

Welcome to ConfidentRider.com!

Together and in a fun and enjoyable environment we are going to learn safe horse handling and riding as well as the basics and care of the horse, tack and other equipment.

Your instructor is

Marcía Moran

Telephone: 239-272-0036

www.ConfidentRider.com



This manual was designed for the beginning rider taking lessons only with ConfidentRider.com affiliates and meant to provide some initial information that might be helpful in preparing you both mentally and physically for your first lessons!

We hope you will find this manual useful.

Please contact us if you have any questions before your first lesson!

For Your First Lesson

Please wear:

1. Long pants (jeans or riding breeches).
2. Boots or shoes with hard soles and at least a ½" heel.
3. Hard hat (available at the barn).

Initially and until each student is capable of properly performing the below procedures, part of the lesson will include the "Before the Ride" and "After the Ride" tasks. After mastering these tasks, the student may come earlier to groom and tack up. Then the lesson will be wholly devoted to the ride.

Before The Ride

1. Find proper saddle, pad, bridle & tack toolbox and crop in the tackroom and bring to saddlerack area.
2. Bring horse from stall or paddock to wash rack.
3. Secure horse on cross ties.
4. If necessary, remove fly mask
5. Start on near (left) side of horse and using currycomb, begin currying horse on the neck working your way back to the tail.
6. Use medium dandy brush to brush away loose hair and dirt. Repeat on other side of horse starting at neck.
7. Use soft brush on legs and face to gently remove dirt.
8. Use damp sponge or cloth to clean eyes and nostrils.
9. Use hairbrush to brush mane and tail.
10. Starting with the near (left) front leg, clean hoof with hoof pick. Repeat for each hoof working counter-clockwise finishing with the right front foot.
11. Spray the horse with fly spray, paying close attention to legs and underside of horse.

You are now ready to tack up your horse.

After the Ride

1. Return horse to washrack.
2. Place halter around the horse's neck to secure horse and attach crossties.
3. Remove bridle.
4. Hang bridle on bridle rack.
5. Adjust halter properly on Horse's head.
6. Remove girth from saddle and lay it over the seat of the saddle.
7. Remove saddle and pad and place on saddle rack.
8. If horse is sweaty, you must rinse the horse, When rinsing, pay attention to the underside of the horse and behind the tail, and rinse sand off of feet. Use sweat scraper to gently remove excess water. If horse is not sweaty, you may simply brush the saddle area
9. Check the horses temperature and condition. If the animal is still hot or breathing hard, you must walk the horse until he has cooled satisfactorily.
10. Spray the horse with fly spray, paying close attention to the legs and underside of the horse.
11. Replace flymask (under halter).
12. Return horse to stall or paddock.
13. Return to washrack and sweep to remove water and dirt.
14. Rinse off the Bit.
15. Return tack and toolbox to their proper place in the tackroom.

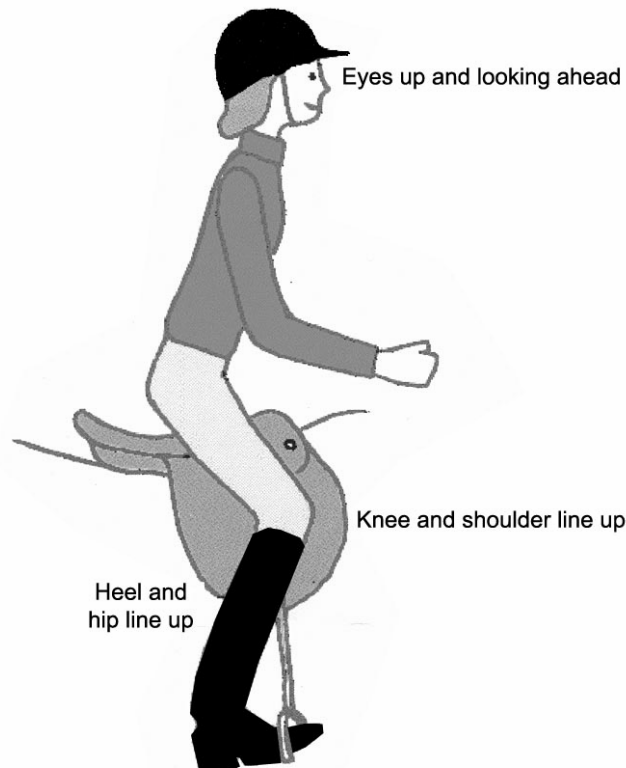
The First Lesson

In this first lesson, the student will be introduced to the following:

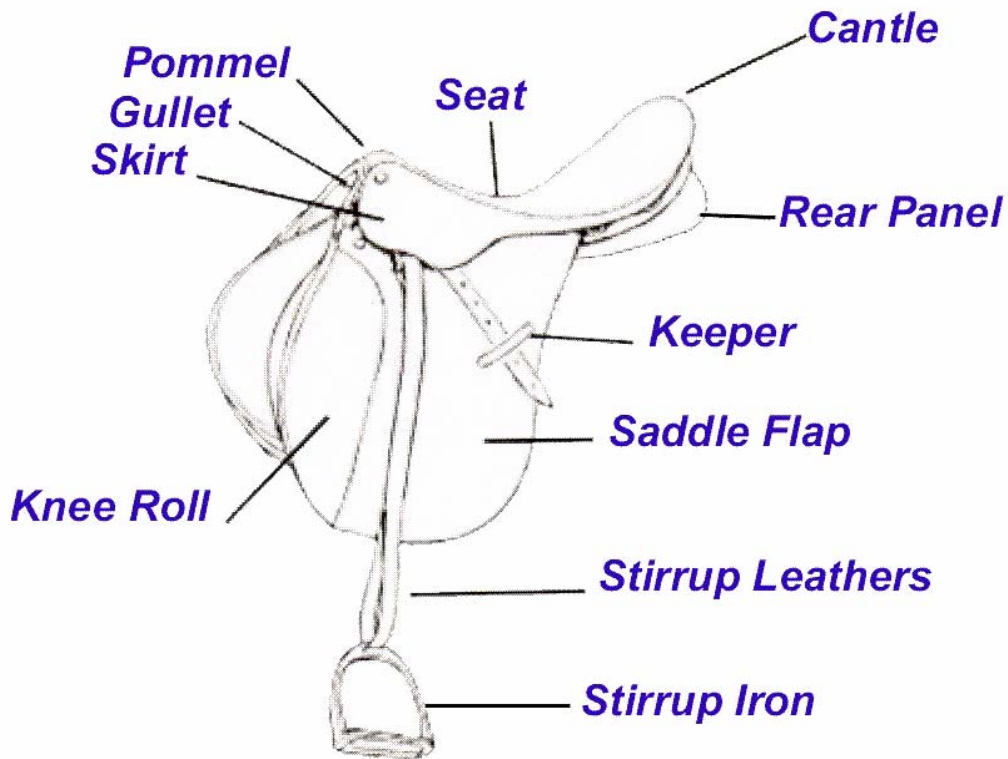
1. The correct tack adjustments for:
 - a. Bridle
 - b. Stirrups
 - c. Girth
2. Proper mounting and dismounting procedures.
3. How to do Stretches and reaches.
4. The correct body position for riding.
5. Following the movement of the horse's back at the walk.
6. The aids for halt and walk.
7. The relationship between correct body position and balance while standing in stirip at halt and walk.
8. Introduce sitting trot.

Subsequent lessons will build on these basic skills.

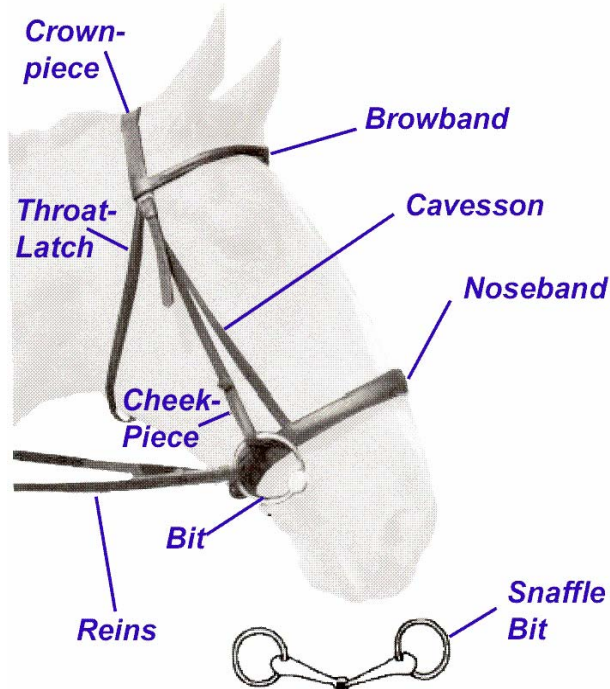
Two Point Position



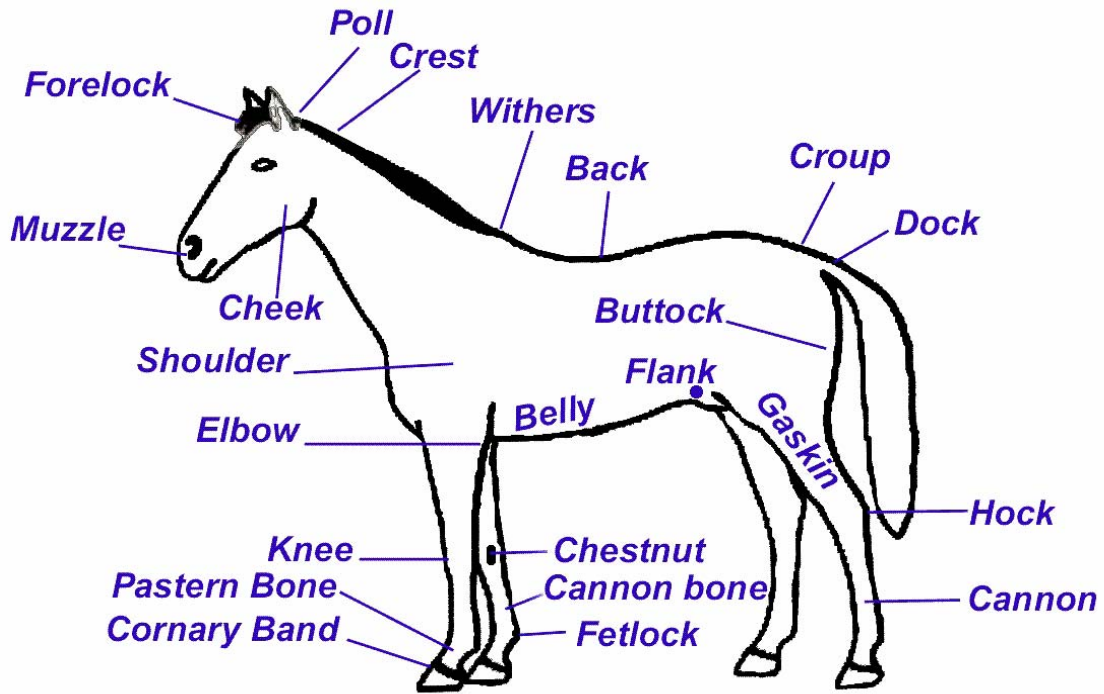
Parts of the Saddle



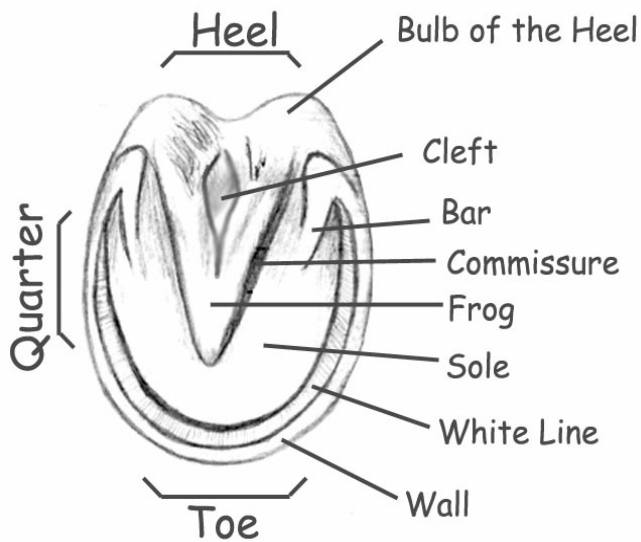
Parts of the Bridle



Parts of the Horse



Parts of The Hoof Bottom



Bones of the Lower Leg

