



Welcome to Equine Therapies and Saddle Fitting 2020. Thank you for your enquiry.
Below is information you need read before I see you and will answer most of your questions.
If you or anyone in your family has been sick please let me know before your appointment.
If your horse has any infectious diseases please make sure you fill that out on your case history form.

DATES: Dates vary when I'm going to be in your area. I travel around the greater Waikato and Bay of Plenty regularly but also go to lower north island and Taranaki and other areas quite frequently too.
Please email me and I will pop you on the list and get back to you asap with dates.

PRICES:

(payment due on day of session unless previously arranged)

Session Price: Session price is \$120 for all clients plus travel (see below).

I allow around 1 ½ - 2 hours for each session looking at horses holistically. This usually includes saddle fitting, various bodywork techniques such as Equine Sports Massage, Stretching, Acupressure, Myofascial Release, & Light Therapy etc, and also assesses any behavioural issues, gait and training problems. Owners are always given homework exercises.

Travel charges: from \$30 for Hawkes Bay, Wairarapa, Wellington, Manawatu, Kapiti Coast, Waikato and Bay of Plenty, South Auckland etc (if not too far off the beaten track). All other areas please enquire for prices. *Price is per venue not per horse.*

Organise a Demo with a group of friends or riding club: \$150 plus travel (if not in area at the time). Demos go for 2 hours with extra time for questions and notes given out. Please enquire for info sheet and flyer. I usually cover Signs of Soreness and Saddle Fitting or Massage Moves.

Please remember payment due on day of session unless previously arranged and if internet banking please put invoice number as reference along with your name.

Cancellation policy

Please Note: Unless PRIOR arrangements have been made, payment in full is to be made on the day of visit. Cash and cheques are accepted.

For internet banking please pay into account ANZ 06-0689-0322180-00. Please ensure YOUR NAME is added as reference.

Unfortunately, due to some timewasters, I have had to establish a cancellation policy. If you cancel 48 hours prior to your appointment you will be charged half the price of a session. If cancelling under 24 hours you will be charged the full amount of a session including travel. These charges will apply unless there are special circumstances, and these will be judged on a case by case basis.

If you need to cancel your appointment it is essential that you contact Sarah direct on 021 703290

If payment is not made within 7 days 2.5% interest per month will be charged on all overdue accounts.

In the event that this account is not met within my Trading Terms I reserve the right to add all costs of collection to this account pursuant to the Fair Trading Act 1986



WHAT HAPPENS IN A SESSION:

Case notes: when your horse is being seen for the first time there will be a case history form to fill in & return.

You can fill in the online form at: <https://www.cognitofoms.com/SLSF1/sarahlintonhorsecasenotes>

The online form is an easy option and must be filled out in one go - you can't fill out parts of it then come back to it later, so please make sure you have so time set aside to complete it. If you have any problems please let me know and I will send you a copy you can print and fill out.

- I allow 1 ½ -2 hours for a session and go over your horse's detailed case history which includes his training & exercise programme, health issues or accidents he may have had, goals that you have, plus a lot of other information. This helps me to build a picture of your case. I do a gait assessment - this includes watching the horse move at walk and trot in hand and sometimes on the lunge plus a few other moves. I give the horse a check over looking for any unevenness in muscle development and feeling for any soreness or tight areas or restrictions.
- All saddles that are used on the horse are checked and I also look at dirty saddle blankets. If needed a ridden test will be examined as well to look at pressure areas, how the horse moves with the saddle on, how saddle fits the rider and what the saddle is doing on the horse. If pads or shims are required, I can usually make them up on the spot to help while the horse is changing shape. I don't do full repacks but can-do top ups on some saddles. Regardless I can advise what needs doing in this case. Any valuable information in what to look out for with saddle fitting will be discussed with owners in this time as well. I do not sell saddles but give a totally independent opinion on what fits.
Please Note: Because of my injury I may need help with lifting saddles etc.
- Looking at the horse holistically usually includes various bodywork techniques such as Equine Sports Massage, Stretching, Acupressure, Myofascial Release, & Light Therapy etc, and also assesses any behavioural issues, gait and training problems. Owners are always given homework exercises. You get a copy of your notes of what I found in our session, a signs of soreness list and saddle fitting checklist in a folder. I also offer after care support via phone or email if any questions arise after our session.

I do not like to check the horse over without checking saddles or saddle fitting without checking over on the first session if a ridden horse. This is how I work and what I have found works well. It's a process and I try and educate owners as much as I can. 😊

OTHER THINGS TO THINK ABOUT:

- Cancellations or Postponements – contact me direct if at short notice: 021 703290.
- Please try and be on time and ready for appointments. I usually try and arrive 10 minutes early so I can get myself organized so I can start at the time arranged. I only allow 1 ½ - 2 hours per horse so make the most of me in that time. I don't like to be late and hold the rest of my clients up so it is unlikely that I will be fitting in any extra horses that you want to tag on at the last minute. I will try and ring in advance if I think I'm going to be late.



- Please try and keep horses clean and dry for sessions. Horses don't have to be washed just try and get off as much mud as you can. If moulting please give a really good brush before I get there as loose hair is not easy to palpate over.
- As our weather is so unpredictable, you need to organize to have a shed handy to get in if it starts raining to do assessments and bodywork. The shed does not have to be anywhere flash. Just somewhere a horse is happy to stand in if the weather is horrible. I will be at your place regardless of the weather so if wanting a saddle fitting you may need to ride. I can't do a full saddle fitting if I don't see you ride. If you think you might need extra girths etc. to try saddles please arrange to borrow some. I do sometimes carry some but no guarantees the right size.
- New saddles you may be trialling will need to be ridden in the dry weather or else undercover. Let me know in advance where you will be going to if planning on booking an indoor arena, so I can allow any extra driving time. Please arrange under cover arena if you are wanting to stay dry for ridden test. I'm certainly not bothered about standing in the rain watching you ride so if you are happy riding with a rain coat on then great. I am happy to meet at any indoor arenas - just let me know in advance so I know where to go and can allow extra travel time if needed. Also, if booking arenas for late sessions when it's going to be dark - please make sure the venue has lights! I can't do ridden tests if I can't see. I need to evaluate how the horse is going, what the saddle is doing and how the saddle is affecting the rider - as well as doing pressure tests.
- If you need to get in touch with me after our session, then email is best if you have questions. If it's a short reply needed, I can do that from my phone but if longer I will wait until I'm on my laptop next. You can ring and leave a message or txt on mobile but if you don't get a reply you know I'm either out of range, doing lots of horses at one place or haven't got it. I do long days and often by the time I'm finished it's too late to call clients back. Remember I'm sometimes on the road for days at a time. I will get back to you – just be patient.

Remember I do not cancel or postpone appointments unless something beyond my control has happened.

HEALTH AND SAFETY:

- Please make sure you have a nice safe clear area around where the horse is going to be for me to work in. This includes other horses out of the way and dogs that may get in the way tied up.
- Someone capable to hold the horse for our session who is going to pay attention and stay on whatever side that I'm working on.
- Please advise in advance if any biting or kicking issues or anything that may affect my safety.
- If we end up with extremely bad weather (especially thunder and lightning) and no safe under cover area it is highly likely that our session will be postponed for safety issues.

Thank you :-)
Sarah