my parent or guardian.

___ I understand that the terms of this release are contractual and not a mere recital, and that I have signed this document of my own free act. I understand that this release may be used against me in a court of law.

IT IS THE INTENTION OF _____ (VISITOR/RIDER/PARENT OF RIDER) BY THIS INSTRUMENT TO EXEMPT AND RELEASE HIDDEN "K" STABLES and Hidden K Stable Rescue and Rehab; INCLUDING ANY RELATED ENTITIES AS DEFINED ABOVE, FROM ALL LIABILITY R RESPONSIBILITY WHATSOEVER FOR PERSONAL INJURY, PROPERTY DAMAGE, OR WRONGFUL DEATH, HOWEVER CAUSED, INCLUDING BUT NOT LIMITED TO THE NEGLIGENCE OF THE RELEASED PARTIES, WHETHER PASSIVE OR ACTIVE.

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS LIABILITY RELEASE AND EXPRESS ASSUMPTION OF RISK BY READING IT BEFORE I SIGNED IT ON BEHALF OF MYSELF AND MY HEIRS.

This Waiver is subject to the laws of the State of North Carolina

_____ (Visitor/Rider Print Name) _____ (Date)

_____ (Visitor/Rider's Parent or Guardian Signature) _____ (Date)