



## ***Information Form for Voltigeurs and Riders***

*The following is a short description of the sport of Voltige, "Angolly's Ranch" and its programme. It also reminds you that, like any equestrian sport, the sports of Voltige and Riding carry inherent risks; it indicates what we have done to minimize these risks, and what the voltigeurs and riders can do to minimize these risks.*

**Please keep this document for your information and for future reference.**

### **The Sport of Voltige:**

Voltige, the art of gymnastics and acrobatics on the living horse, is a combination of gymnastics, acrobatics and movement, fitness and fun. The voltigeurs (i.e. the athletes practicing the sport) are learning and performing exercises on the horse, similar to the gymnast performing exercises on the ground and on the equipment. As a recreational activity, Voltige introduces the voltigeurs to the horse, teaches them self-confidence, trust for the horse, discipline and body coordination.

Voltige is considered a valuable additional training for every rider, as it improves rhythm, balance, posture and seat. For a gymnast, it opens up a completely new dimension by incorporating the living horse into the sport.

The voltigeur's mind and body will develop into a complete harmony, while she/he is also confronted with the challenge of having to work with the horse in close harmony.

***Note: No previous Riding or Gymnastic Experience is necessary to participate in Voltiging.***

***Voltiging is not Riding! In Voltige, the horse is controlled by the Longeur. The Voltigeur does not control the movement of the horse. The horse is equipped with a specialized Voltige Girth. For safety reasons, the required clothing of the Voltigeur is different than the clothing required for a Rider.***

### **The Voltige Classes:**

During the classes, the voltigeurs will be **learning and performing exercises** on the **ground** (gymnastics, acrobatics, juggling, body posture and movement, etc.), on the **Voltige Barrel** (a specially designed wooden or metal apparatus resembling the shape of the horse, used to prepare the voltigeur for the exercises on the living horse), and on the **horse in the walk and the canter**. The voltigeurs will also care for and handle the horse, both before and after the classes, they will lead the horse, help tack it up and cool it down, and help care and clean the tack (equipment). The older and/or more experienced voltigeurs will be helping the instructors, spotting and aiding the other voltigeurs on the ground, barrel, and horse. - Appropriate clothing for Voltige must be worn during Voltige classes.

Appropriate clothing for the Voltigeur consists of a gymnastic suit (or alternatively, T-shirt or sweatshirt, and stretchy pants), socks, Voltige slippers, gymnastic slippers or water shoes during the active Voltige segment; no loose or baggy clothing, and no jewellery. When working around horses (outside the regular Voltige work / before or after the active Voltige segment) proper footwear, i.e. strong running shoes or boots (but not Voltige slippers, gymnastic slippers, water shoes, etc.) must be worn.

### **The Riding Classes:**

During the classes, the rider will **learn to control and ride the horse in the halt, walk, trot, and canter**. The rider will also care for and handle the horse, both before and after the classes, they will lead the horse, tack it up and cool it down, and help care and clean the tack (equipment). The older and/or more experienced riders will be helping the instructors, assisting and aiding the younger or less experienced riders on the ground and on the horse. - Appropriate clothing for riding must be worn before, during, and after the Riding classes.

Appropriate clothing for the rider consists of an ASTM-approved riding helmet, footwear appropriate for riding (i.e., riding boots), and pants appropriate for riding. A properly fitted safety vest for riding is also strongly recommended.

# Notice

Angolly's Ranch is an equestrian facility.

All activities on these grounds may be subject to certain risks.

By your presence on these grounds you have indicated that you have accepted the limits of liability resulting from inherent risks of equestrian activities.

Angolly's Ranch is not a spectator area. All persons on our premises will be regarded as participants and have accepted the inherent risk.

Parents are fully responsible for nonregistered children.

No dogs allowed on the premises except our own here at Angolly's Ranch.

Receive permission before feeding horses any treats.

Receive permission before entering horse enclosures.

Permission must be granted before equipment can be used.



## **The Inherent Risk:**

***As with every sport or physical activity, there is an inherent risk when performing Voltige or Riding. Accidents and severe injuries, including lethal injuries, can occur.***

***A horse is a living animal, and its reactions are, therefore, at times unpredictable. Furthermore, Voltige and Riding involves interactions with other voltigeurs and riders. An equestrian facility contains many visible and hidden risks connected to the activities, animals, machinery, and surroundings.***

***Please adhere to all safety rules and be aware of yourself, your safety, and your environment.***

## **What the Voltigeurs and Riders can do to minimize risk:**

- wear proper clothing (Voltigeur: T-shirt or sweatshirt, stretchy pants, socks, gymnastic slippers (or running shoes, when appropriate; Riders: riding helmet, riding boots, riding pants); no loose or baggy clothing, no jewellery, no eating or chewing gum during classes).
- when working around horses (outside the regular Voltige work), wear proper footwear, i.e. strong running shoes or boots, but not gymnastic slippers.
- listen to the instructors, assistants, and helpers.
- learn about potential risks, look for them, bring them to the attention of the instructor(s), and assist in minimizing or eliminating them.
- be attentive, and follow all the safety rules.

Our Voltige Programme follows a systematic training plan, as outlined in the “Voltige Progress Development Programme for Voltigeurs”. The voltigeur will develop progressively - physically, mentally, and emotionally -, and at his/her own rate. The age, height, muscle development, physical condition, and mental attitude of the voltigeur are all deciding factors on the progression rate of the voltigeur. The minimum age to start the sport is generally seven (7) years of age, however, there is no maximum age. Also, no previous riding, gymnastics, or acrobatics experience is necessary, as the voltigeur will receive this training as an integral part of the Voltige Programme. Voltige can be pursued as a recreational activity as well as a competitive sport.

Our Riding Programme is individualized to the particular student. The rider will develop his/her riding skills progressively - physically, mentally, and emotionally -, and at his/her own rate, in individual and in group lessons.

**The safety of the horses and the voltigeurs and riders are our foremost consideration.**

If you have any questions, please do not hesitate to ask our instructor.

Angèle Lacroix can be reached at: **(705)362-8388 / (705) 372-8388**

**Please keep this  
document for  
future reference**

## Consent Form / Assumption of Risk:

I, the Parent / Guardian / or Senior Student \_\_\_\_\_  
or the parent/guardian of (Student) \_\_\_\_\_

in consideration of the acceptance of this student for the riding and/or voltiging program/event declare that I have read and understood the information given in the Information Form I received with this Consent Form, that I fully understand the inherent serious risk involved in performing the sport of Riding and/or Voltige and/or trail riding, and that I knowingly, willingly, and voluntarily assume this aforementioned risk.

### I understand that:

- **There is an inherent serious risk when performing Voltige, Riding or trail riding;**
- **Accidents and severe injuries, including lethal injuries, can occur;**
- **A horse is a living animal, and its reactions are, therefore, at times unpredictable;**
- **Voltige, Riding and Trail Riding involves interactions with other voltigeurs and riders;**
- **An equestrian facility contains many visible and hidden risks connected to the activities, animals, machinery, and surroundings.**

I believe that (Student)\_\_\_\_\_ is fit to take part in this sport.

IN WITNESS WHEREOF I have hereunto set my hand and seal  
this day\_\_\_\_\_ of \_\_\_\_\_, 20\_\_\_\_\_.

SIGNED, SEALED AND DELIVERED

\_\_\_\_\_  
(Signature of individuals [Parent or Student] having attained the age of eighteen (18) years.)

SIGNED, SEALED AND DELIVERED in the presence of

\_\_\_\_\_  
(Printed name of witness)

\_\_\_\_\_  
(Signature of witness)

# RELEASE AND INDEMNITY

The purpose of this document is to:

- **permit the participation of the student in the riding and/or voltiging programs/events** offered by Angèle Lacroix, Angolly's Ranch
- **absolve the aforementioned parties**, their/its instructors, and anyone associated with this program **from any legal responsibility for any accident** however it may arise while the student is participating in the program or trail rides.

I, (Parent / Guardian / or Senior Student)\_\_\_\_\_ ,

the parent/guardian of (Student)\_\_\_\_\_ ,

in consideration of the acceptance of this student for the riding and/or voltiging program/event and /or trail rides **do hereby release and forever discharge**

Angèle Lacroix and Angolly's Ranch, its instructors and officials, their successors and assigns, and any person participating or assisting in the riding and/or voltiging program/event or trail rides provided by the aforementioned parties **from any and all claims, demands, causes of action whatsoever which may exist or may hereafter arise as a result of or in any way arising out of any accident or injury suffered by**

(Student)\_\_\_\_\_ or any loss or damage to property howsoever suffered or caused while participating in or engaged in any manner whatsoever in activities sponsored by, supported or endorsed by Angèle Lacroix and Angolly's Ranch, including without limiting the generality of the foregoing, any preparation for or transportation to or from any such activities.

**I/We hereby agree to indemnify and save harmless** Angèle Lacroix, Angolly's Ranch, its instructors, and any person participating or assisting in the riding and/or voltiging program and/or trail rides provided by the aforementioned parties **from any and all claims, demands or losses, damages, costs, and charges or expenses whatsoever** which Angèle Lacroix, Angolly's Ranch, its instructors and officials, or **anyone participating or associated with the program may sustain or incur by**



**reason of engaging in or participating directly or indirectly in any activities**  
sponsored by, supported or endorsed by the aforementioned parties.

This release and indemnity shall be binding upon

(Student) \_\_\_\_\_

and upon his/her next of kin, heirs, administrators, successors and assigns.

I/We as parent(s) or legal guardian(s) of the above participant in the riding and/or  
voltiging program/event and/or trail rides being a person under the age of eighteen (18)  
years hereby join in the above release and indemnity on our behalf and on behalf  
of the said (Student) \_\_\_\_\_ .

IN WITNESS WHEREOF I have hereunto signed this \_\_\_\_ day of \_\_\_\_\_ , 20 \_\_\_\_

SIGNED AND DELIVERED

\_\_\_\_\_  
(Signature of individuals [Parent or Student] having attained the age of eighteen (18) years.)

SIGNED AND DELIVERED in the presence of witness

\_\_\_\_\_  
(Printed name of witness)

\_\_\_\_\_  
(Signature of witness)

# Authorization for Medical Emergencies

The purpose of this document is to authorize Angèle Lacroix, or their designated officials from Angolly's Ranch, to provide surgical or medical attention

for (Student)\_\_\_\_\_ .

Voltige, Riding and Trail Riding are athletic sports, involving physical training and exercises, horses, and other riders and voltigeurs (students). Accidents or illness may occur and immediate surgical or medical attention may be required. This is my permission for the official in charge to provide surgical or medical attention for my child in the event of an emergency without the necessity of my prior approval.

It is understood that if an emergency should occur, a responsible adult will assure that the child receives proper medical attention and that arrangements are made for his/her return home. I understand that I will be notified by the quickest possible means if this authority is exercised.

IN WITNESS WHEREOF I have hereunto signed this \_\_\_\_ day of \_\_\_\_\_, 20 \_\_\_\_

SIGNED AND DELIVERED

\_\_\_\_\_  
(Printed name of parent(s) / guardian(s))

\_\_\_\_\_  
(Signature of parent(s) / guardian(s))

SIGNED AND DELIVERED in the presence of witness

\_\_\_\_\_  
(Printed name of witness)

\_\_\_\_\_  
(Signature of witness)

## STUDENT'S PERSONAL RECORD

**PLEASE PRINT**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Junior  (under 18);

Senior  (18 & over)

Telephone: (\_\_\_\_) \_\_\_\_\_

E-Mail: \_\_\_\_\_

(Your e-mail address will not be given out. It will only be used to inform you of activities and special events related to Angolly's Ranch)

Contact Person in Case of Emergency:

\_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Telephone: (\_\_\_\_) \_\_\_\_\_

(of person available during Class times)

Medical Ins. #: \_\_\_\_\_

**Allergies, Medications, additional medical information**

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