

It's official: Riding IS a Sport!

Did you know that equestrian sport qualifies for Canada Revenue Agency's Children's Fitness Tax Credit. The children's fitness tax credit allows parents to claim up to \$500 per year for eligible fitness expenses paid for each child who is under 16 years of age at the beginning of the year in which the expenses are paid. An eligible fitness expense must be for the cost of registration or membership of an eligible child in a prescribed program of physical activity. Generally, such a program must:

- be ongoing (either a minimum of eight consecutive weeks long or, for children's camps, five consecutive days long);
- be supervised;
- be suitable for children; and
- include a significant amount of physical activity that contributes to cardio-respiratory endurance, plus one or more of: muscular strength, muscular endurance, flexibility, or balance.

Under the Income Tax Regulations, the definition of physical activity includes:

- horseback riding; and
- if the child is eligible for the disability tax credit, activities that result in movement and in an observable use of energy in a recreational context.

Visit CRA's website <http://www.cra-arc.gc.ca/whtsnw/fitness-eng.html> for more information.