

# STRIDES TRAINING

Lesson Roles



# Side Walker #1

(left side of horse)

## Main Responsibility:

To focus on the client, listen to the instructor, relay and interpret commands to rider and other team members as necessary.



# Side Walker #1

SideWalker #1 has a very big role during lessons & therapy.



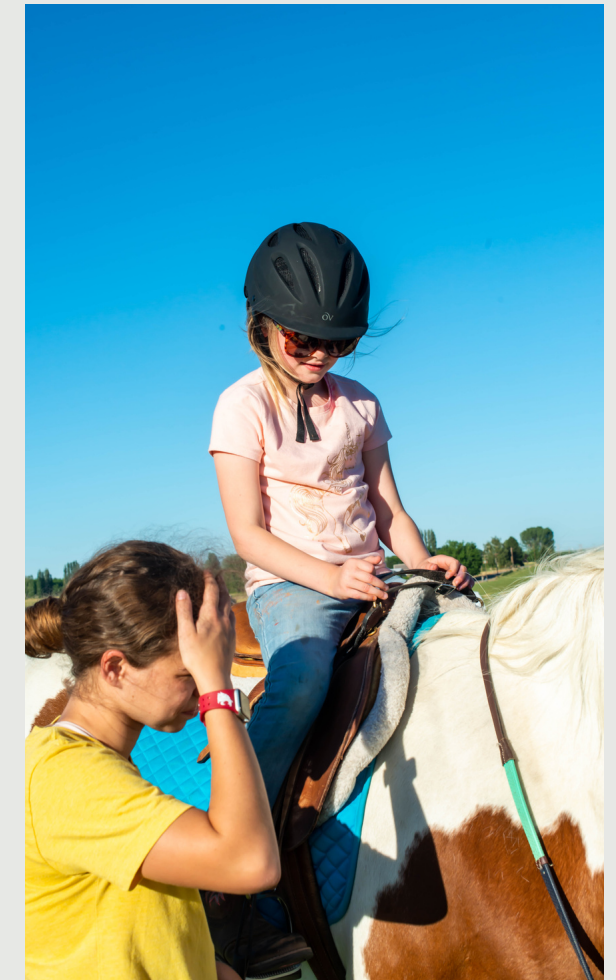
## Responsibility #1

Consult with the instructor before the client arrives to understand the pattern and purpose of the day's lesson.



## Responsibility #2

Greet the rider when he/she arrives. Help the rider with a helmet if help is needed.



## Responsibility #3

Stay with the client until the lesson is over and the client returns to his/her caregiver. There is no need to hold clients' hands unless they are small children.

# Side Walker #1

SideWalker #1 helps keep the client safe...



## Responsibility #4

Walk or jog beside the rider, providing physical support as directed by instructor or therapist.



## Responsibility #5

Be continually alert for the need for immediate help.



## Responsibility #6

Monitor the rider's balance. Advise the outside sidewalker and the horse leader if the rider needs assistance regaining balance.

# Side Walker #1

SideWalker #1 helps client complete instructions...



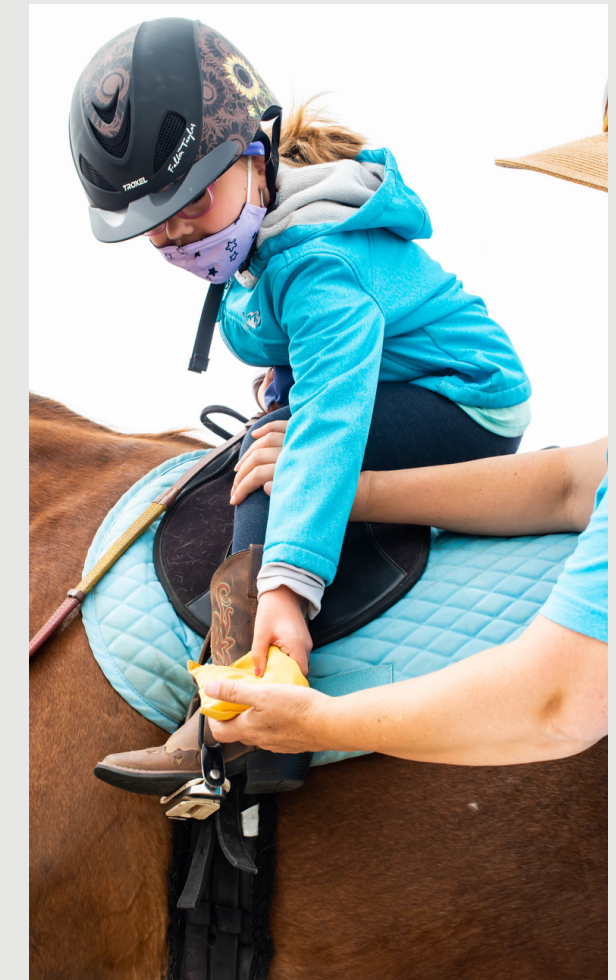
## Responsibility #7

Reinforce the instructor's directions as needed. Do as much as is necessary but as little as possible.



## Responsibility #8

Keep chatting to a minimum. Many of our riders may get overloaded or confused with too much auditory input.



## Responsibility #9

Alert the instructor / therapist of any environmental concerns, such as weather or other conditions that might make riding hazardous.

# Side Walker #1

SideWalker #1 helps client after class...



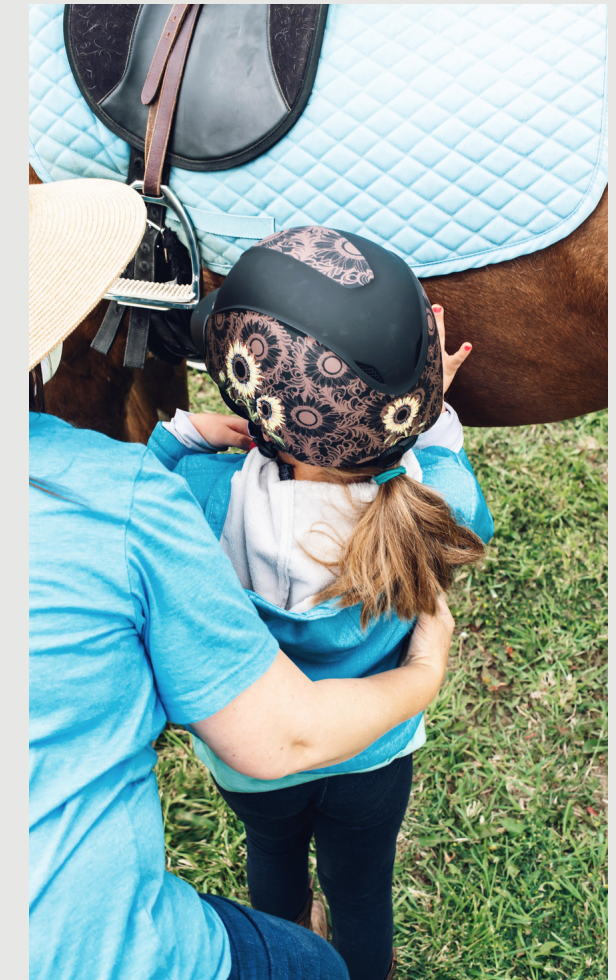
## Responsibility #10

Unless otherwise instructed, wait for the instructor to assist the client in dismounting.



## Responsibility #11

Accompany the rider to his/her caregiver or safe place.



## Responsibility #12

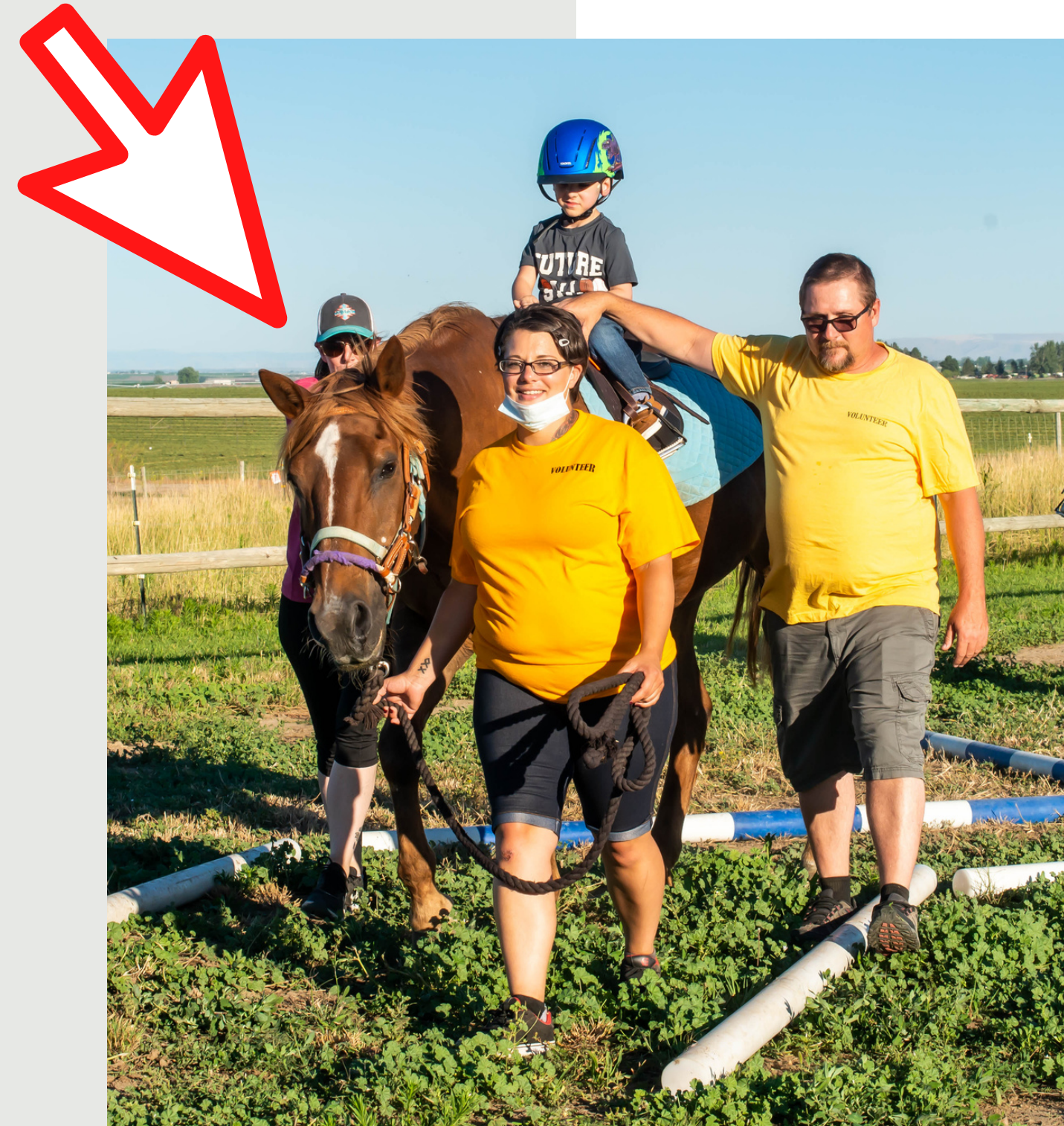
Help the rider remove the helmet if necessary and return it to its proper place.

# Side Walker #2

(right side of horse)

Main Responsibility:

To ensure overall safety of the client during mounting and lesson.



# Side Walker #2

SideWalker #2 has an equally big role during lessons & therapy.



## Responsibility #1

Help the instructor in setting up the arena for the lesson.



## Responsibility #2

Put out helmets and gait belts.



## Responsibility #3

Assist in the mounting procedures from opposite the mounting block/ramp.



# Side Walker #2

SideWalker #2 helps keep the client safe...



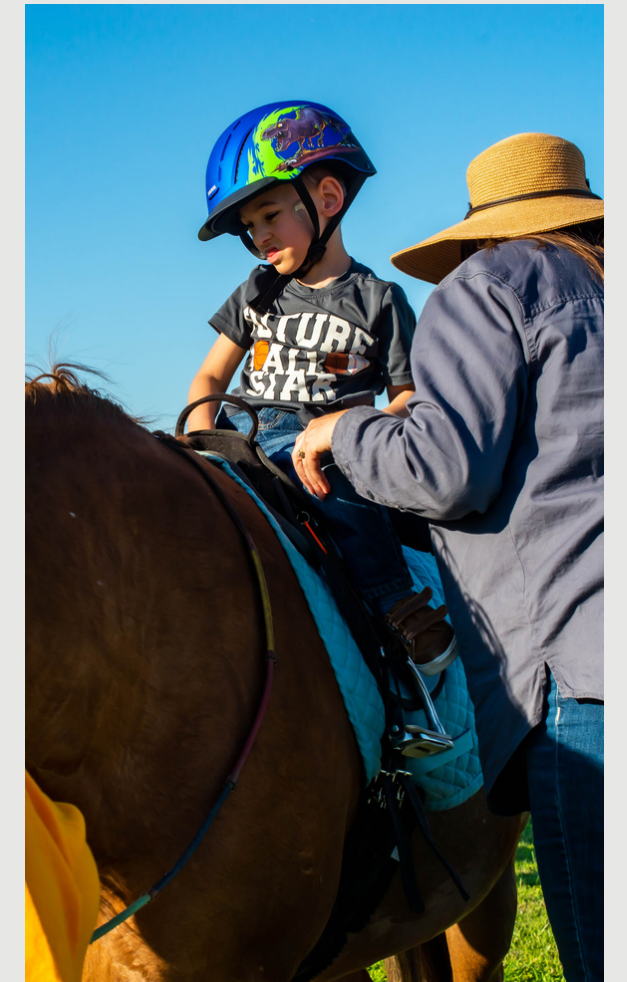
## Responsibility #4

Hold the saddle secure while the rider is mounting by holding the stirrup down.



## Responsibility #5

Walk or jog beside the rider, providing physical support as needed.



## Responsibility #6

Monitor the rider's balance, correct it with the help of the team.

# Side Walker #2

SideWalker #2 helps client complete instructions...



## Responsibility #7

Keep chatting to a minimum. Allow sidewalker #1 to provide most of the verbal instruction to reduce confusion.



## Responsibility #8

Aid the instructor / therapist in dismounting the client.



## Responsibility #9

Help put the horses and equipment away. Assist with chores, such as cleaning tack, etc.

Keeping the client safe is the number one priority.

# Types of holds



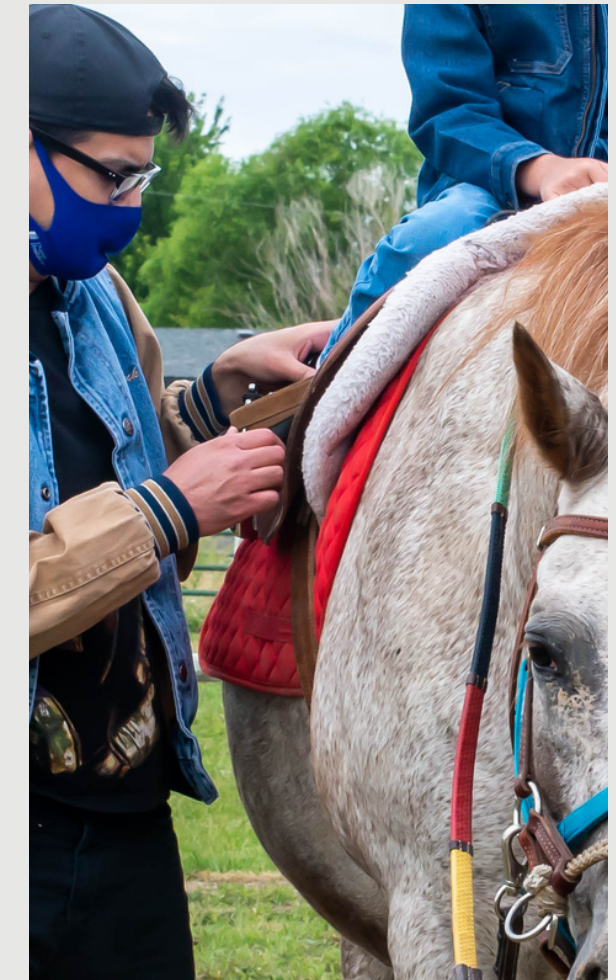
### Trunk Hold

One hand on the client's gait belt & one hand on the client's thigh. Do not lean into the horse.



### Thigh Hold

Standing parallel to the horse, place your forearm firmly across the client's thigh and grasp onto the edge of the saddle. Do not lean into the horse.



### Calf / Ankle Hold

Make a C shape with your hand that is closest to the client and grasp onto their calf / ankle. You should be standing parallel to the horse.



# How to lead a therapy horse...

How you engage with the therapy horses with the lead plays a role in how the horse is able to engage it's body for the client. We practice this leading technique whenever we have a horse on a lead rope.



# The Lead Rope

A

Hold the lead line about 8 inches from the horse's head with the extra length folded (not wrapped around) in your free hand.

B

Stay between the horse's head and his shoulder when leading; keep a light touch on the lead unless restraint is required.

C

Use voice commands to aid in transitions from one gait to another.

"Walk on" "Trot" "Halt"  
"Whoa" "Back" "Good" "Uhuh"

# Horse Leader

## Main Responsibility:

To focus on the horse, leading and controlling the horse before, during and after the lesson. Report any horse related problems to the instructor / therapist.



# Horse Leader

Make sure to arrive 30 - 45 minutes early to prepare your horses.



## Responsibility #1

Collect the horse and tie the horse for grooming and tacking up (never leave a horse unattended) in the hitching post.



## Responsibility #2

Check the lesson plan or consult with the instructor / therapist to understand the expected routine.



## Responsibility #3

Report any sores and treat them under the direction of the instructor / therapist when you are preparing them for lessons.

# Horse Leader

Horse Leader is responsible for at least 3 girth checks



First Check

TIGHTEN GIRTH BEFORE  
TAKING HORSE TO  
MOUNTING BLOCK.



Second Check

Check the girth prior  
going into the ramp or to  
the mounting block.



Third & Fourth Check

The instructor or horse leader  
will check the girth upon entry  
into the arena and prior to  
trotting.



Getting on the horse is the most dangerous moment during therapy...

# Horse Leader



**Mounting #1**

Stand directly in front of the horse's face, holding the horse gently by both sides of the halter so that the horse does not change position. This is called the halt position.



**Mounting #2**

Wait for the instructor / therapist to give permission before leaving the mounting block or ramp.



**Mounting #3**

Walk straight away from the ramp or at a slight angle to the outside as instructed by the instructor / therapist.

During lessons...



### Responsibility #6

Always keep at least two horse-lengths apart from the next horse.



### Responsibility #7

Listen to the instructor to assist your rider in moving the horse. Provide assistance only as is necessary. Some of our riders need extra time to process an instruction, so be sure to allow for that time.

### Responsibility #8

When standing at a halt, keep in front & off to the left of the horse to avoid being hurt. Make sure that the horse is standing balanced on all four feet.

# Horse Leader



# Energy & Body Language

Your energy and body language will effect how your horse responds when you are leading it.

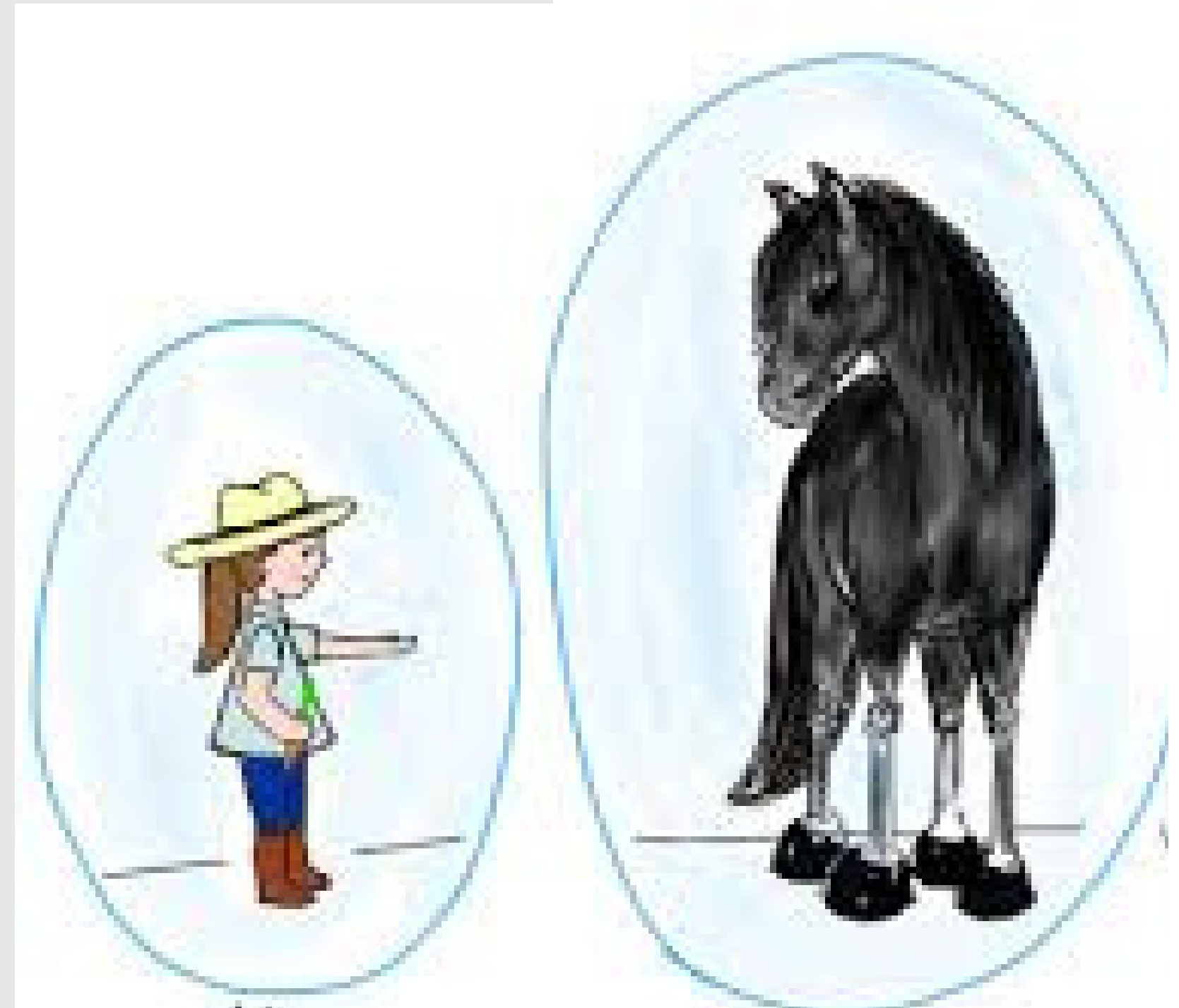
# Energy Bubble

## Remember this:

A horse has a 25 foot oval of energy extending directly around them.

Humans have a 10 foot ring of energy.

When we are 35 feet away from the horse, we are still touching them.



# What Is the Big Deal About Our Energy?

Our energy has a huge impact on all of our interactions with our horses. If we can learn to be aware of our energy and control it to the best of our ability, we can take our horsemanship to a whole new level!

**A**

Energy (aka vibes) are the signals that we send out to the world around us **non-verbally**. Just with our demeanor and body language, we tell the world around us a lot of things.

**B**

Think about yourself, what is your general mood and outlook on life? Imagine that your horse sees you inside of a bubble that is full of energy that you are feeling at any given moment.

**C**

If you are having a bad day, imagine your horse sees you surrounded by a black bubble with sparks flying. The bubble looks like it is about to pop because it is so full of negative energy. This dark bubble makes your horse nervous. They will feel tension and anger and that is going to make them tense.

**D**

If you are calm and intentional, then your emotions won't cloud that bubble that your horse sees. The bubble around you is invisible to your horse and you can communicate best with them, because they feel calm, too.

Is your horse moving away from you when you approach it or is it relaxed and looking at you? If your horse moves away, try to calm your energy and make your bubble clear. It takes time and practice.



## The horse is our energy mirror...

If you feel excited, anxious, or unsure, your horse may speed up and act anxious with "poor listening skills".

You can use your energy for good when you are working with a horse. Calm, assertive energy feels like a leader in the horse's opinion.



## Energy, continued

With calm, assertive energy, you can easily move the horse away from you and to you by shifting the direction of your body. This decreases the need to pull on the lead rope, because the horse is following your lead.



## VOLUNTEER MANUAL

Today's presentation can be referenced in your volunteer manual.

Please complete the online survey for your certificate.