



# WELCOME TO EQUINE PATHWAYS AUSTRALIA

**Welcome to Equine Pathways Australia (EPA). This document will give you an overview of our two-day clinics and what to expect for your first clinic.**

## **TWO-DAY CLINIC OVERVIEW**

EPA operates a national program of clinics designed for participants with physical disability. The structure of these clinics is through a schedule of appointments with a team of expert allied health providers and coaches including physiotherapist, sport psychologist, exercise physiologist, occupational therapist, recreational specialist along with specialist dressage coaches. The clinic assists participants to develop and reach their goals. The two-day clinics are available at a variety of venues around Australia. Participants range from entry level riders through to Paralympians and have goals from just getting back into riding at recreational level to participating at international competitions.

### **What to expect in your individual sessions:**

First sessions with each of the allied health providers will always start with a consult, allowing the allied health professional to get know more about you and your specific needs. This information is crucial for the team tailor the program to meet your individual goals.

Physiotherapy	This session will focus on reducing any pain and improving your movement. To assist with this, your physio may use hands-on treatment and exercise therapy.
Sport Psychologist	This session uses psychological techniques to address lifestyle and performance issues in a positive way. This session may help with stress management, concentration and overcoming limiting beliefs, as well as managing performance.
Exercise Physiologist	This session will deliver instruction and education to improve your movement and strength, using equipment such as weights, bands, and foam rollers,



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	and will provide you with a “take home” plan to follow between clinics.
Occupational Therapist	This session will assist you with psychological and emotional difficulties and help you develop better ways to deal with issues in the context of day-to-day activities.
Recreational Specialist	Shelley works with riders to identify the supports they need to increase their access to riding and community activity in general. This often focuses on assisting riders to find funding options, assisting riders to better utilise existing support and funding options, make applications for support, and/or link riders with community-based specialists. The main aim is to better access support that assists in life and therefore riding.
Dressage Lesson	Your dressage coach will work with you to improve your physical strength, balance, and coordination whilst riding, and develop your technical skills to meet your training goals. Your lesson is tailored to your level of skill. You can bring your own horse, or you can ride a horse provided by the program

Your allied health providers will empower you with the right knowledge and steps to improve yourself and ultimately reach your goals.

Read more about your allied health providers and dressage coaches via the following links:

[Victoria](#)

[New South Wales](#)

[South Australia](#)

[Queensland](#)

[Western Australia](#)



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## **What does a clinic day look like?**

Each clinic day will start at approx. 9am and will finish approx. 5pm depending on the number of participants. We recommend arriving 30mins prior, to settle in, grab a coffee and catch up with one and other.

The clinic will kick off with a group session which will be taken by Julia Battams, Program Executive Manager, an allied health provider or a guest speaker. Each group session is different and throughout the year we'll cover a number of topics from competition preparation, nutrition, stress management, recovery strategies, training plans, etc. You'll then break into your individual appointments and meet again for lunch, which is normally salad, sandwiches, roast chicken or/and a BBQ. Tea, coffee, and water provided. We recommend you bring your own snacks for throughout the days. After lunch your individual appointments will continue and over the two days, you will have seen each of the available providers and will have had two private dressage lessons.

## **What to bring/wear**

Riding helmet and riding boots – if you don't own these, we recommend you pop into Horseland. The Horseland staff are very friendly and would happily help you select a budget friendly pair of riding boots and helmet. For entry level boots and helmet, you should expect to pay around \$100 for each. Please note, non-riding boots, runners, bike helmets are not suitable for horse riding.

Wear comfortable riding or gym attire. Leggings and tracksuit pants are fine.

## **Don't have a horse? No worries...**

If you need a horse for the clinic, please make note of this when you book in. The EPA will carefully select an appropriate horse for you.



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## Booking a stable/yard

For those with a horse, stable and yard bookings and payments are made directly with the venue. Please refer to the following contact details:

Victoria – Balmoral Equestrian Centre	Julia Battams <a href="mailto:julia@equinepathways.org.au">julia@equinepathways.org.au</a>
New South Wales – Tall Timbers	Nicole King <a href="mailto:nicole@rdanswtalltimbers.org.au">nicole@rdanswtalltimbers.org.au</a>
South Australia – The Riding Patch	Kathy Angel <a href="mailto:info@theridingpatch.com.au">info@theridingpatch.com.au</a>
Queensland – Arundel Park	Reception <a href="mailto:reception@arundelparkrda.com.au">reception@arundelparkrda.com.au</a>
Western Australia – State Equestrian Centre	Book online via: <a href="https://www.wa.equestrian.org.au/sec/make-booking">https://www.wa.equestrian.org.au/sec/make-booking</a>

## COST OF THE CLINIC

The clinic is \$200 per a day/\$400 for the two days which includes a riding lesson each day and individual sessions across the two days. Depending on the individual, this may be covered by NDIS, your Insurance Provider or TAC.

## DIGITAL FORMS

You should have received three digital forms for signing. If you haven't received these forms, please contact [sammy@equinepathway.org.au](mailto:sammy@equinepathway.org.au). All three forms must be completed and signed prior to the clinic date.



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## EPA UNIFORM

We have the following EPA uniform items available for purchase:

- Short sleeve polo
- Base layer
- Snowy vest
- Buller jacket
- Cap

If you wish to purchase an EPA uniform, please contact [sammy@equinepathways.org.au](mailto:sammy@equinepathways.org.au) and Sammy will send you a uniform order form. We have a minimum spend with our supplier so please bear with us, as it can sometimes take a while to get stock in.

## FOLLOW US

For regular updates, please follow EPA on social media:

- Website: [equinepathways.org.au](http://equinepathways.org.au)
- Facebook: @equinepathwaysaustralia
- Instagram: @equinepathwaysaustralia
- LinkedIn: Equine Pathways Australia Ltd.

## CONTACT

Julia and Sammy are your two main contacts.

### **Sammy – Administration**

This includes bookings, scheduling, and uniforms orders. You will hear from Sammy in the lead up to each clinic.

E: [sammy@equinepathways.org.au](mailto:sammy@equinepathways.org.au) | M: 0401 212 574

### **Julia – Program Executive Manager**

Julia is your main point of contact on clinic days. She is also here to assist you with any para-dressage or training questions and goal setting to help you achieve your equestrian goals.



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E: [julia@equinpathways.org.au](mailto:julia@equinpathways.org.au) | M: 0450 874 197

Please note, the EPA staff work varied hours, and we will endeavor to respond to your enquiries as quickly as possible. Email or txt message is preferred.

We hope this document has answered all your questions however if you have any further questions, please don't hesitate to contact either Julia or Sammy.

We look forward to meeting you in person at your first clinic!