



BEHAVIOUR POLICY

The RAC Saddle Club

January 2026

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1. Policy Statement

At The RAC Saddle Club AP we aim to create a calm, safe and supportive environment where positive behaviour is promoted through strong relationships, emotional development and consistent practice. We recognise that behaviour is a form of communication and that many of our students require explicit support to develop regulation, self-awareness and pro-social skills.

This Behavior Policy sets out how The RAC Saddle Club Alternative Provision (RACSCAP) supports positive behavior, emotional safety, and wellbeing for all students. It is grounded in trauma-informed practice and aligned with the Six Key Principles outlined by the Office for Health Improvement and Disparities (2022):

1. Safety
2. Trustworthiness & Transparency
3. Peer Support
4. Collaboration & Mutuality
5. Empowerment, Voice & Choice
6. Cultural, Historical & Gender Sensitivity

This policy applies to all staff, volunteers and students attending The RAC Saddle Club AP sessions, including riding lessons, yard activities and classroom learning.

This policy should be read in conjunction with our: Anti-Bullying Policy and Safeguarding Policy.

2. AIMS

This policy aims to:

- Create a positive culture that promotes emotional safety, belonging and positive behaviour.
- Establish a consistent, relational and restorative approach to behaviour management.
- Integrate the therapeutic approach to support social and emotional development.
- Ensure high expectations are maintained while being developmentally appropriate.
- Provide clarity around expectations, support strategies and consequences.

We strive to support students to become responsible, resilient and reflective individuals who:

- Make positive choices and learn from mistakes.
- Value themselves, others and their environment.
- Develop emotional regulation, independence and confidence.

All behaviour is considered within context, developmental capacity and individual need.

3. Our Commitment

At RACSC AP, we understand that:

Many young people have experienced challenges, stress, or trauma.
These experiences can affect emotions, behavior, confidence, and learning.
Everyone deserves to feel safe, respected, and supported.

We promise to:

1. Treat you with kindness, fairness, and respect.

2. Listen to your views and take them seriously.
3. Help you learn from mistakes rather than punish you.
4. Keep you safe physically and emotionally.

4. Trauma-Informed Practice

We work in a trauma-informed way by:

- **Realising** that tough experiences can shape how people react.
- **Recognising** when someone might be feeling overwhelmed, anxious, or unsafe.
- **Responding** with calm, support, and understanding.
- **Resisting re-traumatisation** by avoiding shouting, humiliation, or unfair treatment.

5. The Six Key Principles

5.1 Safety

You have the right to:

- Feel safe around people, horses, and equipment.
- Be protected from bullying, teasing, or threats.
- Know what's going to happen in sessions.

Expectations:

- Follow safety rules and staff instructions.
- Tell an adult if you feel unsafe.

5.2 Trustworthiness & Transparency

You have the right to:

- Clear rules and fair decisions.
- Honest explanations if something goes wrong.

Expectations:

- Be honest about what's happened.
- Ask questions if you don't understand a rule.

5.3 Peer Support

You have the right to:

- Encouragement and help from others.
- Adults who care about your wellbeing.

Expectations:

- Be kind and supportive to other students.
- Ask for help when you need it.

5.4 Collaboration & Mutuality

You have the right to:

- Be involved in decisions about your learning and goals.

- Have adults work *with* you, not *against* you.

Expectations:

- Share your ideas and preferences.
- Try to work as a team.

5.5 Empowerment, Voice & Choice

You have the right to:

- Make choices where possible (e.g., riding tasks, activities, breaks).
- Say how you're feeling.

Expectations:

- Use your voice respectfully.
- Take responsibility for your actions.

5.6 Cultural, Historical & Gender Sensitivity

You have the right to:

- Be respected for who you are.
- Feel included and accepted.

We ask you to:

- Respect differences.
- Avoid racist, sexist, homophobic, or hurtful language.

6. Our Simple Rules

We expect all members of The RAC Saddle Club community to:

- Be respectful to people and animals.
- Follow safety instructions.
- Use appropriate language.
- Look after equipment and property.
- Try their best and support others.

7. If Things Go Wrong: How We Respond

We use a **supportive and restorative** approach.

7.1 First Steps

- We make sure everyone is safe.
- We talk calmly and privately.
- We give you time to cool down if needed.

7.2 Understanding What Happened

- We listen to your side of the story.
- We think about what might have triggered the behavior.
- We look at what support you might need.

7.3 Making Things Right

- We help you fix any harm caused.
- We agree on steps to help things go better next time.
- We may involve parents/carers and your school.

7.4 If Behaviour Keeps Being Unsafe

- We create a support plan with you.
- We use fair and time-limited consequences.
- We always give you a chance to rejoin sessions safely.

8. Your Responsibilities

You are expected to:

- Try your best to follow this policy.
- Be honest and respectful.
- Ask for help when things feel too hard.

9. Who Can You Talk To?

You can speak to:

- Any RACSC AP staff member.
- The safeguarding lead of your main coach.

We are here to support you, not judge you.

Everyone at RAC Saddle Club AP wants you to feel safe, confident, and proud of your progress.

Appendix: Student code of conduct

Our Promise to You

We are here to support you, keep you safe, and help you succeed.
Everyone deserves respect, kindness, and a fresh start each day.

Your Rights	Our Expectations of You
You have the right to:	We ask you to:
Feel safe around people, horses, and equipment	Be respectful to people and animals
Be treated with respect and fairness	Follow safety instructions from staff
Be listened to and taken seriously	Use kind and appropriate language
Learn in a calm and supportive environment	Look after equipment and property
Ask for help when things feel hard	Try your best and support other

How We Treat Each Other

At RACSC AP we:

- Speak calmly and respectfully
- Keep hands, feet, and objects to ourselves
- Respect personal space and boundaries
- Celebrate differences and challenge bullying
- Work as a team

Making Good Choices

We encourage you to:

- Tell an adult if you feel unsafe or upset
- Take breaks when you feel overwhelmed
- Use words to explain how you feel
- Accept help and guidance

If Things Go Wrong

We will:

- Keep everyone safe
- Talk with you calmly and privately
- Listen to your side of the story
- Help you fix any harm caused
- Agree steps to make things better next time

Who Can Help You?

You can talk to:

- Any RACSC AP staff member
- The safeguarding lead or your lead coach

Remember:

We focus on learning from mistakes, not punishment.
Everyone at RAC Saddle Club AP wants you to feel proud of your progress.

Student Name: _____

Signature: _____

Date: _____