

# Online HorseCollege



## **Student Workbook**

### **3.R.02 Riding Preparation**

[www.OnlineHorseCollege.com](http://www.OnlineHorseCollege.com)

Student Name: .....

Student Number: .....

Email: .....

Phone: .....

Other Personal Information

**www.OnlineHorseCollege.com**  
(Ausintec Academy P/L ATF Ausintec Academy Trust T/as)  
Ausintec Academy

Mailing Address:-  
392 Bribie Island Road,  
CABOOLTURE QLD 4510  
(between Brisbane & Sunshine Coast)  
AUSTRALIA

Registered Training Organisation No:31352  
Centrelink Approval No: 4P530  
CRICOS Provider Code: Pending

Phone within Australia (07) 3102 5498  
Outside Australia + 61 7 3102 5498  
Request@OnlineHorseCollege.com

## **Contents**

Unit Information	Pg. 4
Riding Preparation Introduction	Pg. 5
Tying up a Horse	Pg. 6
Saddles	Pg. 7 and 8
Saddling Procedure	Pg. 9
Removing the Saddle	Pg. 10
Bridles	Pg. 11
Bridling Procedure	Pg. 12
Removing the Bridle	Pg. 13
Gear Checks	Pg. 14
Mounting Procedure	Pg. 15
Dismounting Procedure	Pg. 16
Safe Areas to Mount and Dismount	Pg. 17
Hazards in the Arena	Pg. 18
Extension Lesson	Pg. 19
Recommended Reading	Pg. 20
References	Pg. 21

## ***Riding Preparation 3.R.02 Assessment Information***

Students are to complete Riding 2.R online assessments prior to attempting Riding 3.R and to follow all recommended safety considerations.

Practical assessments for Riding 3.R are as follows:

- A) Grooming and Equipment
- B) Riding Preparation
- C) Aids and Gaits
- D) Riding

These assessments incorporate the following unit from the SIS30710 Sport Industry Training Package which include the listed elements

SISOEQO202A Demonstrate basic horse riding skills

- Plan a horse riding activity
- Select and prepare tack, horse and personal equipment
- Mount, ride and dismount the horse
- Cool down and release horse
- Evaluate the ride

*Further information about this assessment is available at [www.training.gov.au](http://www.training.gov.au)*

## **Riding Preparation Introduction**

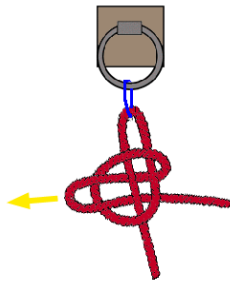
Part of the preparation for riding includes not only grooming but saddling, bridling and performing a basic gear check to make sure everything is safe. Depending on your situation you may need to make adjustments to the fit of the gear to accommodate for shape and size differences in horses.

This workbook looks at some of the different types of gear you may encounter, procedures in putting on or removing this gear and other important safety considerations.

## Tying up a Horse

You should always tie your horse with a quick release knot to a pole or post rather than a rail, as rails break very easily. Tying horses to a piece of baling twine/string which is around the post means if the horse pulls back it will break the string not the post, minimising injury as well.

### How to Tie a Quick Release Knot



- a) Loop the end of the rope around the post/thru the twine. So that there is about 30-40cm of rope from the post to the horse.
- b) With the end of the rope, make a loop over the end which connects to the horse, keeping it close to the post
- c) Then make another loop in the end and past that thru the first & pull so that both loops pull tight around the horse end of the rope.
- d) To untie, simply pull on the end of the lead rope.

## Saddles

The type of discipline you ride and even to some extent the level you ride at will determine the type of saddle you ride in.



All purpose

Shaped and designed for the rider to be able to maintain position and seat during both basic dressage and flatwork, jumping and across undulating country



Dressage

Designed with a deeper seat for better contact the horses' back & a longer saddle flap for a longer leg position. Longer girth points so the girth buckles don't interfere with leg aid application



Jumping

Forward cut saddle flap to accommodate a shorter, forward leg position. Shallow seat to allow for ease of getting up into jumping position.



Stock

The 'ears' at the pommel of the saddle help keep the rider secure. Commonly used when mustering cattle. Girth can be adjusted using either buckles or a lace



Western

Designed for long periods in the saddle. Suited for cattle work. Horn is located on the pommel

## **Saddles**



Racing

Small and light weight.  
Allows horse freedom of movement. And minimal interference from rider.



Side saddle

For side-saddle riders. Not as common today.



## Saddling Procedure

After grooming your horse, the next step is putting on the saddle.



### Saddle Cloth/Blanket/Numnah

This item goes on first. Once in place there should be an even amount on both sides of the horse. Some saddle cloths will have keepers to pass the girth thru to help keep it in place under the saddle. It should sit over the horses wither/rib cage.



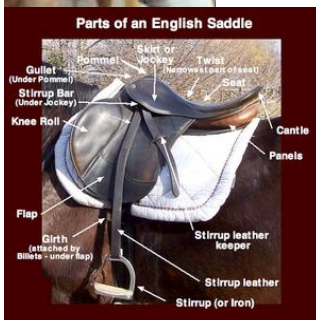
You can then place the saddle over the saddle cloth, once you have it on the horse you can slide it backwards slightly to smooth the hair (so there is no irritation) flat under the saddle. From here you can go around the other side of the horse (making sure to either walk in a wide circle around the hind legs or stay close, keeping a hand on the horse so it knows where you are when you pass thru its blind spot) and let the girth down.



Coming back around to the near side (left side) of the horse, reach under the horses belly- keep watching your horse as you do this as some horses will not like it- bring the girth up and fasten to the girth points under the saddle flap. At this stage the girth should be firm enough so that the saddle wont shift.

If you had additional equipment such as a breastplate or martingale you would fit it prior to doing up the girth.

(See the video for a larger diagram of saddle parts)



## **Removing the Saddle**

To remove the saddle it is the reverse of the above procedure.

- 1) Make sure you have run the stirrups up (this involves pushing the stirrup iron up the back of the stirrup leather, all the way to the buckle at the top, the passing the end of the stirrup leather through the stirrup iron. The weight of the iron on the leather holds it in place)/
- 2) Unbuckling the girth
- 3) Going around to the other side, either thread the girth up through the stirrup or folding it over the seat of the saddle so it is out of the way
- 4) Then heading back around to the near side and lifting the saddle off the horse
- 5) And removing the saddle cloth.

## Bridles

We use bridles to communicate with our horses using our hands. Once mounted, you will use tension on the reins, which connect to the bit in the horses' mouth, to guide and control the horse.



Cavesson Bridle

A fairly simple bridle consisting of one nose band and bit.



Hanoverian Bridle

The same in structure to the Cavesson bridle but has two nose bands. The extra nose band helps to keep the bit secure in the horses' mouth



Stockmans/Barcoo/Western Bridle

These have no nose bands and in the case of some of the Western style bridles, have no throat latch either and a brow band that loops around one ear, not both.



## Bridling Procedure

Bridling can be quite tricky and may take a few practises to master.



- 1) Organise the bridle so it's ready to go. Hold the reins separately from the rest of the bridle, either over your shoulder or over the horses' neck. Never let the reins hang down on the ground, as if the horse steps on them it is likely to get a fright and not only break the bridle but also do injury to itself.
- 2) Start by moving the halter so that it is fastened only around the horses' neck.
- 3) You should always put your bridle on from the near side as this is the side all the buckles do up on.
- 4) Take your right arm around the horses' nose and hold the head piece (top) of the bridle. Alternatively you may find it easier, especially with tall horses, to keep your right arm on the near side of the horses' head to hold the top of the bridle.
- 5) With your left hand guide the bit (metal piece) into the horses' mouth as the horse opens its mouth take your right hand up so the horse doesn't drop the bit out again.
- 6) Now you can push the horses' ears under the head piece and tidy any mane or forelock that may be caught up.
- 7) Depending on the type of bridle being used will determine how many buckles you have to adjust.

### Bridle Parts



**Throat latch:** Once done up you should fit approximately 4 fingers between the jaw and the strap.

**Nose band:** Depending on the horse and the style of noseband used you should fit approx. 2 fingers between the nose and the strap.

**Brow bands:** Whilst brow bands cannot be adjusted by a buckle, if it is the correct size for the horse you should fit 2 fingers between the brow and the strap.

## **Removing the Bridle**

To remove the bridle-

- 1) Organise the reins so they're not on the ground and buckle the halter around the horses' neck.
- 2) Undo the buckles you did when you put the bridle on
- 3) Then holding onto the headpiece, slide the bridle over the horses' ears, lowering it gently so the bit doesn't knock the horses' teeth.
- 4) Put the halter on the horses' head
- 5) Rinse the bit off with water so it is clean & ready for the next use.



## Gear Checks

There are some final things to check on your own personal equipment and the gear on the horse prior to mounting.

When you give your horses' gear the final check start from the bridle then work your way back on one side then do the other.

Checking:-



Check your personal attire for riding. Your clothing for riding needs to reflect safety rather than fashion.

- Long pants will protect your legs not only from the weather elements but also from the stirrup leathers rubbing or pinching.
- A shirt with sleeves
- Enclosed footwear. Riding boots are ideal as they have very little grip on the sole (this is because its better to have your boot slip out of the stirrup, rather than not being able to get it free from grip). Otherwise there are special 'clogs' which attach to the stirrup iron to reduce the risk of your foot getting stuck.
- A helmet. Helmet standards will vary depending upon your location. Ensure yours is within those standards. To check if your helmet fits shake your head forward and backwards and side to side. Your helmet should be tight enough around your skull not to move. But not so tight it causes discomfort.
- Present yourself neat and tidy for riding, for example avoid clothing that might flap around and frighten the horse



Check the gear and equipment on the horse:-

- For any twisted or looped straps
- Straps adjusted to the wrong buckle
- If the saddle cloth has shifted.
- If the saddle has shifted. Sometimes if the girth isn't adjusted firmly when the saddle is first put on it will slide back.
- The tension of the girth. You will need to tighten it before you mount.
- The length of the stirrups. This can be done by using your arm as a guide, keeping your arm straight, finger tips go on the buckle of the stirrup leather then using your other hand hold onto the stirrup iron and bring it back into your arm pit. If the stirrup leather has slack in it, they may be too long & you will need to move the buckle up the holes.

## Mounting Procedure

Mounting means to get onto your horse. This should be done in an organised fashion to minimise the risk of injury/incident occurring. It is acceptable to use a suitable mounting block (sturdy step) to stand on to make the mounting process easier. A mounting block should be secure to stand on (not wobbly) and needs to be made of a strong material which won't break when stood on (milk crates are not an acceptable mounting block).

- 1) During your gear check you should have already let your stirrups down and check the length.
- 2) Standing on the near side (left side) bring your reins over the horses' head and neck
- 3) Adjust the rein length so that you have a light contact with the bit and no slack in the reins
- 4) Standing beside the shoulder and facing towards the back of the horse, holding both reins in the left hand (and some mane if necessary) and use the right hand to turn the stirrup clockwise towards you
- 5) Place your left toe into the stirrup and then right hand on the pommel of the saddle
- 6) Using small bounces, push your weight into left stirrup lifting yourself off the ground
- 7) Carefully swing your right leg over the back of the saddle and the back of the horse
- 8) Gently lower yourself into the saddle
- 9) Placing the right foot into the right stirrup and taking reins in both hands





## **Dismounting Procedure**

Dismounting means to get off the horse and should also be done in a safe manner to minimise the risk of incident or injury.

- 1) Adjust reins so as to have a light contact on the bit and place both reins into the left hand
- 2) Remove both feet from the stirrups
- 3) Hold/place your right hand on the pommel of the saddle
- 4) Leaning slightly forward, swing your right leg back and over the back of the saddle and horse
- 5) Bring legs together and lower yourself gently to the ground
- 6) Pass the reins over the horses' head





## **Safe Areas to Mount and Dismount**

When mounting or dismounting in an area where there are other horses and riders you need consider where the best place is for you to do so where you wont interfere or put yourself or others at risk.

If you're in a dressage arena its best to mount/dismount on the centreline, where you'll be in a position where riders can easily avoid you.

If you're mounting/dismounting in a jumping arena, do so in a place where you are not in the line of any jumps.

When mounting/dismounting in an open area find a spot where you can face your horse in the direction of the other horse and riders' activity, then your horse is less likely to get a fright from something he cannot see properly.



## Hazards in the Arena

Eventually you will come across hazards when working in an arena. Hazards can be everything from poor design or structure to other horses and riders.

Some hazards you may come across include

- Aggressive horses (i.e. horses that may try to kick or bite if another horse comes too close)
- Environmental hazards (i.e. uneven surfaces, unsuitable fences, broken wire, gates, obstacles)
- Horses which are out of control or misbehaving (i.e. bucking, rearing)
- Fallen riders
- Other, unfamiliar objects that may frighten a horse

When you are going to enter or exit an arena it is important to let other riders know what you are doing, particularly when opening the gate. Calling out “gate” or asking permission to enter/exit lets the other riders know where you are so they can avoid that part of the arena. Different establishments are likely to have different procedures regarding entering/exiting the arena so it is a good idea to find out what they are.

It is likely at some stage you will come across these hazards but you can minimise the risk or impact of them by following procedures in regards to reporting and recording maintenance and incidents.



## Extension Lesson

Using a suitable horse practice the following:

- Tying a quick release knot
- Saddling
- Unsaddling
- Bridling
- Unbridling
- Mounting
- Dismounting

Using your regular gear (personal and horse equipment) practice checking your gear and make notes of any wear or damage in the table below.

Item	Comments

Go around your establishment/area and record what types of saddles and saddle cloths different riders' use.

Horse Name/Description	Type of Saddle Used	Type of Saddle Cloth Used

Which of the following hazards do you encounter in your arena/riding area?

Y/N

Broken wire	.....
Uneven surface/ground	.....
Obstacles	.....
Gates	.....
Loose horses	.....
Other animals	.....

## **Recommended Reading**

The Complete Idiot's Guide to Horses- Sarah Montague and PJ Dempsey

Horse Sense (The Australian guide to horse husbandry)- Peter Huntington and Fran Cleland

## References

Pg. 3-11	Google Images
----------	---------------

**www.OnlineHorseCollege.com**

(Ausintec Academy P/L ATF Ausintec Academy Trust T/as)  
Ausintec Academy

Mailing Address:-  
392 Bribie Island Road,  
CABOOLTURE QLD 4510  
(between Brisbane & Sunshine Coast)  
AUSTRALIA

Registered Training Organisation No:31352  
Centrelink Approval No: 4P530  
CRICOS Provider Code: Pending

Phone within Australia (07) 3102 5498  
Outside Australia + 61 7 3102 5498  
Request@OnlineHorseCollege.com