

The LandSafe clinic provides you with an opportunity to see for yourself the difference rider education can make to a fall scenario. This program is designed to teach the basic skills to improve body awareness and self-preservation.

Learn best practices for falling off a horse from the LandSafe horse simulator!

<https://www.youtube.com/watch?v=9uaJCwivbto>

LandSafe is an unmounted two day (approx. four hrs per day) training program designed to teach the best practices of fall prevention and response. The curriculum relies on one-on-one interaction as well as group learning. Riders receive ample time on the gymnastics mats where they will learn body shaping drills and exercises to reduce their rider risk in a fall scenario. On the simulator throughout the two days participants will practice a rotational fall, a rear, off the shoulder and emergency dismount.

Clinic Schedule:

Friday January 7th

5pm-7pm: Junior Session- 10 Junior participants (age 6-11 years)

Saturday January 8th

8am-12pm: 'full' session- Group 1 - 10 participants

1pm-5pm: 'full' session- Group 2 - 10 participants

5pm-7pm: Junior session- Repeat Junior Participants

Sunday January 9th

8am-12pm: 'full' session- Group 1 participants repeat

1pm-5pm: 'full' session- Group 2 participants repeat

Day 1

Two hours of basic gymnastics skill-building will start the day. Here participants will learn the correct ways to shape, roll, position arms and wrists, balance, body awareness and the control needed to become competent in a dive roll. The next two hours will be spent transferring these skills to the simulator.

Day 2

Participants revisit the basic gymnastics skills learned on Day 1 and look for ways for you to develop stronger skills while working at home. The time spent is dependent on progress of skills, hoping to be 1 to 1.5 hours. The second part of the Day 2 session will be devoted to skills on the simulator. Here participants will also visit a variety of different types of fall scenarios.

Cost

\$350/ participant for 12 and older clinic

\$190/ participant for Junior Clinic (ages 6-11)

Link to our clinic on the LandSafe website:

<https://landsafeequestrian.com/product/january-8-9th-2022-raven-ranch-tucson-arizona/>