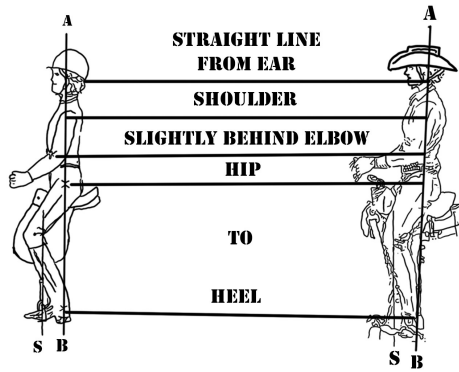


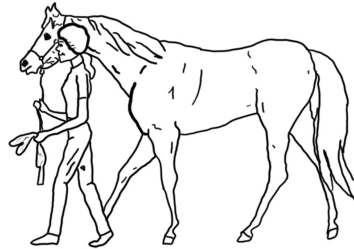
THE CORRECT BALANCED SEAT AND POSTURE



CUES:
 KEEP INNER THIGH CLOSE TO SADDLE
 SIT TALL, DEEP, AND BALANCED
 HAVE LONG LEGS, HANG STRAIGHT DOWN
 HEELS DOWN, WEIGHT ON BALL OF FOOT (INSIDE)
 KEEP KNEES CLOSE TO SADDLE
 HEAD UP, EYES FORWARD
 SHOULDERS SQUARE
 CHEST OPEN
 UPPER ARM CLOSE TO CHEST
 LOWER ARM AND REIN MAKE A STRAIGHT
 LINE FROM ELBOW TO BIT
 HANDS CLOSE TOGETHER, THUMBS UP
 REINS IN FRONT OF SADDLE
 LOW OVER WITHERS

RIDERS SHOULD BE:
 CENTER OF SADDLE
 STRAIGHT LINE: SHOULDERS - HIP - ANKLE
 NEUTRAL PELVIC POSITION

STIRRUP SHOULD BE PLACED ON THE BALL OF THE RIDER'S FOOT



LEADING THE HORSE

RESPONSIBILITY: THE HORSE

DO'S:

POSITION YOURSELF ON HORSE'S LEFT SIDE BETWEEN HORSE'S NOSE AND SHOULDER
 RIGHT HAND HOLDS THE LEAD LINE 6"-18" FROM CLIP WITHOUT TENSION
 LEFT HAND HOLDS THE FOLDED LEAD LINE
 CROP STICKS OUT FROM 5TH FINGER - TURNING WRIST TO MOVE IN FRONT
 OF HORSE'S CHEST ("WHOA") OR BACK TO HORSE'S HIP ("WALK ON")
 DURING MOUNT/DISMOUNT- "HEAD THE HORSE" (HANDS ON CHEEK PIECES OR REINS)
 OR STAND ON LEFT SIDE WITH CROP IN "WHOA" POSITION
 TO TURN EXTEND ARM, LOOK WHERE YOU WANT TO GO (TURN SHOULDERS),
 WALK WITH INTENTION PUSHING HORSE AWAY FROM YOU
 RATHER THAN PULLING HORSE ON TOP OF YOU
 KEEP EYES UP
 ENSURE PROPER SPACING BETWEEN HORSES
 IN CASE OF FALLEN RIDER - MOVE HORSE AWAY FROM DOWNED RIDER,
 STAY WITH HORSE, REMAIN CALM
 DURING EMERGENCY DISMOUNT - MOVE HORSE OUT AND AWAY

DONT'S:

WALK IN FRONT OF HORSE - DRAGGING HORSE ALONG
 WALK BE BEHIND HORSE'S GIRTH - GETTING DRAGGED BY HORSE
 WRAP LEAD ROPE AROUND HAND OR DRAG END ON GROUND
 LET HORSE CROWD YOUR SPACE
 TURN ABRUPTLY
 WALK BACKWARDS
 WALK WITH HEAD DOWN
 GRAP THE CLIP OR HAVE FINGERS IN RINGS
 SPEAK TO RIDER OR SIDEWALKER EXCEPT IN EMERGENCIES



SIDEWALKING

RESPONSIBILITY: THE RIDER

DO'S:

DURING MOUNT: COUNTER WEIGHT ON OFF SIDE STIRRUP
 MAINTAIN POSITION BY RIDER'S KNEE
 -ARM-OVER-THIGH HOLD - FINGERS GRAB SADDLE WITH FOREARM OVER THIGH (USED WHEN POOR BALANCE,
 ERRATIC MOVEMENT MEDICAL EMERGENCIES, FIRST TIME AT NEW GAIT, WHEN HORSE SHOWS FEAR)
 -HEEL/ANKLE HOLD - ALL 5 FINGERS INSIDE OF ANKLE (USED TO LEARN POSITING AND TO
 CORECT LEG POSITION)
 -CUFF HOLD - HOLDING ONTO PANT CUFFS RATHER THAN THE ANKLE
 SPOTTER: REMAIN WITH ARM'S REACH WITH HANDS OUT OF POCKETS AND EYES ON RIDER
 LINED UP WITH SHOULDER

AFTER ALLOWING 2-5 SECONDS PROCESSING TIME ONE SIDEWALKER MAY USE:
 HAND OVER HAND PROMPTING

REPEAT VERBAL OR VISUAL INSTRUCTIONS - USING SHORT LANGUAGE
 PROVIDE POSITIVE REINFORCEMENT
 NOTIFY TEAM IF YOU NEED TO: SWITCH SIDES, TIE SHOE/STEP AWAY, HAVE SAFETY CONCERNS,
 OR SEE PARTICIPANT IN DISTRESS

DONT'S:

PUSH RIDER OFF CENTER
 PUT PRESSURE ON KNEE JOINT
 GRAP WITH HANDS
 TALK TOO MUCH

Task Analysis

Croup Mount



Stirrups down (if higher than block, if lower - stirrups crossed)
 Offside support counterweights stirrup
 Rider grabs reins and places both hands on pommel
 Rider places left foot in stirrup
 *Stabilize/block rider's left leg as needed
 Rider pushes up and swings right leg over equine's croup *if needed, assist rider's leg (at calf) over croup to prevent bumping
 *Offside support receives rider's right calf
 Rider sits down gently
 Check rider is centered, secure

Crest Mount



Rider backs to edge of ramp (back to horse)
 Rider places 1 hand on instructor's shoulder
 Other hand reaches back to saddle
 Offside assistant guides rider's hips, as instructor slowly lowers rider to seated position on saddle (rider now sideways)
 Depending on rider ability:
 - rider can swing right leg over equine's neck as turns to face forward
 - assistant supports riders hips with right arm while slowly pivoting rider's knees with left arm turning rider's body to face forwards - lifting right leg over crest, offside assist should support hips and back
 slowly leg legs down saddle flap (*keep raised until clears ramp as needed)

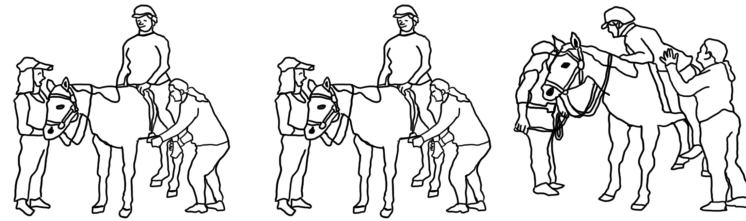
*Used when high tone, limited hip ROM, limited weight on 1 leg, abdominal equipment
 Leaders and off side assistants should be used

Leg Up Mount



Tie reins up at neck
 Leader holds horse
 Instructor stands to left of rider
 Rider reaches over horse back and looks at offside, bends left knee and stands on right
 Instructor squats, cupping left hand on rider's left knee, right hand holds right knee
 Rider jumps up as instructor stands up,
 Rider hands to offside of saddle
 Rider looks to horse's ears, swings right leg over croup,
 Rider sits gently

Croup Dismount



Leader holds horse
 Rider releases reins
 Rider feet out of stirrups
 Rider hands forward on withers
 Rider leans forward, slowly swings right leg over croup
 *offside supports calf as needed

Rider pauses with belly on saddle seat to bring both legs together *near side supports as needed
 Rider slides on belly
 *Nearside ensures both legs are directly under body

Crest Dismount



Leader holds horse
 Rider releases reins
 *reins removed/moved out of way
 Rider feet out of stirrups
 Offside supports rider's back/hips
 Offside & Nearside guide rider's legs up to crest simultaneously
 Offside continues back/hip support, as instructor and offside help rider bring right leg over crest

Pivot rider so rider sits sideways
 Bring legs together
 Rider places hands on neck
 Rider slides down either on right hip or on belly
 *Nearside support guides hips and ensures both legs are directly under body

Emergency Dismount

Leader brings horse to halt if possible
 Rider/Sidewalkers take both feet out of stirrup
 Rider drops reins
 Sidewalker stands directly to side or slightly behind rider pelvis
 Sidewalker wraps arms around rider trunk/waist
 Sidewalker pulls rider's back to his/her chest - backing up to pull free from the horse
 Gently lower rider to ground, protecting rider's head and neck
 Horse leader moves horse away from rider

