

Online HorseCollege



Student Workbook

**3.R.23 Lunging the Rider
Mounting & Dismounting**

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Lunging the Rider: Mounting & Dismounting

3.R.23 Assessment Information

Students are to complete Riding 3.R.01–04 online assessments prior to attempting Riding 3.R.21-24 and to follow all recommended safety considerations.

Practical assessments for Riding 3.R.21-24 are as follows:

- A) Prepare for Lunging
- B) Lunging the Horse
- C) Lunging the Rider: Mounting & Dismounting
- D) Lunging the Rider: Walk, Trot & Canter

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

SISSEQS303A Teach the fundamental skills of riding

- Plan fundamental riding sessions
- Brief participants
- Conduct riding sessions
- Complete post-session responsibilities

Further information about this assessment is available at www.training.gov.au

Lunging the Rider: Mounting & Dismounting Introduction

This workbook is the first of two books that examine the processes and techniques of lunging a rider. Lunging the rider requires the coach to be alert to not only providing feedback to aid in the progression of the rider's skills but also to monitor and control the horse they ride.

Within this workbook is information to assist you in improving your knowledge and skills in safely getting a rider mounted on the horse, checking and adjusting the gear once they are mounted and dismounting the horse at the end of the lesson.

Getting the Rider onto the Horse

Before the rider begins to mount you should make sure that side reins are unclipped from the bit (if they are being used) and secured in a manner where the horse (and rider) cannot become entangled in them. Usually the best place for side reins is clipped onto the saddle so that they are up off the ground, away from the horse's legs and away from interference with the rider.

You should already have the lunge rein attached to the bridle (if being used and remember to keep one hand on the horse when changing the lunge rein over so that you maintain control over the horse) and the reins should be over the horse's head so that the rider can hold them while they get on and stirrups down. The stirrup length and the girth should already have been checked before the reins were put over the horse's head. At this point you should check the fit of the rider's helmet, if it is one they have brought with them you will need to check that it is under five years old and is to the current safety standard for your country.



Getting the Rider onto the Horse (cont.)

Next an explanation needs to be given to the rider regarding the process they will use to get onto the horse. Ensure you include why this method is used. Here is a guide to how the process of getting the rider onto the horse should proceed:-

- 1) Place the mounting block in position on the nearside of the horse and have the rider stand on top of it. If the mounting block is too far away from the horse the rider will have to stretch too far to put their foot in the stirrup. If the mounting block is too close the rider will have to lean backward to get their foot in the stirrup.
- 2) Instruct the rider to hold the reins short enough so that there is no slack in them. They should also hold onto part of the mane or the front of the saddle (especially beginner riders so that they don't use the reins to help pull themselves up).
- 3) Have the rider place their left foot in the stirrup and make certain that it is in a position where it will not slip out when they put weight on it.
- 4) Explain to the rider to hold onto the saddle with their right hand. The best place to hold is the pommel because the saddle will not twist when they mount however this positioning of the body can make mounting more difficult for some so alternatively have the rider hold the off-side skirt of the saddle.
- 5) Now the rider is ready to mount. Because everyone is an individual some people are less athletic, less flexible and may have difficulty when mounting. These people can often become embarrassed or uncomfortable when you help them mount by grabbing their leg, seat or just generally giving them a 'push'. It is better if you support their elbow. This makes a huge difference by widening their base of support and giving them more stability as they move and turn their body to get onto the horse.
- 6) Encourage the rider to push and spring off the mounting block, transfer their weight into their left foot and swing their right leg up, clear of the hind quarters and gently lower it to the other side.



Checking the Rider

Once the rider is sitting on the horse there are a few processes to go through before allowing the horse and rider to move off.

- 1) Move the mounting block away from the horse, so that it cannot be stepped on or become entangled in the horse's legs. This is as simple as picking up the block and placing it to the side of you away from the horse's legs. It is undesirable to move the horse (especially if it is a rider's first time) because they are unlikely to have both feet in the stirrups and the girth may be loose. Instruct the rider where to hold onto the saddle. Some riders will do this automatically. Alternatively you can give the rider this information before they mount but be aware that with all the information they are trying to absorb and process they may forget.



- 2) Ensure the rider's feet are in the stirrups. This comes before checking the girth because some rider's will be quite insecure and unbalanced (or nervous/excited) without stirrups and tightening the girth is likely to wobble the rider around a little which may give them a fright or at worst cause them to slide off the other side (even an incident as seemingly minor as this will require to be reported and have the relevant paperwork filled out).



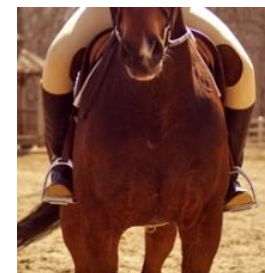
- 3) Check the girth and if necessary tighten. Don't forget that the girth has buckles on both sides so if you run out of holes on one side make the adjustments to the other side.



- 4) Check the location of the rider's foot in the stirrup. Beginner riders often push the foot too far into the stirrup so that it is placed back towards the heel of the boot. This positioning of the foot is dangerous because the foot can become stuck. The stirrup iron should sit just behind the toes on the ball of the foot.



- 5) Check the length and evenness of the stirrups. Usually the near-side stirrup leather will stretch from the extra weight it bears during the mounting process, making it longer. Don't rely on a beginner rider to be able to tell you if they 'feel' even (though this is a good exercise for introducing them to the concept of body awareness) as often they lack the experience to be able to make an accurate judgement. The stirrup should be at a length which allows the rider to stand in the stirrups and clear the saddle as for rising trot.



Dismounting the Rider

There are a number of different ways to get off a horse but as a coach part of your role is to keep the rider under your instruction or supervision safe therefore you need to teach the rider to get off the horse in the safest manner.

To dismount the horse the rider should keep a contact on both reins and remove both feet from the stirrups. The rider can also hold onto some mane if they wish, then leaning forward they will swing their right leg backwards and up over the hindquarters of the horse until the right leg comes onto the same side as the left leg. Finally sliding to the ground the rider should bend their knees as they land to reduce the impact on their feet and joints.



It is undesirable to let the rider keep the left foot in the stirrup when dismounting because it poses safety risks as if something happens as the rider is getting off they are likely to end up caught with one foot in the stirrup.

Mounting blocks can be used to dismount however care should be taken to ensure the rider lands on the mounting block instead of slipping off it.

Riders should not swing one leg forward over the horse's neck to dismount because the horse may become startled by this action or it may raise its head.

You can assist the rider during dismounting by supporting their elbow as was done when they mounted.

Points to Remember

Some extra gear may be required for safety and control while lunging.

- Side Reins. These pieces of lunging equipment assist in maintaining the horse working in a round outline. Remember that they should be unclipped from the bit when the rider mounts or dismounts and their length needs to be altered when you change sides and direction with the lunge rein.



- Neck Strap. This can be as simple as a stirrup leather and are buckled around the horse's neck. They are used to give the rider something to hold onto to help them balance so that they do not balance on the reins. They are particularly useful if the horse has no mane for the rider to hold on to.



- Monkey Strap/Grip. This strap attaches to the 'D' rings on either side of the pommel of the saddle. Monkey straps are also used to provide the rider with something to hold onto.



Points to Remember (cont.)

- Clogs/Toe Stoppers. Clogs attach to the stirrup iron and help to prevent and minimise the risk of the rider's foot slipping through the stirrup iron. They can be made of plastic and leather.



Reins

When lunging you may use exercises where the rider doesn't use the reins or in the case of beginner riders use the reins very little or not at all because they have not yet developed enough balance. What then should be done with the reins when they are not in use and being held by the rider?

The reins cannot be left to rest on the horse's neck when the rider is not using or holding them. This is because they can twist and slide down the horse's neck where they can be stood on, tripped over or entangled in the horse's legs.

To prevent this from happening the reins can be buckled around the monkey strap/grip (if there is one attached to the saddle) this way they cannot slide down the horse's neck and they are still in available to the rider should they need to use them. If the reins are particularly long tie a knot in them before buckling them to the monkey grip.

If the saddle has no monkey grip then the reins can be twisted around the horse's neck and buckled through the throatlatch. When securing them in this fashion you need to make sure that they cannot become loose or be stood on if the horse lowers its head to the ground.



Securing the reins without a monkey strap:-

Pass the left and right rein under the horse's jaw so that they cross each other, then pass each rein over the horse's head just behind the bridle headpiece, then wrap each rein around the cross under the horse's jaw. When you have reached the end of the rein re-buckle them.

Points to Remember (cont.)

Lunging

At no time when you are lunging a horse or lunging a horse and rider should the lunge rein/line be allowed to touch the ground. The lunge rein should be looped in a tidy fashion and held in one hand and fed out by the other (i.e., if the horse is being lunged to the right then the left hand holds the extra lunge line and the whip and the right hand holds the lunge rein to guide and control the horse and feed the rein out or in to accommodate the size of the circle.).

Also it is important that you regularly change direction when lunging the horse and rider because it will allow you to see how the rider performs and is positioned on both the left and right sides. In addition it will help to work both sides of the horse evenly.

Remember to never walk backwards while lunging a horse (or at any time when teaching).



Extension Lesson

Using a suitable “guinea pig” rider (preferably one with experience who can pretend to be a beginner rider) practice the procedure for mounting a rider.

Make notes about how you progressed through this exercise below (i.e., strengths, areas you need to improve).

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Using a suitable “guinea pig” rider practice the procedure for having a rider dismount.

Make notes about how you progressed through this exercise below (i.e., strengths, areas you need to improve).

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*(*These tasks will be assessed in the practice component of this unit)*

Recommended Reading

Publication:-

Foot Steps

Authors:-

Sally Hinton & Joan Eccleshare

References

Publication:-

Foot Steps

Authors:-

Sally Hinton & Joan Eccleshare

Images:-

www.greenhorn-horse-facts.com/horsecare.html

www.OnlineHorseCollege.com

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