



# Conquest Equestrian Centre

Specialising in Riding for the Disabled  
Improving Lives

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## CONQUEST CENTRE WEIGHT POLICY

The welfare of our horses is extremely important to us. We ask a lot of them and in return we have a duty of care to protect and look after them to the best of our ability. In order to do this, we have a weight limit to help protect their backs from strain and injury. We appreciate that our weight limit may be low compared with other riding establishments, however the nature of the work our horses do is very repetitive.

The current weight limit for RDA riders is twelve stone, and thirteen stone for able-bodied riders. This weight is inclusive of clothing and riding hat. Clients will be weighed before their first lesson, then regularly thereafter. Generally we weigh our riders roughly once a term, however if a rider is near the weight limit, or appears to be gaining weight quickly, we may weigh them more often. We appreciate that that this can be a sensitive matter - riders will be weighed in private and treated with discretion at all times, and the information will be recorded in confidential files and will not be available to anyone other than the instructors. If a rider is approaching the weight limit, they (or their carers) will be notified in order to allow them to monitor their weight at home.

We appreciate that for many of our disabled clients, exercise may be limited which can increase the likelihood of gaining weight, and that twelve stone may seem a low maximum weight. However in order for us to continue offering people of all abilities the opportunity to learn to ride, we must limit the amount of weight the horses carry.

This weight limit is subject to change, and relates to the current horses in work at the Centre.

We are very grateful for your co-operation in this matter, and would like to thank you for choosing to ride at Conquest Centre.