

Centaur Biomechanics – Rider Biomechanics Session

Clinic Pack and Frequently Asked Questions – Hosts

Q. What's included in a Centaur Biomechanics and Performance Clinic?

Each session lasts 1 hour and 30 minutes and includes four key components:

- **In-hand gait analysis:** Using advanced gait analysis technology (Sleip), your horse's movement patterns will be measured to objectively identify subtle asymmetries, even ones that can be hard to see with the naked eye.
- **Off-horse biomechanical assessment:** The rider's function, range of motion, strength, stability and body awareness off the horse will be measured. This is useful to understand how the rider moves on their own, without the influence of the horse.
- **Ridden biomechanical assessment:** In walk, trot and canter, how the rider and horse interact together, including saddle effects, will be measured. This gives a complete picture of how movement patterns in both the horse and rider influence the other.
- **Analysis and feedback:** By combining all three elements and using slow-motion technology to provide immediate insight, the rider-horse-saddle interaction is reviewed in detail with the rider. This part of the session brings everything together, allowing the rider to clearly see and understand the findings and how they relate directly to their riding performance and goals.

All findings and exercises are uploaded to your online portal, with clear instructions so you can begin working immediately.

Q. How much does each session cost? £130 per session incl VAT (travel charges may apply).

Q. How should we timetable the day?

Sessions last 90 minutes and should run back-to-back with no lunch break. Start time should be 09:00 HRS unless alternative times are arranged.

Arrival and set up	08:30
Rider 1	09:00
Rider 2	10:30
Rider 3	12:00
Rider 4	13:30
Rider 5	15:00
Finish and pack up	16:30

Q. Do I need to provide anything for the day?

A power supply is needed for all clinics. For clinics which are in England all that is required is a power supply. Clinics in Scotland, Ireland, Europe and international clinics require a table, a monitor with either a VGA or HDMI output and an extension cable. In addition, a gym ball and a seating platform (large mounting block) would be needed.

Q. Can the sessions take place in an outdoor arena?

Between October and April, sessions need to take place in an indoor arena. During the summer months, the sessions can take place in an outdoor arena, although an indoor arena is still preferred.

Q. Do we need mirrors?

Mirrors are great however, not essential for these sessions.

Q. How should we pay – Do clients pay individually or does the clinic host?

For all clinics, the clinic host is responsible for organising payment to Centaur either via BACS or cash. Payment should be made on the day unless prior arrangements have been made with the Centaur office.

Q. Can we pay via BACS or card?

Sadly due to the volume of riders, riders are unable to pay individually by BACS. Card payments or Apple pay is not accepted.

Q. What happens if someone does not turn up?

All cancellations on the day including “no shows” will be charged a full session fee.

Q. Do you have any advice on how to run a successful clinic?

The clinics are very popular with 98.5% being filled. It is advised to take deposits from riders before the event. Some hosts find emailing the riders a month before the event, followed by a week before, very beneficial. The Centaur office can offer support by its social feeds and website, so please keep us updated. We also have marketing material, clinic posters etc which we can send.

Q. What time should the clinic start?

Unless otherwise arranged all clinics start at 9 AM.

Q. Should I leave a five-minute gap between each session?

All sessions should run back to back therefore a five-minute gap is not needed.

Q. Should horses be warmed up?

It is advised, for horses and riders to be mildly warmed up.

Q. What should I wear?

Riders should wear light breeches, long boots, gloves and a correctly fitted hat. Riders will be asked to wear a Visualise Training Jacket, which helps highlight positional weakness. Please ensure that hair is tied up or a hair net is used.

Q. How much notice should I give if I cancel a clinic?

From the time of booking we ask that you keep the office updated with numbers and any potential concerns etc – this allows us to help. In the event that a clinic needs to be cancelled, we require at least 2 weeks' notice; otherwise, a cancellation fee will be incurred (session fee x 5).

Q. Do I have to complete any forms/paperwork?

All riders are required to register with Equigait using the QR code and link provided. On registering, there is a short questionnaire to complete.

Q. Can I bring my trainer, Physio and saddler?

We welcome a “team approach”, in all cases, coaches, physios, and saddle fitters are welcome.

Q. Do I need to bring my horse?

All of Centaur's sessions require your own horse.

Q. Do we need to provide refreshments and lunch?

Refreshments and lunch are always appreciated, however, it is not expected.

Q. How do I secure a date?

For all bookings, please email the office, and you will receive a selection of dates. These dates will be held for one week. Please ensure that you let the office know if you would like one of the dates, as after the holding period, the dates will be released.
