### 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