QUICK TIPS FOR NATRC™ RIDES

In-Hand Presentation – Grooming
No parasites (bot eggs, ticks)
Clean nostrils
No residual sweat marks
Clean hooves

In-Hand Presentation – Hands On
Avoid holding on to halter or snap
Don’t loop lead around hand
Fold excess lead, keep off ground
Stand to side of horse
Stand on same side as vet
Keep two hands on lead
Maintain attention & control of horse

In-Hand Presentation – Trot Out
Run beside horse
Look forward, not back at horse
Hold lead 12”-18” from horse
Keep two hands on lead
Turn horse away from you
Make large circles
Maintain consistent gait

Tack & Equipment
Whip – OK to use at check-in and/or check-out
Proper saddle fit
Proper bit fit
Proper curb chain fit
Proper halter/bridle fit
Halter buckle end fastened through keeper
Cinch clean; not too tight or too loose
Snug rear cinch + connector strap
Saddle pad clean, in position
Space between pad & withers
Breast collar not too tight or too loose

Stabling – cont’d
Access to water
Rope snap adjusted so horse’s nose reaches ground
Two horses tied not too close together
Equipment out of horse’s reach
Sharp corners of latches covered/protected

Trail Equitation
Light in saddle
Soft rein contact
Ankles relaxed; heels slightly down
Balanced side to side
Post, soft sitting or 3-point trot
Light/quiet/low hands
Subtle leg cues

Mount
Don’t lead with reins around neck
Settle horse
Adjust tack before approach to mount
Use rein contact/ control
Square up horse
Use terrain/natural mounting block
Try to not pull horse off balance
Don’t dwell in stirrup
Don’t drag leg over rump
Settle lightly in saddle
Settle before cueing horse to walk off

Uphill
Bring torso forward by folding at hip joint
Light in saddle, not out of saddle
Transfer some weight through thighs to stirrups; don’t stand up
Maintain soft rein contact
Allow horse to use head for balance
Hang onto mane above rein hand (if necessary)

Downhill
Relax; don’t lean back;
Carry weight on thighs, not on seat bones
Avoid swaying side-to-side
Maintain soft rein contact

Obstacles
Think stop, settle, slow
Look ahead, not down

Backup
Settle horse
Think stop, settle, slow
Check behind
Use soft, subtle hands
Give and take with reins
Use leg aids for direction control

P&R Check
Line up parallel to next horse
Maintain contact/ control of horse
Remain quiet with low energy
Encourage horse to relax
Sponge/fan/cool horse as needed
Loosen cinch slightly
Keep near side stirrup out of way
Lead away with permission of next rider
Follow directions to proceed

Trail Safety & Courtesy
Keep rider # visible
Keep at least one horse length between horses (don’t crowd)
Approach other riders from behind slowly
Pass with permission, at a walk
After passing, move on to create a quiet pocket
Wait for next horse at obstacle/gate/etc.
Be careful not to spook others with your actions