



**POLICE HORSE PROS, LLC**  
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## **2009 Seminar Information Sheet SELF-DEFENSE FROM HORSEBACK**

The purpose of this information sheet is to provide the basics for people who would like to host a 2 day sensory training clinic or a 3 day sensory training clinic which includes one day of self defense from horseback.

**Arena** – We generally like to use an arena that is 100X200 feet. The arena must have a plowed dirt or sand base and railings must be strong enough to stop a runaway horse. Arenas **are required to have** a watering system and electricity. It is also very helpful to have a round pen available.

**Participants** – A minimum of 12 riders and a maximum of 24 riders are allowed in the clinic. We seldom allow riders younger than 18 years of age- but exceptions may be made on a case by case basis.

**Horses** – This clinic is not for green broke horses. While horses of all breeds and ages can be successful, they must be well broke to the saddle and bridle. (No horses may be ridden in halters only.) All participants must ride their horses through the courses – we never allow riders to lead a horse through an obstacle.

**Safety** – Police Horse Pros takes safety very seriously. Boots or shoes with heels and approved equestrian helmets (while mounted) are mandatory. Horses must be saddled, no bareback riding or bareback pads are allowed.

Depending on the number of riders, Police Horse Pros may require that hosts provide two people on the ground to help with obstacles.

Check-in for the first day is 8:30 am and 9:00 am on the second day. Training days normally conclude between 3:30 - 4:00 pm. This seminar consists of full days of riding and can be very challenging to both horse and rider. Riders and horses should be in shape in order to get the most out of the training.

**Insurance** – Police Horse Pros is fully insured and can provide proof of insurance upon request. Police Horse Pros may also request proof of insurance for organizations sponsoring clinics. All participants will be required to sign a standard liability waiver before participating.

While clinics are generally well attended, for many this will not occur without a commitment to getting the word out. Therefore, persons hosting a clinic should be prepared to spend the necessary time and money for advertising.

The self-defense portion is normally done on the third day of the clinic. Riders participating in the self-defense portion of the class should bring one able-bodied volunteer to assist them during the class.

**Dates** – we do 10-12 clinics a year so dates fill quickly. Contact Police Horse Pros for available dates.

**Costs** - costs vary according to geographical area. Police Horse Pros provides discounts to Law Enforcement and Volunteer Posse members and various non-profits. Contact Police Horse Pros for cost breakdowns.