



HORSE RIDING INFORMATION SHEET

Travel Insurance and Indemnity

Travel insurance is obligatory for all clients and you herewith confirm that you have cover for the riding activities to be undertaken.

Always check the list of included/excluded activities to ensure that horse riding is covered. If in any doubt we recommend you obtain clarification in writing from the insurer.

You will also need to read the policy fully to determine that it meets your specific needs, regarding the level of cover you require and also with regards to any pre-existing medical conditions.

You are responsible for arranging your own insurance with protection for the full duration of your vacation in respect of at least: medical expenses, injury, death, repatriation, cancellation and curtailment.

Iketla Lodge reserves the right to cancel the booking if you have not taken out appropriate insurance.

With your signature you acknowledge that you understand the dangers involved and connected to riding and interacting with horses. You are aware that the rides may take you to remote areas which may be inaccessible and without direct medical facilities. Iketla Lodge has staff trained at First Aid on duty for minor injuries.

Iketla Lodge will do their reasonable best to ensure your safety and whilst the horses are well trained they may, due to circumstances beyond reasonable control of the guide, act unpredictably and accordingly injury may be caused or property might be damaged.

With your signature you indemnify Iketla Lodge, their employees and/or agents against any such claims that you may have against them whether directly or indirectly as a result of any injury to your person or damages caused to the property.

You agree to wear the safety helmet provided by Iketla Lodge for the duration of the activity and to follow any instructions given to you by the guide.

What to Wear

To enjoy your ride you should follow below advice on what to wear:

- *Shoes:* The shoes should be comfortable, closed and non-slippery. Iketla Lodge does have some half chaps in stock, which can be borrowed.
- *Trousers:* Comfortable long Trousers, Denims or Leggings
- *Shirt:* Comfortable shirt, not too bright colours
- *Hard Hat:* Will be provided by Iketla Lodge
- *Protective Vest:* Can be provided by Iketla Lodge
- *Skin:* Apply sunscreen before going on a ride



On a General Note:

The well-being of our horses is our first priority. Therefore we will take out horses on a ride only if they are fit and healthy. You will understand that in case horses are injured the Horse Riding might be cancelled on a short notice. Once a year our horses will be vaccinated against African Horse Sickness. After the vaccination the horses will need a resting period of 6-8 weeks. This will fall into the months of June and July during that time we cannot offer any horse riding at Iketla. In the summer times we will not take the horses out in the scorching heat – please enquiry about starting times. After a long rain the trails might be very slippery and we adjust the rides or if needs be cancel the rides.

Judging your Abilities:

To make your horse riding experience at Iketla an enjoyable one we want to know more about your horse riding abilities. This will help us to assign the most suitable horse to you and take you on the best trail. Unfortunately we cannot take Beginners out on a Ride. Below table shall help you with the self-assessment of your riding skills:

EXPERIENCE LEVEL	DESCRIPTION OF ABILITY	SUITABLE RIDES
BEGINNER	Little or No experience of horse riding.	None
NOVICE	Basic horse riding. Beginning to get control of the horse, basic balance in the saddle. Starting to trot. Limited experience of riding outside the arena or unaided.	Beginner Loop ride
INTERMEDIATE	Able to confidently control a fit horse in an open area without any assistance. Riders should have a balanced seat in walk and trot, be able to perform rising trot whilst remaining in control of the horse without holding onto the saddle.	Bush Trail
ADVANCED	Able to confidently control a fit, forward going horse in an open area in walk trot and canter. Riders should have a well balanced seat, without holding onto the saddle.	Bush Trail

The horses of Iketla Lodge are trained and responsive. Currently we do not have horses trained for Beginners. For intermediate and Advanced Rides – the horses will not follow each other and are not “trail horses” riders are required to control the horses at all times including steering, stopping and impulsion.



Horse Riding Guest Information	
First Name	Last Name:
Date of Birth:	Age:
Do you have any medical conditions, allergies or a disability that we should know about that has the potential to affect your participation in these activities?	
<input type="checkbox"/> Yes <input type="checkbox"/> No	
If yes, please elaborate:	
Height:	Weight: kg (max. 90kg)
Riding Experience	
How many times have you / your child ridden a horse?	
<input type="checkbox"/> 0 - 10 times <input type="checkbox"/> 10 - 20 times <input type="checkbox"/> 20 - 50 times <input type="checkbox"/> 50 -100+ times	
What riding level are you?	
<input type="checkbox"/> Beginner <input type="checkbox"/> Novice <input type="checkbox"/> Intermediate <input type="checkbox"/> Advance	
<i>(no suitable rides available)</i>	
Insurance Cover	
Insurance Company	Policy Number
Horse Riding in South Africa Covered? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Signature:	Signature of Guardian:
Date:	