



TIPS FOR LEISURE DIVISION RIDERS (and Novice, CP, and Open Riders)

- Check in:
- Stand on the same side of your horse as the judge for safety
 - Fold, not loop or coil, excess lead to prevent injury; avoid excessively long leads
 - Keep two hands on the lead for better control
- In hand trot:
- Stay at horse's shoulder to give him more confidence and for safety
 - Allow about 12 to 18 inches between halter and your hand on the lead to give the horse's head room to move
 - Turn horse away from you (to the right if on the near side) for safety
- Timing:
- Set watch at noon (12:00) when you time out
 - Stay within 15 minutes of time for each point marker
 - Adjust pace as needed to ensure arriving at finish in required window
 - Maintain forward motion after passing 1-mile/forward motion marker
- Mount:
- Maintain rein contact and control
 - Use natural terrain or mounting block to keep you from pulling on the horse's spine
 - Do not dwell in stirrup or drag leg over rump for safety
 - Settle lightly in saddle
 - Re-adjust/center saddle
 - Keep the horse steady and still before you move off
- Uphill:
- Bring torso slightly forward by bending at hip joint; keep hips balanced over legs
 - Be light in saddle rather than out of saddle
 - Shift weight through thighs to stirrups, but don't stand up
 - Maintain soft rein contact and allow horse to use head for balance
 - Hang onto mane for better balance, if necessary
- Downhill:
- Sit centered in saddle and avoid leaning back or too far forward
 - Avoid swaying side-to-side; put pressure into your stirrup with each stride
 - Maintain soft rein contact
- Backup:
- Settle horse; look behind you
 - Give and take with reins, one step at a time
 - Use leg aids for directional control
- P&R:
- Dismount, take reins over the head or connect to the halter
 - Line up parallel to the other horses; maintain control
 - Stay quiet, make slow gestures; use a quiet, calm voice
 - Use a fan or water and sponge to cool the horse
 - Unsaddle if necessary
 - Check with the rider after you to see if it is OK for you to leave
- Trail Safety & Courtesy:
- Make sure your rider number is visible
 - Keep at least one horse length between horses for safety
 - Approach other riders from behind slowly and ask permission before easing past
 - After passing, move on to create a quiet pocket
 - Wait for next horse at obstacle/ gate/ etc., if another horse/rider team is present