

Pink certification

To accompany your horse

When you accompany your horse to the washing or riding area, you should always be at the left side of your horse (the horse is walking at your right side).

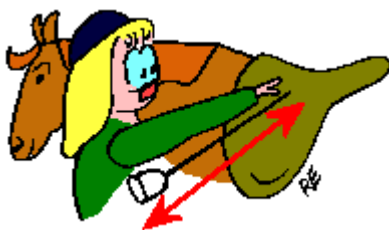
When you're walking with the horse with a halter and rope, your right hand is underneath the halter; with your left hand you're keeping the rest of the rope. Never put the rope around your hand: if the horse gets frightened and pulls the rope, your hand can be squeezed.

When you're walking your horse with a bridle, you take the reins with your right hand just below the bit, your index and middle finger between the two reins to prevent the bit to touch the horse's palate which can hurt. With your left hand you hold ends of the reins.

Mounting and dismounting

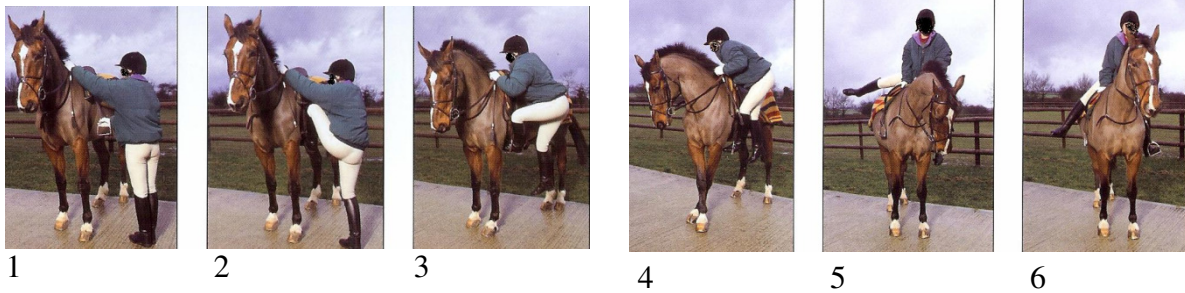
When you mount the horse and dismount, you should always position your horse at the center line between A and C with the head towards the entrance. Don't come too close to each other!

You have to know that it is very heavy for a horse when you mount, that's why you have to mount as fast as possible and never pull yourself up using the saddle. The saddle will be pulled awry and the horse will step aside a little to stay in balance.



This is the way to measure the length of your stirrup

This is the way to mount the horse:



Picture 1: Hold the reins in your left hand on top of the horse's neck. Both reins should be in light contact with the horse's mouth. Grasp the manes in your left hand and with the right hand take hold of the stirrup leather and turn in towards you.

Picture 2: place your foot in the stirrup so the stirrup is behind the ball of the foot, then lean your left knee against the saddle so that your toe does not disturb the horse. Place your right hand on the saddle for support.

Picture 3: stand on tip toe on your right foot, hold on to the mane, saddle, transfer your weight on to your left foot, press your left knee against the saddle and push off energetically with your right foot, so you can rise in one to bring your weight above the horse as in picture 4.

Picture 5: swing your right leg over the back of the horse without touching the horse with your foot (it can frighten the horse).

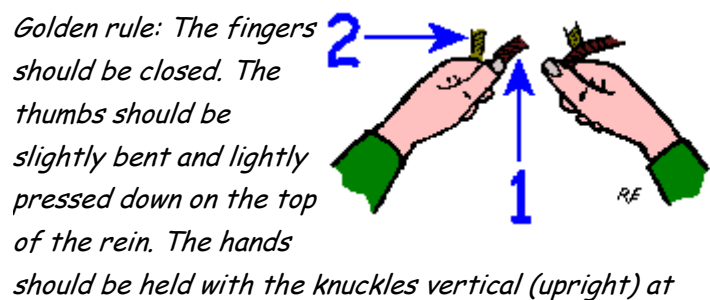
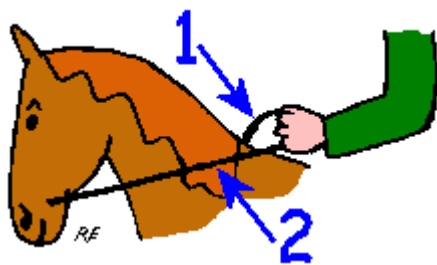
Picture 6: sit down carefully and take your right stirrup.

Dismounting, you do the opposite: take your right foot out of the stirrup and swing your right leg along the back of the horse, leaning little forwards with the upper part of your body. When your right leg is at the left side of the horse, you lean over the saddle and take your left foot out of the stirrup, and slide gently to the ground. Don't pull the saddle while you're dismounting. Always hold the reins mounting and dismounting the horse.

The riding

When you're allowed to start riding, you always ride in a straight line from the center line to the track. When you arrive at the track you start at the left hand or according to the instructions from the instructor. The first rounds we always ride with long reins so the horse can stretch and warm up the muscles before working. When you're allowed to take the reins, you pick them up gently and make sure you have a permanent contact with the mouth of the horse by keeping the reins stretched so you can turn and stop whenever it's needed.

This is the way to keep the reins:



Golden rule: The fingers should be closed. The thumbs should be slightly bent and lightly pressed down on the top of the rein. The hands should be held with the knuckles vertical (upright) at such height that the forearm, the hand and the horse's mouth are approximately a straight line.

To get a horse walking, you need to use your leg-aids, just behind the girth, a light push by both legs. When the horse doesn't respond immediately, you try it with a little bit more pressure. When he doesn't react at all, you're allowed to use the whip gently, behind your leg to make the horse pay attention and react immediately next time you use your leg-aids.

To slow down the pace of your horse, you have to sit more quietly yourself, make yourself tall and "heavy", asking a bit more on the reins until the horse slows down or make a halt. When the horse responds, give a bit more rein so there's a gentle contact. For some horses it is enough with just making yourself a bit more tall and heavy to understand that they should walk slower or make a halt.

The 5 stable rules at Manege SHC

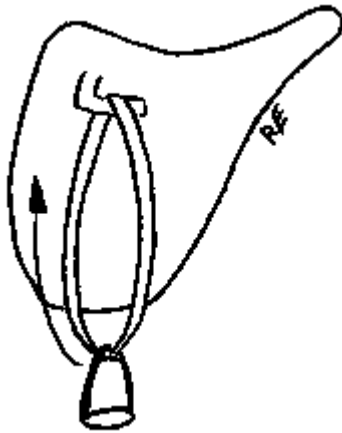
- * DON'T RUN in the riding school area
- * DON'T YELL at the horses
- * First take care of your horse, then yourself

* NEVER fasten your horse at the bit

* Saddling your horse in his stable or the assigned areas.

The stirrups should be run up the bottom leathers and the girth slackened when dismounting

When you dismount your horse at the end of the lesson at the center line, you run up the stirrups and loosen the girth.. Always keep an arm through the reins so the horse will not stand loose! Start at the left side where you dismounted.



You should also loosen the girth by two holes at the buckles on the left side to ease the pressure on the belly. Then you go to the other side and run up the other stirrup.