



Horses of the Sun



Information Form for Voltigeurs and Riders

The following is a short description of the sport of Voltige, "Horses of the Sun" and its programme, and of our instructors. It also reminds you that, like any equestrian sport, the sports of Voltige and Riding carry inherent risks, it indicates what we have done to minimize these risks, and what the voltigeurs and riders can do to minimize these risks.

Please keep this document for your information and for future reference.

Horses of the Sun:

Horses of the Sun was founded in October 1997 to develop the sport of Voltige in the National Capital Region, to make this sport affordable and accessible to every child who likes Voltige, to help acquire the necessary equipment, and to build a better youth, both physically and mentally, in our region. Similar organizations in other regions also seek to further the objectives of the sport, meet for competition, and exchange ideas with our voltigeurs and instructors. **Horses of the Sun is the leading center for Voltige in Eastern Canada**, and our coaches and voltigeurs are actively promoting and furthering the sport to other regions and provinces through demonstrations, clinics, and competitions.

The Sport of Voltige:

Voltige, the art of gymnastics and acrobatics on the living horse, is a combination of gymnastics, acrobatics and movement, fitness and fun. The voltigeurs (i.e. the athletes practicing the sport) are learning and performing exercises on the horse, similar to the gymnast performing exercises on the ground and on the equipment. As a recreational activity, Voltige introduces the voltigeurs to the horse, teaches them self-confidence, trust for the horse, discipline and body coordination.

Voltige is considered a valuable additional training for every rider, as it improves rhythm, balance, posture and seat. For a gymnast, it opens up a completely new dimension by incorporating the living horse into the sport. The voltigeur's mind and body will develop into a complete harmony, while she/he is also confronted with the challenge of having to work with the horse in close harmony.

Note: **No previous Riding or Gymnastic Experience is necessary to participate in Voltiging.**

Voltiging is not Riding! In Voltige, the horse is controlled by the Longeur. The Voltigeur does not control the movement of the horse. The horse is equipped with a specialized Voltige Girth. For safety reasons, the required clothing of the Voltigeur is different than the clothing required for a Rider.

The Voltige Classes:

During the classes, the voltigeurs will be **learning and performing exercises** on the **ground** (gymnastics, acrobatics, juggling, body posture and movement, etc.), on **gymnastics equipment** (e.g. trapeze, balance beam), on the **Voltige Barrel** (a specially designed wooden or metal apparatus resembling the shape of the horse, used

to prepare the voltigeur for the exercises on the living horse), and on the **horse in the walk and the canter**. The voltigeurs will also care for and handle the horse, both before and after the classes, they will lead the horse, help tack it up and cool it down, and help care and clean the tack (equipment). The older and/or more experienced voltigeurs will be helping the instructors, spotting and aiding the other voltigeurs on the ground, barrel, and horse. - Appropriate clothing for Voltige must be worn during Voltige classes.

Appropriate clothing for the Voltigeur consists of a gymnastic suit (or alternatively, T-shirt or sweatshirt, and stretchy pants), socks, Voltige slippers, gymnastic slippers or water shoes during the active Voltige segment; no loose or baggy clothing, and no jewelry. When working around horses (outside the regular Voltige work / before or after the active Voltige segment) proper footwear, i.e. strong running shoes or boots (but not Voltige slippers, gymnastic slippers, water shoes, etc.) must be worn.

The Riding Classes:

During the classes, the rider will **learn to control and ride the horse in the halt, walk, trot, and canter**. The rider will also care for and handle the horse, both before and after the classes, they will lead the horse, tack it up and cool it down, and help care and clean the tack (equipment). The older and/or more experienced riders will be helping the instructors, assisting and aiding the younger or less experienced riders on the ground and on the horse. - Appropriate clothing for riding must be worn before, during, and after the Riding classes.

Appropriate clothing for the rider consists of an ASTM-approved riding helmet, footwear appropriate for riding (i.e., riding boots), and pants appropriate for riding. A properly fitted safety vest for riding is also strongly recommended.

Further Information and Reading:

There are many good books, magazines, and internet sites available to further one's knowledge. If you are interested in more information, please talk with Sonja or Uwe.

We strongly encourage all our students to become members of the Ontario Equestrian Federation (OEF), and to become familiar with applicable laws and regulations in Ontario for equestrian activities, particularly Ontario's Bill 12 (Chapter 4, Statutes of Ontario, 2001): "An Act to increase the safety of equestrian riders".

Membership to the OEF is very affordable, and offers numerous benefits. More information can be found on the web site of the Ontario Equestrian Federation (OEF) at: www.horse.on.ca

**Please visit our web site at:
www.horses-of-the-sun.ca**

Notice

Horses of the Sun is an equestrian facility.

All activities on these grounds may be subject to certain risks.

By your presence on these grounds you have indicated that you have accepted the limits of liability resulting from inherent risks of equestrian activities.

Horses of the Sun is not a spectator area. All persons on our premises will be regarded as participants and have accepted the inherent risk.

Parents are fully responsible for non-registered children.

Dogs are welcome, but must be on leash unless otherwise approved by Management.

Receive permission before feeding horses any treats.

Receive permission before entering horse enclosures.

Permission must be granted before equipment can be used.

The Inherent Risk:

As with every sport or physical activity, there is an inherent risk when performing Voltige or Riding. Accidents and severe injuries, including lethal injuries, can occur. A horse is a living animal, and its reactions are, therefore, at times unpredictable. Furthermore, Voltige and Riding involves interactions with other voltigeurs and riders. An equestrian facility contains many visible and hidden risks connected to the activities, animals, machinery, and surroundings. Please adhere to all safety rules and be aware of yourself, your safety, and your environment.

Risk Management / Risk Reduction / Safety Procedures:

Education and Training of our instructors include:

- Sonja Koch: German Riding Instructor's Certification
German Riding Award in Silver
teaching riding and voltiging for over 35 years
teaching movement, gymnastics, and acrobatics for over 35 years
Ontario Provincial Voltige Coach
- Uwe Schneider: German Voltige Award in Silver
competed internationally in Voltige for over 5 years
teaching voltiging for over 30 years

Horses: The horses are professionally trained for the sport.

Equipment: The tack is suitable for international competitions, and is regularly inspected.
The Voltige barrels follow international designs, and all equipment is regularly inspected.

What the Voltigeurs and Riders can do to minimize risk:

- wear proper clothing (Voltigeur: T-shirt or sweatshirt, stretchy pants, socks, gymnastic slippers (or running shoes, when appropriate; Riders: riding helmet, riding boots, riding pants); no loose or baggy clothing, no jewelry, no eating or chewing gum during classes).
- when working around horses (outside the regular Voltige work), wear proper footwear, i.e. strong running shoes or boots, but not gymnastic slippers.
- listen to the instructors, assistants, and helpers.
- learn about potential risks, look for them, bring them to the attention of the instructor(s), and assist in minimizing or eliminating them.
- be attentive, and follow all the safety rules.

Our Voltige Programme follows a systematic training plan, as outlined in the “Voltige Progress Development Programme for Voltigeurs”. The voltigeur will develop progressively - physically, mentally, and emotionally -, and at his/her own rate. The age, height, muscle development, physical condition, and mental attitude of the voltigeur are all deciding factors on the progression rate of the voltigeur. The minimum age to start the sport is generally seven (7) years of age, however, there is no maximum age. Also, no previous riding, gymnastics, or acrobatics experience is necessary, as the voltigeur will receive this training as an integral part of the Voltige Programme. Voltige can be pursued as a recreational activity as well as a competitive sport.

Our Riding Programme is individualized to the particular student. The rider will develop his/her riding skills progressively - physically, mentally, and emotionally -, and at his/her own rate, in individual and in group lessons.

The safety of the horses and the voltigeurs and riders are our foremost consideration.

If you have any questions, please do not hesitate to ask our instructors.
Sonja and Uwe can be reached at: **(613) 835-9523**

**Please keep this
document for
future reference**

Consent Form / Assumption of Risk:

I, the Parent / Guardian / or Senior Student _____

or the parent/guardian of (Student) _____

in consideration of the acceptance of this student for the riding and/or voltiging program/event declare that I have read and understood the information given in the Information Form I received with this Consent Form, that I fully understand the inherent serious risk involved in performing the sport of Riding and/or Voltige, and that I knowingly, willingly, and voluntarily assume this aforementioned risk.

I understand that:

- **there is an inherent serious risk when performing Voltige or Riding;**
- **Accidents and severe injuries, including lethal injuries, can occur;**
- **A horse is a living animal, and its reactions are, therefore, at times unpredictable;**
- **Voltige and Riding involves interactions with other voltigeurs and riders;**
- **An equestrian facility contains many visible and hidden risks connected to the activities, animals, machinery, and surroundings.**

I believe that (Student) _____ is fit to take part in this sport.

IN WITNESS WHEREOF I have hereunto set my hand and seal

this ____ day of _____, 20____

SIGNED, SEALED AND DELIVERED

(Signature of individuals [Parent or Student] having attained the age of eighteen (18) years.)

SIGNED, SEALED AND DELIVERED in the presence of

(Printed name of witness)

(Signature of witness)

RELEASE AND INDEMNITY

The purpose of this document is to:

- **permit the participation of the student in the riding and/or voltiging programs/events** offered by Uwe Schneider, Sonja Koch, the Horses of the Sun, and/or the Voltiging Federation of Ontario, and to
- **absolve the aforementioned parties**, their/its instructors and officials, and anyone associated with this program **from any legal responsibility for any accident** however it may arise while the student is participating in the program.

I, (Parent / Guardian / or Senior Student) _____, the parent/guardian of (Student) _____, in consideration of the acceptance of this student for the riding and/or voltiging program/event **do hereby release and forever discharge** Uwe Schneider, Sonja Koch, the Horses of the Sun, and/or the Voltiging Federation of Ontario, its instructors and officials, their successors and assigns, and any person participating or assisting in the riding and/or voltiging program/event provided by the aforementioned parties **from any and all claims, demands, causes of action whatsoever which may exist or may hereafter arise as a result of or in any way arising out of any accident or injury suffered**

by (Student) _____ or any loss or damage to property howsoever suffered or caused while participating in or engaged in any manner whatsoever in activities sponsored by, supported or endorsed by Uwe Schneider, Sonja Koch, the Horses of the Sun, and/or the Voltiging Federation of Ontario, including without limiting the generality of the foregoing, any preparation for or transportation to or from any such activities.

I/We hereby agree to indemnify and save harmless Uwe Schneider, Sonja Koch, the Horses of the Sun, and/or the Voltiging Federation of Ontario, its instructors and officials, and any person participating or assisting in the riding and/or voltiging program provided by the aforementioned parties **from any and all claims, demands or losses, damages, costs, and charges or expenses whatsoever** which Uwe Schneider, Sonja Koch, the Horses of the Sun, and/or the Voltiging Federation of Ontario, its instructors and officials, or **anyone participating or associated with the program may sustain or incur by reason of engaging in or participating directly or indirectly in any activities** sponsored by, supported or endorsed by the aforementioned parties.

This release and indemnity shall be binding upon

(Student) _____
and upon his/her next of kin, heirs, administrators, successors and assigns.

I/We as parent(s) or legal guardian(s) of the above participant in the riding and/or voltiging program/event being a person under the age of eighteen (18) years hereby join in the above release and indemnity on our behalf and on behalf of the said (Student) _____.

IN WITNESS WHEREOF I have hereunto signed this ____ day of _____, 20____
SIGNED AND DELIVERED

(Signature of individuals [Parent or Student] having attained the age of eighteen (18) years.)

SIGNED AND DELIVERED in the presence of witness

(Printed name of witness)

(Signature of witness)

Authorization for Medical Emergencies

The purpose of this document is to authorize Uwe Schneider, Sonja Koch, or their designated officials from the Horses of the Sun, and/or the Voltiging Federation of Ontario to provide surgical or medical attention

for (Student) _____.

Voltige and Riding are athletic sports, involving physical training and exercises, horses, and other riders and voltigeurs (students). Accidents or illness may occur and immediate surgical or medical attention may be required. This is my permission for the official in charge to provide surgical or medical attention for my child in the event of an emergency without the necessity of my prior approval.

It is understood that if an emergency should occur, a responsible adult will assure that the child receives proper medical attention and that arrangements are made for his/her return home. I understand that I will be notified by the quickest possible means if this authority is exercised.

IN WITNESS WHEREOF I have hereunto signed this ___ day of _____, 20_____

SIGNED AND DELIVERED

(Printed name of parent(s) / guardian(s))

(Signature of parent(s) / guardian(s))

SIGNED AND DELIVERED in the presence of witness

(Printed name of witness)

(Signature of witness)

STUDENT'S PERSONAL RECORD

PLEASE PRINT

Name: _____

Date of Birth: _____

Address: _____

Junior (under 18);

Senior (18 & over)

Telephone: (_____) _____

E-Mail: _____

(Your e-mail address will not be given out. It will only be used to inform you of activities and special events related to Horses of the Sun)

Medical Ins.# : _____

Contact Person in Case of Emergency:

Address: _____

Telephone: (_____) _____

(of person available during Class times)

Allergies, Medications, additional medical information:
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