

Riding camp as an active way of spending free time by children and young people

Obóz jeździecki jako aktywny sposób spędzania czasu wolnego przez dzieci i młodzież

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Abstract

"The horse is what everyone sees", as defined by a horse in 1746, Father Benedict Chmielowski. However, not everyone knows what makes this beautiful animal plays an invaluable role in physical recreation. Paleontologists analyzed the famous wall drawings in the caves of Pech-Marle suggests that there silhouettes of horses presented testify about the magic powers attributed to them, preventing human illness and assist its life energy. The work aims to raise awareness of people as a huge positive impact horses have on the development of children and adults at all levels of their lives and how much they can do good for them. One of the forms of contact with a horse, ride and "the life of the stable" is riding camp, which describes aspects of the job.

In this paper, erected the following objectives:

- 1) The selection criteria for participants in specific equestrian center.
- 2) To investigate the involvement and the scheme of work instructors.
- 3) Determining the organization of free time after the completion of all activities foreseen in the camp.
- 4) Examine the views of children and young people about riding camps as a means of active rest.
- 5) Gathering information on the experiences of the respondents after their stay at the camp bonuses.

Keywords: physical activity, physical recreation, leisure, children and youth, riding camps, horses

Streszczenie

„Konia jaki jest każdy widzi”, tak zdefiniował konia w 1746 roku ksiądz Benedykt Chmielowski. Jednak, nie każdy wie, co sprawia, że to piękne zwierzę odgrywa nieocenioną rolę w rekreacji ruchowej. Paleontolodzy analizujący słynne naścienne rysunki w jaskiniach Pech-Marle sugerują, że przedstawione tam sylwetki koni świadczą o przypisywanej im magicznej sile, zapobiegającej chorobom człowieka i wspomagającej jego energię życiową. Praca ma na celu uświadomienie ludzi, jak ogromnie pozytywny wpływ mają konie na rozwój dzieci i dorosłych na wszystkich płaszczyznach ich życia i jak wiele mogą dobrego zrobić dla nich. Jedną z form kontaktu z koniem, jazdą i „życiem stajennym” jest obóz jeździecki, którego aspekty opisano w pracy.

W niniejszej pracy postawiono następujące cele:

- 1) Określenie kryteriów wyboru przez uczestników konkretnego ośrodka jeździeckiego.
- 2) Zbadanie zaangażowania i systematyki pracy instruktorów.
- 3) Ustalenie organizacji czasu wolnego po ukończeniu wszystkich zajęć przewidzianych w programie obozowym.
- 4) Zbadanie opinii dzieci i młodzieży na temat obozów jeździeckich jako sposobu aktywnego wypoczynku.
- 5) Zebranie informacji odnośnie wrażeń ankietowanych po pobycie na obozie jeździeckim.

Słowa kluczowe: aktywność fizyczna, rekreacja ruchowa, czas wolny dzieci i młodzieży, obozy jeździeckie, konie

Introduction

It has long been a matter of common knowledge that students need periodic rest breaks at school and extracurricular activities. Summer and winter holidays enable children and young people active leisure and recreation based on their individual interests and needs. Children want to first of all entertainment, opportunities to participate in your favorite activities such as sports games, tours, art classes, and integration. It is all about fun, enjoyment and contact with peers and nature. Such an objective meet the special facility for holiday rest children and adolescents.

Forms of rest may be divided into away and place of residence. To form colonies traveling include recreation, permanent camps, summer camps, health camps, sports, seasonal wellness stays, theme camps, camps combine leisure with work camps. A cheaper form of rest is half the colony in residence. Summer camps are safe, happy and healthy (Barłóg S, Jankowski R, 1997).

The most common forms of organized leisure holiday of children and adolescents are recreational camps and themed camps. The primary objective of the colonies and camps is to provide children the safe and healthy rest, recuperation enable both physical and mental, and hardening and strengthening the body. The second fundamental factor is preparing classes favorably influencing the development and personality of pupils, shaping cognitive processes, consolidate what you have learned and the opportunity to build pro-social attitudes. The basic functions of the colonies and camps defined functions: the health and Area, educative function, the function of caring, cognitive function. The goal of each camp and colony to supplement school work, promoting physical activity, rest and rejuvenation, as well as developing individual interests of the participants (Nawara H., Cooper, A., 2007).

Before the arrival of children and young people the responsibility of the organizer is adequate preparation facility. The object must be thoroughly cleaned and protected. Careful control must be subjected to recreational and sporting equipment, and housing and utility buildings. It is everywhere check the status of the electrical system, the technical condition of buildings, equipment, bathrooms, kitchens and canteens, and the provision of approved fire-fighting equipment and marking of evacuation routes. The basis for the organization of the colony or camp is a work plan with specific objectives. Please specify the nature of the camp, set a main objective and identify all the factors. The second important factor is the organizational framework of distribution. An equally important element of a good and safe trip is also teaching staff, which must be professionally prepared

In line with the theme of this work will be of particular interest for us horse riding center, as a place of recreation for children and youth and the organization of work.

Equestrian Center should have a carefully selected group of horses, large and beautiful grounds, and indicated a family atmosphere. The stomach the complex should be bungalows or rooms with bathroom and dining room. The stables must be a separate room for the horse's government, the so-called saddle. The tack is indicated running water in order to wash the bit after driving, and first aid kit. Each horse should have assigned your equipment, that is: bridle, saddle, saddle, pads and summer earmuffs. The equipment must always be clean and well-matched, would not do harm to the animal. Brushes can be common, but every now and then washed.

Very important is the square, or the paddock, which hosts the ride. Children should be large, with a secure fence, projecting hard elements, and to prevent the escape of horses, if incurred, or the fall of the rider. The substrate must be suitable for horses, that is not too soft, not too hard, the best grass, would not shrink like, cleaned of stones and any hazardous items. It is advisable to have an indoor riding school center, which you use during bad weather, or in rain, snow, cold, or slippery ground in the paddock. Hall should have minimum dimensions of 20x40 meters to safely accommodate the multitude composed of several horses.

Horses should be spacious stalls or positions. For ease of care, in the stable should be a few positions to which you can tie the horses and easily cleaned, washed hooves, braid the mane and similar treatments.

Most centers that organize camps has a common room, playground, volleyball and football, fireplace, living room with television. Studs located on a lake can also boast their own swimming. It would be good if in the center, or near a grocery store. Some centers organize trips to the swimming pool, cinema, zoo or similar places of entertainment.

A good equestrian center should ensure that:

Practical classes:

- ✓ learning to move safely in the stable in the presence of horses
- ✓ care, feeding, watering, outputting horses on pasture
- ✓ science of cleaning, harnessing, saddling horses
- ✓ classes at the riding school and in the field
- ✓ Individual and group riding for beginners and advanced, in the saddle and bareback
- ✓ science lunging horses
- ✓ basic treatments

In addition to practical exercises some theory:

- ✓ safety rules in the stable in the presence of horses
- ✓ construction of saddles, bridles and riding equipment
- ✓ Basic anatomy and physiology of the horse
- ✓ race, ointments and variety in horses
- ✓ evaluation of conformation horse
- ✓ illness, disease, injuries in horses
- ✓ Equestrian competitions
- ✓ basics of horse psychology
- ✓ natural horsemanship and work from the ground with the horse, having fun with horse
- ✓ basis for the care and feeding of horses
- ✓ books and movies of a horse
- ✓ multimedia presentations

Despite the many attractions and facilities, social life can best be seen in the stable. It was the horses children feel better and where most spend their time (Pękała P., 2001).

Horses for equestrian work camps should be well had busted and peaceful. To adequately trained horses need professional staff. Be of key importance is the development of the horse training to prepare them for recreational use in the field of dressage, jumping, and field trips and rallies.

Comprehensive education of horses based on gentleness, obedience and peace. Horses can not be vicious with addictions and habits, because it threatens the safety of riders. This means that they can not bite, kick, throw on man, climb and cavort while driving, and absolutely must permit the free cleaning, bridle, saddling and boarding. The resort should have different horses. From ponies to large horses, so that the camp could be both smaller children and older youth. The most important is the nature and disposition of the horse. Moreover, it is not only race, but also the origin of the parents nervous system characterized by balance and willingness to work with

the man because mental properties are in horses inherit, allowing relatively "on paper" can assess the suitability of the horse for recreation or sport (Roberts, M., 1998).

Colour, variety is of no significance. Important is sex. To learn geldings usually recommended because of the greater docility and peace. Strongly discouraged stallions, which should ride only experienced riders due to their excitability (Gwiazdowski P., 2007).

Horses must be under constant veterinary care and blacksmith. Due to the high operating frequency of the hoof should be regularly hoof trimming and, if necessary shod. Instructor led drive is required to ensure that the equipment used for the horse was properly fitted and did not hurt the horse. In the case of abrasions, limping, coughing, or any other ailments horse can not participate in the ride. Each camp participant should be familiar with the basic dangers and symptoms in horses, and if you see something disturbing report it promptly instructor, or other person responsible for the horses (Hansen M., 2001).

At the camps, the most commonly used split into three groups-beginner, intermediate and advanced. Ideally, every game UPE led another instructor (Janiszewska J., Ignar J., 1998). A staple of these elements is the *instructor*, who plays a huge role. "If there was a code of ethics instructors, horse riding, it should begin like this: Each teacher riding bears the same responsibility and has the same duties, regardless of whether it has to do with a complete beginner or an advanced player. Each student must be treated as seriously as long as he wants to learn. Welfare of the horse is the most important value and each instructor has a moral responsibility to instill this principle to his disciples, regardless of whether we are dealing with a riding school or a grouping of staff" (Hansen, M., 2001). A very important feature of a good instructor is the ability to combine horse-rider and enable the development of both. This ability is the result of experience and understanding of their work. The instructor can not focus exclusively on the training of the rider without a horse, or vice versa. Forgetting the cooperation achieved only a temporary effect, after which the horse, rider, or both go back in training (Hansen, M., 2001). Each instructor must be responsible, reasonable, providing, but also honest. Assessment of the skills rider must be fair and consistent with reality. A good instructor must first of all love horses and their work. For this there must be patience, maturity and willingness to share knowledge. He must give his students the inspiration. Knowing how their reward, praise, but also to admonish and correct. It can not fall into a rut. Only balanced instructor, respectively, adapting to the situation and the task will win the trust and respect of his students and make people riding on horseback will were coming (Szyczak, B., 2001).

Before deciding to "send" your child to camp riding every bear should thoroughly think through your decisions. Children can be divided into two types-already recoiling riding and having some knowledge, or those who have had no contact with horses. It is known, in the case of the first decision is easy-if your child already goes, is passionate about horses and want to continue to develop, he must make it possible and allow for participation in the camp (Neumann-Cosel I., 2009). In the case of children who only see the horses in the picture, from a distance, or on television, the decision of the equestrian camp must be well thought out, and the best consulted with relevant persons. Any abnormal development, medical condition or disability exclude the possibility of participating in the camp. Children with Down syndrome, ADHD, autism, cerebral palsy, contracture of the limbs, muscular dystrophy, blind, deaf, speech pathology, or this type of disorder can be into contact with horses exclusively through

hippotherapy, which is incredibly effective and a good form of rehabilitation (Teichamnn-Engel B., 2004).

Materials and methods

In studies conducted in the framework of this paper, the method of diagnostic survey using a questionnaire (Dunaj, 1996; Łobocki, 2009; Sztumski, 1995; Pilch 1998). The study was conducted in February 2014 on the premises of Kujawsko-Pomorskie two equestrian centers: Riding Club Horse Deresz and Roan Old Jasiniec. Each carton folding warned people about how to fill in a questionnaire. Children ch Etnia filled questionnaire and talked about camp life. The study embraced a group of 25 people aged 9 to 16 years. The group consisted of 19 girls and 6 boys.

The results of epidemiological tests

The proposed offer applies to summer camps, riding in 2014.

Agrotourism "Barn Old Jasiniec", Bartosz and Iwona Michalek, offers:

- ◆ stationary, active recreation in the countryside, in a family atmosphere and a small circle (up to ten participants) on the farm aimed at breeding, rearing and use of horses
 - ◆ full board (4 meals - breakfast, lunch, afternoon tea, dinner)
 - ◆ accommodation in a new residential building, in double and quadruple rooms on the first floor, living room and dining room on the ground floor, two bathrooms
 - ◆ program includes a 10-day, intensive training of riding (minimum two-hour riding lessons per day).
 - ◆ within the residence of the children in the "Barn Old Jasiniec" planned learning activities horse riding and improving existing knowledge and skills related to the handling of horses and horse riding, under the supervision of qualified and experienced instructors riding teacher education. Besides the practical knowledge related to the care of horses (feeding, treatments, cleaning stables) provides theoretical training in the field of wide knowledge about horses (anatomy, physiology, behavior, culture, sports, etc.) completed allocating and solemn awarding of diplomas. For classes with Hipiki allocated saddle horses and ponies, specially selected and prepared.
 - ◆ participants are covered by individual insurance from the NW, which provides organizer
 - ◆ participants get there and back is done at their own expense
- Price 10 day stay in 1400 zł. ([Http://www.staryjasiniec.pl](http://www.staryjasiniec.pl))

Roan Riding Club in New Manor guarantees:

- ◆ catering and accommodation
- ◆ 20 hours riding, horse care assigned
- ◆ classes on horse care
- ◆ lectures and competitions of a riding
- ◆ sports and recreational activities
- ◆ meet the artist
- ◆ trips to the beach and the water park
- ◆ bonfire and evenings by the fireplace

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Camps begin on Sunday at 12⁰⁰, and end on Saturday, riding a horse show at 10⁰⁰, a solemn appeal and lunch at 13⁰⁰ Getting there and back on their own. The cost of one of the stay - 1550 zł (<http://www.deresz.pl>).

Comparing offer camp Old Jasiniec Stables and Riding Club Roan, we can conclude that have similar conditions. Both centers have specially selected and prepared horses, provide experienced staff of instructors and educators, as well as provide insurance against accidents participants. Food and accomodation, passengers included in the price. In addition to riding stables additionally offers provide theoretical classes, lectures and competitions of a riding and sports games. Getting there and back participants have to provide yourself.

The only difference compiled centers is the length of one of the stay and its price. Old Barn stays Jasiniec offers 10-day at a price 1400 zł, and Riding Club Roan stays planned 13-day for the price of 1550 zł.

The tables and graphs contains the results of studies in order to better illustrate the results.

The results contained in Figure 1 relate to the amount of equestrian camps held by the respondents.

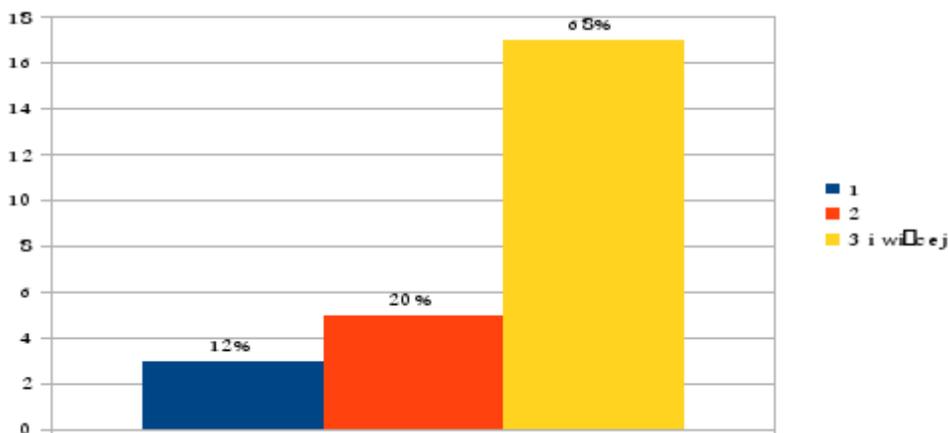


Chart 1. Number of equestrian camps held

From the results contained in the above graph shows that the majority of respondents, 68% were more than 3 times the equestrian camp. 20% of children were at the camp for the second time, and 12% participated in the first time.

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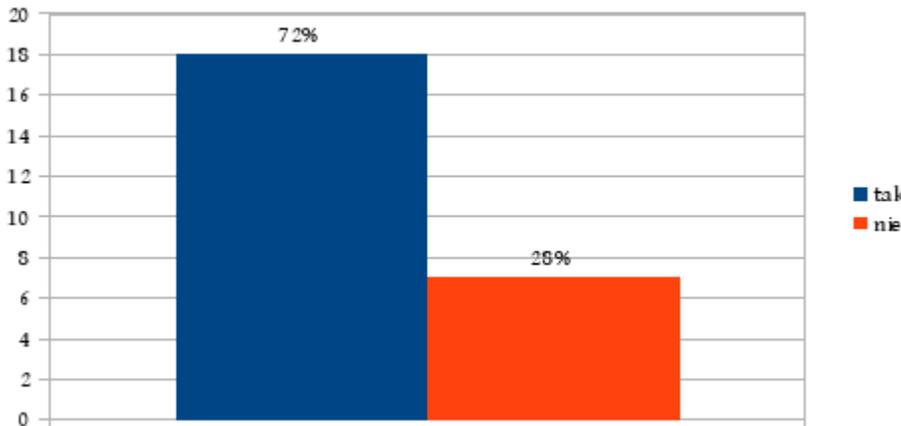


Chart 2. The choice of concrete equestrian center

The results presented in the following graph show that children usually choose one horse, or know some other equestrian centers.

Based on these results it can be concluded that children usually choose the same, already validated riding center (72%). Only 28% of respondents took advantage of the offers at least two equestrian centers.

Framework distribution of hours for the concrete action has been shown in the chart number 3, 4 and 5

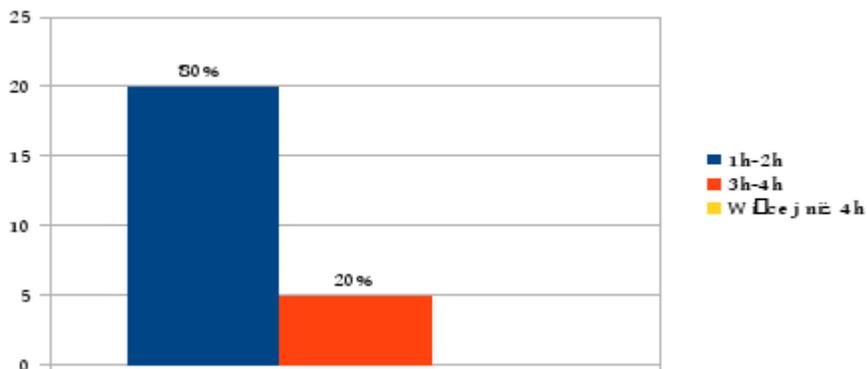


Chart 3. Time spent on horseback riding

From the data presented in the chart number 3 that the equestrian camp during the day is spent on average about 2 hours riding lessons

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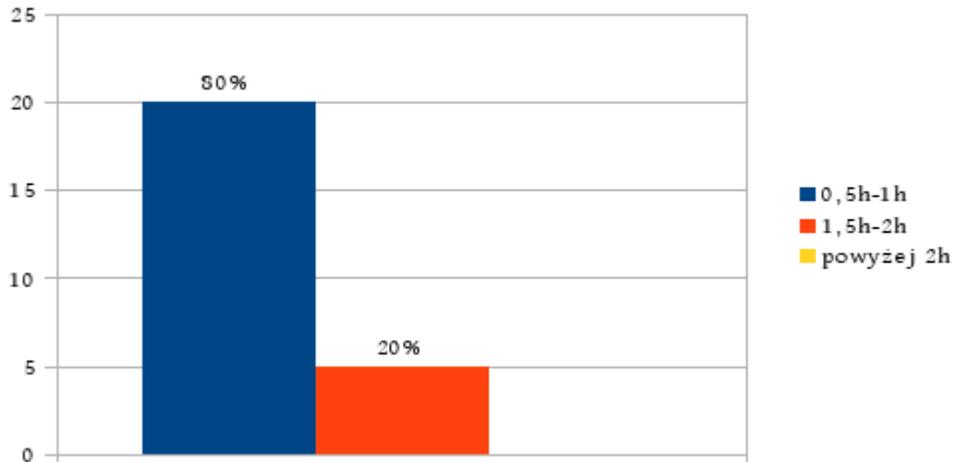


Chart 4. Time pur tied to care for a horse

Based on the above results from the graph, we can conclude that in the camp to care for a horse is designed around one hour per day.

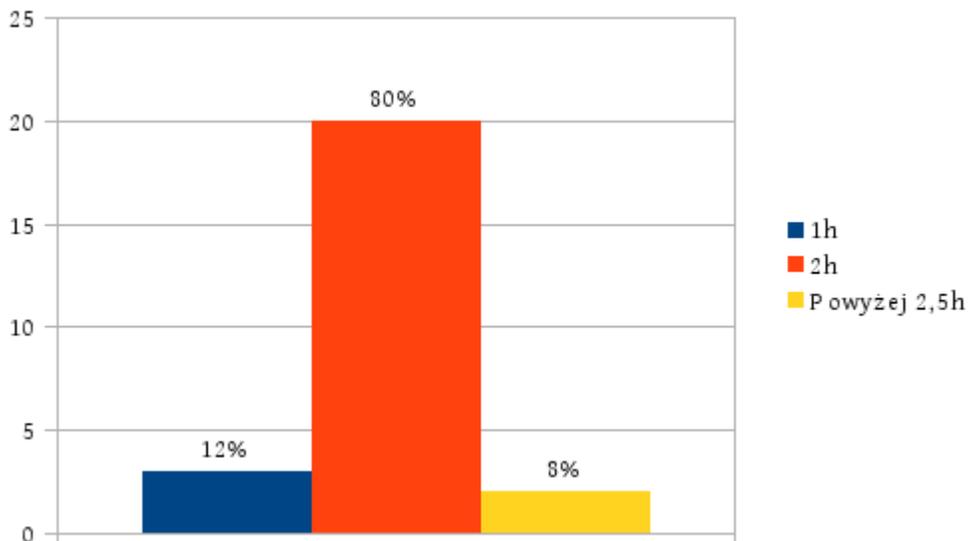


Chart 5. Time spent on work in the stables

The majority, as many as 20 people, or 80% of the respondents identified that activities such as ritual, sweeping the stable release and feeding of horses are available two hours a day.

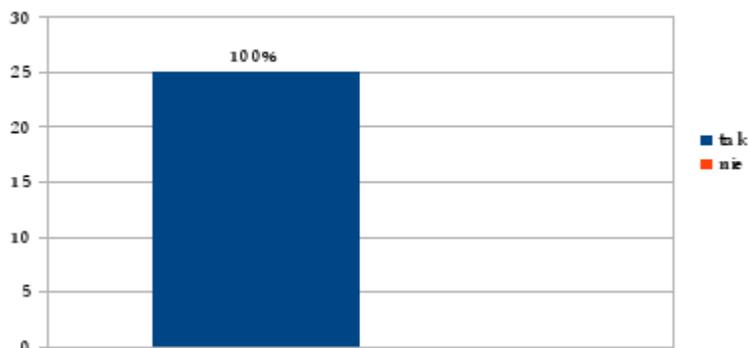


Chart 6. Application grouping of play

Is there a division of participants into groups? The answer to this question is contained in the chart number 6.

As you can see from the results contained in the graph above, the respondents unanimously said that the camp is split into groups of advancement. From a practical point of view, it gives a faster and better raise the skills of participants, and increase the level of safety. By dividing the participants into groups of instructors to work more easily and have better contact with the group.

An important issue for each participant of the camp is the allocation of horses. Chart No. 7 contains data on whether the horses are properly matched to the skills of the children.

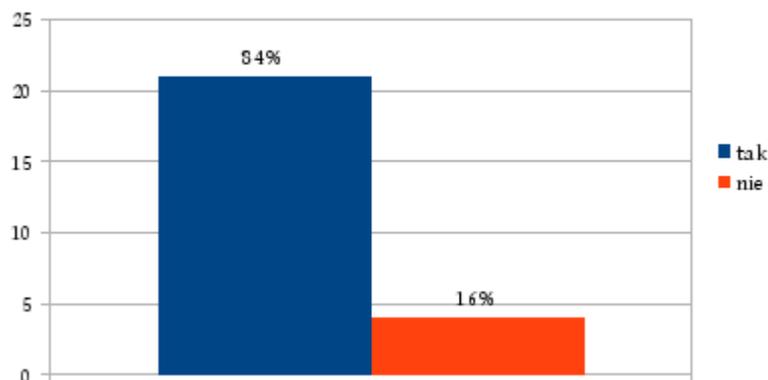


Chart 7. The Selection of horse riders skills

The study suggests that horses are more appropriately matched to the skills of the riders. This sentence has 84% of the respondents. However, 16% of respondents believe that the selection of horses is not suitable. The question "why?" responded as follows: "Horses sometimes

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buck and difficult to stop," "my horse is too big for me", "almost every day I'm out of my horse." This proves that sometimes happens to assign the child inadequate mount.

Another chart will present how many riders falls on one horse.

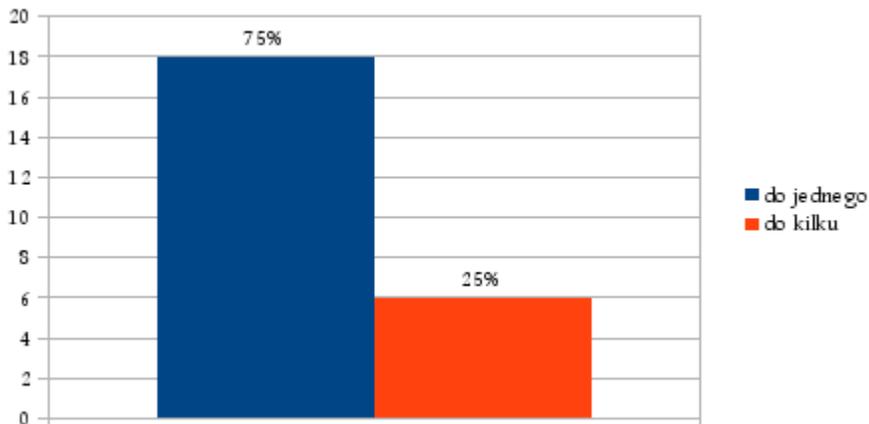


Chart 8. Allocation of horses for riders

The data presented in the graph that, in most cases, the horse is allocated to one rider. 75% of respondents can say is the privilege of caring for one, "his" horse. 25% of children, however, has to "share" one horse, and together take care of him. Allocation of horses depends on the number of children in a given tourney.

The level of the camp and the opportunity to improve their skills depends only on good riding instructor. It is recommended that equestrian camps were at least two qualified instructors. The chart below confirms this theory.

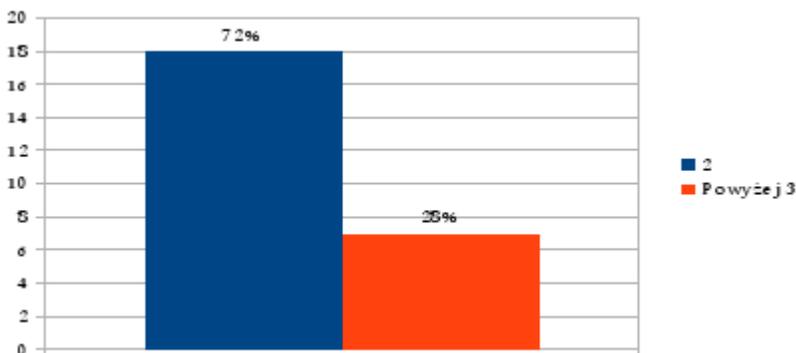


Chart 9. Number instructors equestrian camp

This percentage score confirms that drive leads to the camps at least two instructors (72%), and even happens that the center employs three or more persons authorized to conduct rides. In the equestrian world, it is believed that each instructor has their own school and there are a lot of ways and methods of teaching. That is why it is good when children come into contact with various techniques driving. Allow them to analyze how the achievement of specific objectives, and will draw conclusions and attempts to task the most convenient way for you.

The next graph relates to compliance with safety riding lessons.

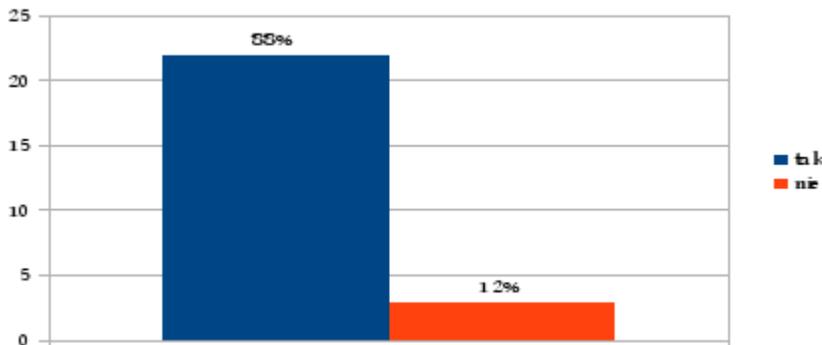


Chart 10. Compliance with safety rules

The data presented in the graph 10 shows that during the ride safety rules are disregarded - 88% of the vote to yes. 12% of respondents disagrees, explaining that some riders can not cope with the horses and comes to unnecessary falls.

Respondents also indicated in its entirety that riding helmets is absolutely mandatory and equestrian centers observe this important provision. The use of helmets increases the level of safety of persons riding on horseback. During a fall from a horse's head is very exposed to the strong beat of the earth, poles, walls, or other hard objects, life-threatening rider. Often helmet saved human lives, or are saved from disability.

The next issue is examined the number of horses in the host while driving. The results are shown in the chart below.

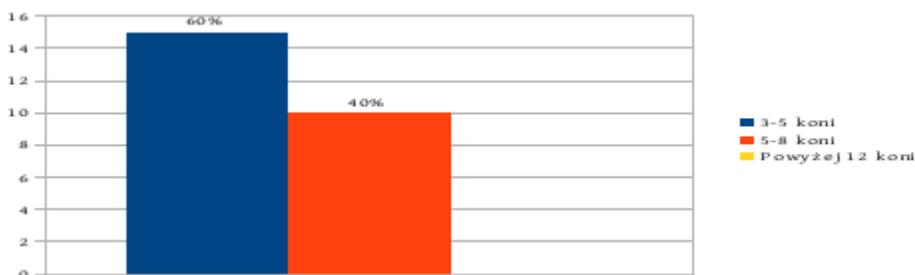


Chart 12. Number of horses in the host while driving

The study indicates that the hosts consist of up to 8 horses, of which 60% of hosts is from 3 to 5 horses and 40% in the host terms from 5 to 8 horses. This is a satisfactory result, because of the fact that the fewer horses in zastępie the safer and there is a greater possibility of

raising the skills of riders. Fewer horses makes the work easier for instructors, and gives them the ability to perceive details of a swoop and impact of aid, which are very important and have an effect on the further improvement of riding skills.

Data on whether the horses have "your gear" changes the next chart.

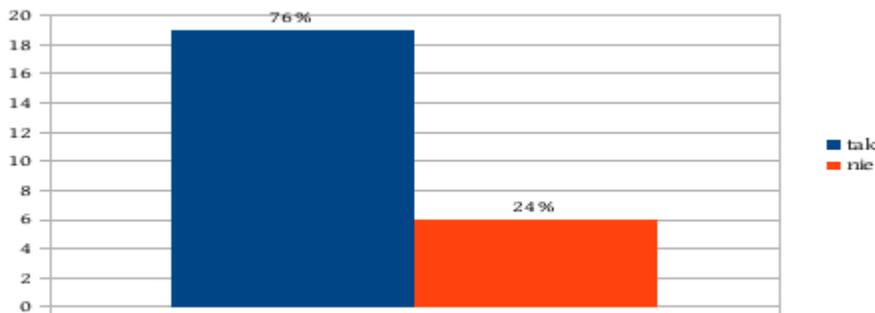


Chart 13. Allocation of equipment for horses

From the above graph shows that 76% of horses have "exclusive" equipment such as saddle, bridle, saddle and pad. Unfortunately, not all horses, as many as 24% do not have hardware specifically tailored to them and reserved.

Whether the children broaden their skills riding at camp, you can learn from the chart number 14

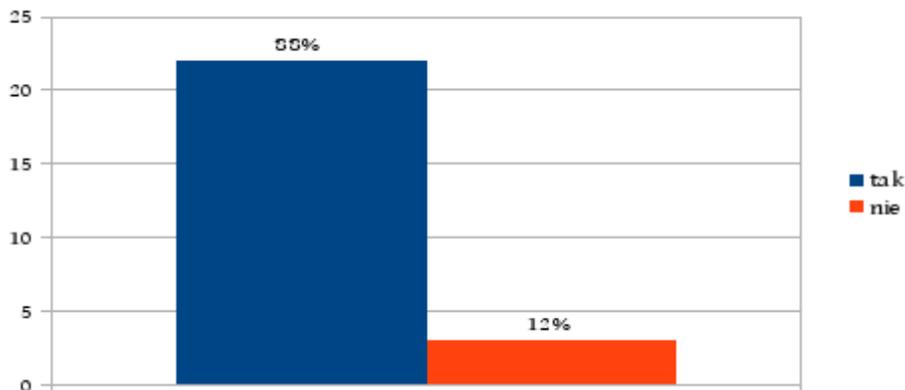


Chart 14. Opinion of participants on the uplifted and their riding skills

The chart shows that 23 people surveyed, or 88% believe that riding camp develops their skills and allows them to develop. 12% believe that their camp for many will not teach and will improve their performance. A significant factor in raising the skills of the rides in the group is the level of play the rest of the camp participants. In horse riding, always and absolutely level you have to adapt to the most vulnerable people in the group. Only in this way can avoid dangerous situations and accidents.

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In another question, respondents answered reluctantly. The question referred to the changes in the camp. Children had to unsubscribe from hyphens their proposals. In addition to the answer "nothing", appeared the following proposals:

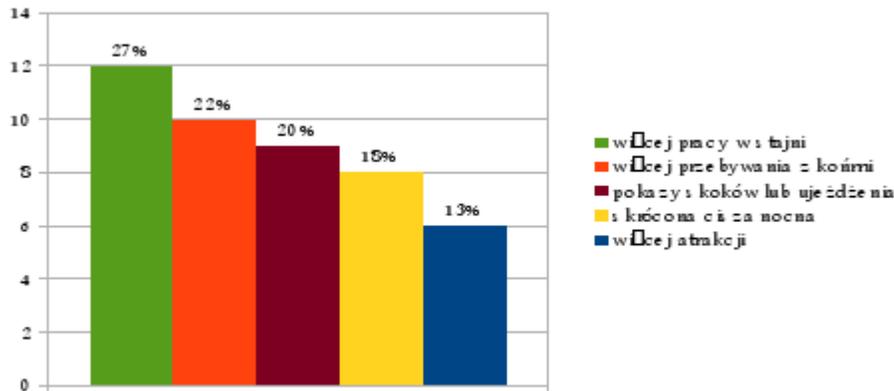


Chart 15. Changes in the camp on horses and horse rides

The percentages in the above chart shows that 27% of respondents would broaden the time available to work in the stable, 22% of respondents would like more to be with horses, 20% of respondents would like to watch or participate in jumping and dressage shows, while 18% of respondents suggested shortening the silence of the night, so that started at 23³⁰, 13% of the participants of the camp had been applied for more attractions.

The second part of the questionnaire concerned the time off the camp participants, attractions, camps, and possible modification of the camp. On the question of free time, respondents answered in the following process as s.

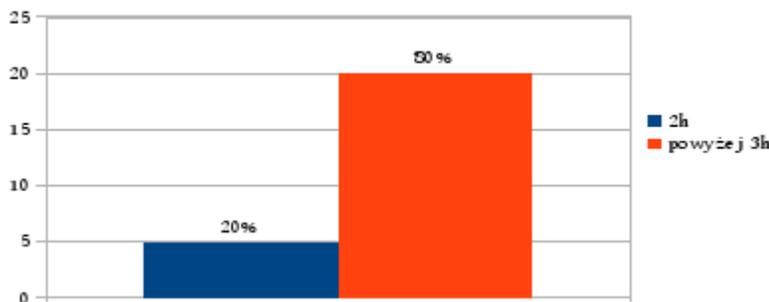


Chart 16. The amount of free time for camp participants

From the above graph shows that the camps equestrian free time, so-called "for himself" is dedicating an average of more than three hours. Only 20% of respondents felt that the disposal to 2 hours.

The chart below shows the steps performed by the campers in their free time. Children had the dashes write what they do.

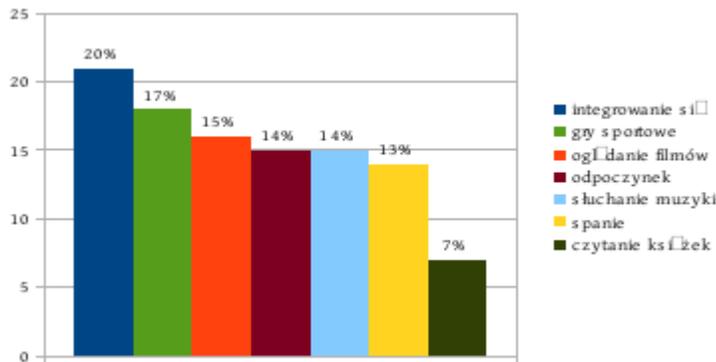


Chart 17 Classes in time "for yourself"

The data presented in the graph, we can read that 20% of respondents free time spent on integration with colleagues, 17% of respondents spend their time actively playing various sports games, 15% of respondents dedicating free time to watch TV, 14% simply resting and listening to music, and 13% in leisure time restores strength by sleeping, and 7% of respondents read books.

Another question of interest questionnaire concerned the camp outside riding lessons. It was an open question, which respondents gave the following answers: field trips, going to the woods, playing sports on the fields, playing table tennis, competitions, swimming in the lake, horse equipment cleaning, fireplace, watching TV, dancing, board games .An interesting attraction for campers is a group ride outside the resort. The results indicate that the riding centers can organize group trips outside the facility. During one of the stay provided there is one trip to the swimming pool, a cinema, and a trip to the ice skating in the winter.

The next question concerned the sports fields in the equestrian center. Respondents answered according to the resort, which currently reside has:

- ♣ 1 football
- ♣ 2 volleyball
- ♣ 1 tennis court

Unfortunately, there is a basketball court and a playground for the youngest participants of the camp.

Next question concerned the organization of extra-curricular activities such as dance classes, first aid course, and the like. Children may write extra classes. The results obtained are as follows:

- ♣ 10 hours of dance lessons
- ♣ 5 hours of lectures on riding
- ♣ 2 hours first aid course

From the responses, we learn that equestrian centers organize additional activities which are interesting variety of time, and giving the opportunity to expand their knowledge in various fields.

Question 23 on the survey concerned the peers of children in the stud and their possible participation in the camp bonuses.

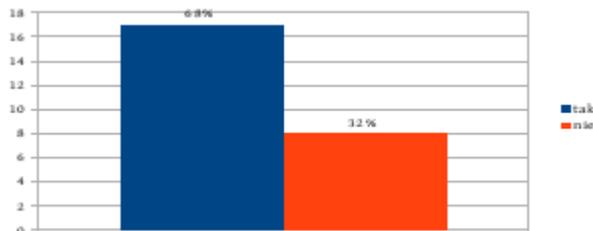


Chart 18. Peers of the respondents and their willingness to participate in the equestrian camp

The vast majority, 68% of respondents believe that their peers at school would participate willingly in the camp bonuses. 32% of respondents believe that they would not be keen on this type of holiday.

When asked about the best aspects of the camp at this question, respondents were able to grant more than one answer. Here are examples of what gave the respondents: horses, new knowledge, care of horses, games, contests of knowledge about horses, exercise, good instructors, dance parties, field trips

Next question concerned the things that most do not like the test. Similarly as in the previous question, respondents had the opportunity to award some answers. In addition to the statements "I like everything, it's great", there have been such observations: curfew of 22³⁰, the age limit of participants for 18 years, Some helping the poor assistance in saddling horses, the prohibition of walking alone to the stables.

From the statements of the children that they wish to shorten the curfew, the abolition of the age limit for participants, better help with siodłaniu horses, and the possibility of an independent stay in the stable.

Do you think children riding camp for a good way of spending free time? Answers to this question are quoted below:

- △ "It's a good way to spend free time, because young bodies need movement"
- △ "Yes, because he meets new people and you can learn how to ride a horse"
- △ "Yes, riding is great, you can share with your friends your interests"
- △ "Yeah, thanks horses learn responsibility"
- △ "Yes, because we are in the open air and not wasting time on the computer"
- △ "Yes, it's a great way to take a break from reality"
- △ "Yes, because we spend time actively"
- △ "Yes, because I do not have to sit at home, only to actively spend time with my wonderful animals"
- △ "Yes, it's an interesting experience that I would recommend to anyone"

⤴ "You can relax in an active way in a natural setting"

From the above expression shows that respondents consider riding camp for a very good way of spending free time for children and young people. According replied that this is a great time to meet new people, also improve in horse riding, physical activity in nature, and interesting experience.

When asked about adding some detail to the program of the camp, the vast majority of respondents answered "nothing".

Answers that were real and could be introduced into the program of the camp are as follows:

- ⤴ study the anatomy of the horse
- ⤴ more integration activities
- ⤴ equestrian camp
- ⤴ classes woltyżerki
- ⤴ a trip to the rally
- ⤴ show jumping

These suggestions of the respondents indicate a broadening of the curriculum equestrian, having, for example vaulting classes, trips to rallies or demonstrations jumping. Respondents in accordance argued for increasing the number of integration activities.

Next question concerned the promotion of riding camps. Whether the children invite their friends to participate in riding camps can learn from the chart below.

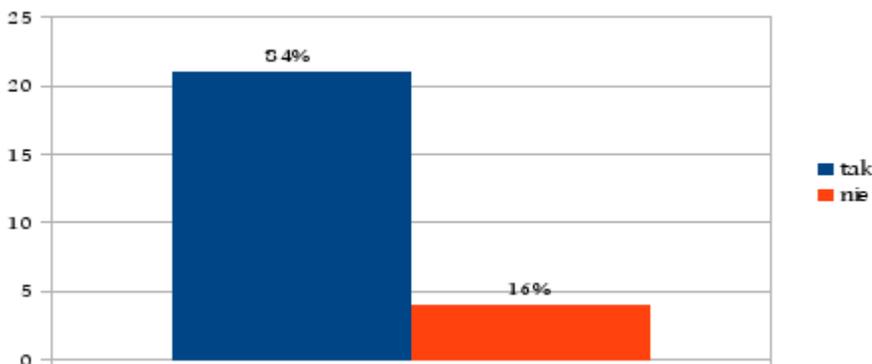


Chart 19. Encourage your friends to participation from the affected camps equestrian

The percentages included in the graph number 21 indicates that the vast majority, 84% of respondents encouraged their friends to participate in the camp bonuses. 16% of respondents did not encourage friends to do the kind of rest.

The next issue examined by me is the desire to re-participate in an equestrian camp. The result is contained in the chart below.

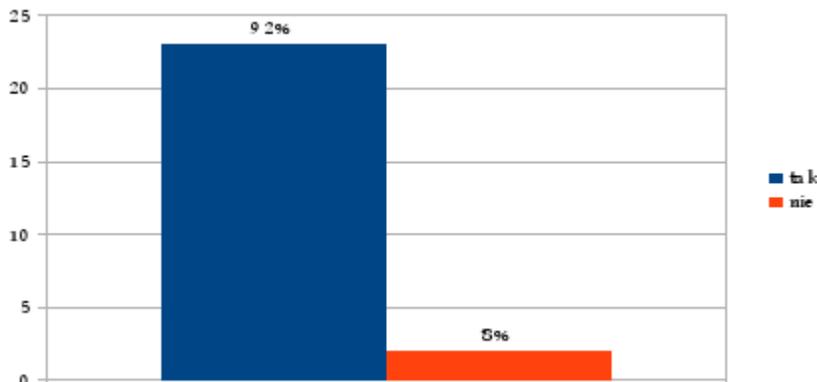


Chart 20. Of planning an equestrian camp next

Based on the above results can be safely concluded that the respondents are satisfied with the form of relaxation which is riding camp and are happy to benefit from her again. 92% of respondents stated their willingness to participate in the camp next year. Only 8% of respondents did not think about the next time they come to the equestrian center

The last question concerned the brief description of the experience surveyed after their stay at the camp bonuses. Presented below have been some short descriptions.

- ▲ "It was great, just great"
- ▲ "The camp was great. I never bored, and I have met many new friends"
- ▲ "I learned a lot of horse riding. The horses here are amazing"
- ▲ "It was funny, a lot of cool people, great staff and horses"
- ▲ "I'm glad I could come here again. It was great"
- ▲ "Great place, people and horses"
- ▲ "I could have a lot to learn, it was a lot of interest"
- ▲ "Riding camps are great. Riding lessons and dance, a lot of traffic and outdoor activities"

From the above expression can be drawn one conclusion-respondents are very satisfied with the camp, they like riding lessons, meet new friends, attractions camp, and physical activity in a natural setting.

Conclusions

When analyzing the answers given by respondents to the questions in the survey can be concluded that riding camp is a very good form of active leisure of children and youth.

The study shows that children usually choose the same horse riding center, which allocates an average of 4 hours per day to stay with the horses. There is a division into groups depending on the skills of riders. Horses are properly selected and prepared to work with children and instructors engaged in their work and care about safety. Hordes consist of the optimal number of horses that "have their equipment".

The campers have free time, so-called. "For themselves", in which they have time to integrate, watching TV, resting, listening to music, games and sports games and the like. Centers,

in addition to horseback riding offer different attractions such as the exit to the forest, bonfires, contests, and all sorts of physical activity.

Surveyed camps like best horses, the opportunity to meet new friends, sports games, properly prepared staff instructors and competitions and lectures with an equestrian theme. For things that are not very appealed to be surveyed too early curfew time, the camp participants age restriction, prohibition of self-presence in the stable, and poor assistance in saddling the horses.

Respondents believe that riding camp is a great way of spending free time. According to their opinion, have a lot to learn, meet new people and actively spend time in nature. Encourage your friends to participate in equestrian camps and we are planning more trips. A brief description of the experience of respondents in the camp, you can draw one conclusion: "It was great!"

The results show that children and young people just starting their adventure with sport and recreation, consider both horseback riding and riding camps for the perfect way of spending free time. They enjoy physical activity combined with a contact with nature. I think that the results of my research study will put a smile on the face of each "horseman", because There is nothing more beautiful than acquiring new, ambitious and enjoying life adepts riding.

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