Suffolk Riding Club

Special instructions for Riders - Training

* If you or anyone in your household is self-isolating or has Covid-19 or symptoms, please stay at home!
* **Please respect social distancing rules at all times**.
* In order to reduce the number of people on site, please bring the minimum amount of help you are comfortable with. No more than one helper per rider and ideally helpers to stay with vehicle.
* Riders and helpers should avoid touching any common area surfaces as far as possible. Where this is unavoidable (for example gates or the loo) surfaces will be regularly disinfected. Please wear gloves when practicable and use the hand sanitiser provided.
* There will be one toilet available for our use. Please ensure you wash your hands and dry with the disposable paper towels provided. Used towels should be placed in the rubbish bag/bin provided.
* Please bring your own refreshments and take all rubbish home with you.
* Please bring your own equipment to clear your horse’s droppings from the car park, and your own mounting block if required.
* Should riders require urgent assistance during the lesson, a Committee member wearing PPE will help. If necessary, basic first aid can be provided, using PPE. Please do not ask the Committee to help with mounting, taking jackets, holding horses, etc.