



## ENDURANCE INFORMATION DAY

**12th MAY 2019**

**1:00pm - 5:00pm**

**Raycroft Farm, Church Lane, OX13**

Cotswold Endurance invite you to join us for an informative day where you will learn everything you need to get started in the sport of Endurance Riding.

The day will be packed with useful information to assist beginners and those who want to try endurance for the first time. Suitable for all ages the day will include a FREE welcome and Information pack and an afternoon tea. Come and meet some of our friendly members and start your journey in long distance riding.

**Tickets £10 per person**

Visit our website or Facebook page for more information

[www.cotswoldendurance.com/informationday](http://www.cotswoldendurance.com/informationday)

[www.facebook.com/pg/cotswoldendurancegb/events](http://www.facebook.com/pg/cotswoldendurancegb/events)



## **Information Day Itinerary**

### *Arrival*

- Meet and greet, have a coffee and chat to some of our Senior and Young riders

### *Endurance Information*

- Competitive Levels (Novice, Open, Advance & FEI)
- Types of rides (PR, GER, CER and what they mean)
  - Rider fitness, diet and equipment for you
  - Forms, paperwork and membership

### *Horse Information*

- Training and fitness
- Feed and supplements
- Other professionals who can support you
  - Tack and equipment

### *Crew Information (that's your friends, partner or parents!)*

- What they do and why you need them
  - Kit and equipment
  - Safety & Consent
  - Vetting & Holds
  - Cost and discounts

### *Demonstration*

- Meet the horses...The fun bit !!
- Trot up Demonstration and how to take a Heart Rate
- Heart rate and vetting criteria - what you need to know

### *Map Reading*

- Receive an endurance map and FREE map case!
  - Understanding a map
  - Markers and how to follow them

### *What to do next*

- Local rides for you to try
- How to prepare for your first ride
  - Joining and membership

**BOOK TICKETS NOW**

**[www.cotswoldendurance.com/information-day](http://www.cotswoldendurance.com/information-day)**