



# Riding Centre Updates

## Issue #10

## October 2018

### NOT JUST ANY RIDING SCHOOL...

We present another great issue filled with helpful tips and tricks to further your equestrian hobby. This month we are focusing on tidiness for both horse and human. We love how everyone is embarking on this evolution of the Riding Centre and are becoming very polished equestrians. Enjoy the reads and happy riding!

### Grooming Your Horse!

*Did you know...* there are 5 basic reasons for grooming a horse?

1. To prevent disease
2. To promote health
3. To ensure cleanliness
4. To improve appearance
5. to maintain condition



**Clean brushes = clean horse** so use the plastic curry comb to clean off the dandy brush. And don't forget to feel around the horse with a **bare hand**, that way you are able to feel for dirt, bumps and injuries.

Lastly, don't be surprised if the instructor sends you back to the barn if your horse is not properly groomed. Your horse works hard for you, so why not show your appreciation by trying your best to make them clean and healthy!

### Coaching Tip: Prepare Ask Allow Reward (PAAR)

There are as many different teaching styles as there are different horse and human personalities. Having consistent techniques can help both equestrian and their equine to accomplish tasks with confidence. The PAAR method can prove

to be very beneficial in riding, but we must first discipline ourselves to adhere to the steps. So next time you ride, ask yourself:

Am I **Preparing** and planning out the exercise so that I can be a good leader?

Have I **Asked** my horse to do the task with the correct aids and position?

Can I **Allow** my horse to move forward into the exercise without me restricting it's natural forward movement?

Have I **Rewarded** the horse for a job well done within **3 seconds** of the task?

In the end, we want to think about the horse wanting to work for us not just having to.

### Caring For The Tack & Things You Can Do To Help

Tack...is expensive, *school horse saddles range from \$1000-\$2500 while bridles start at \$100 and up*, but if well taken care of, it can last for years!

Everyone has been doing an AMAZING job at ensuring that the bits are cleaned after every ride, but there is even more small steps that we can take to ensure the comfort of the horses and riders.

**Dirty saddle pads:**  
We are NOT short on saddle pad supplies so if you think a pad is too dirty to place on your freshly groomed horse, ask an instructor to get you a cleaner one.



### Dust:

A sworn enemy to leather! If you look at dust through a microscope, you will see that the particles are sharp like little pieces of glass. We have placed blue

### THINK SMART; THINK SAFE

and green clothes near the bit wash bucket so that people are able to dry wipe down their equipment prior to putting it in the locker.

### Dirty Riding Boots:

An easy way to help keep the saddle cleaner is to ride with boots that are clean. You can bring your own "riding cloth" to use when your riding boots are full of mud. Remember your boots might be made of leather too, so taking care of them will also make them last longer.

### Pony Club 2019!

With our first meeting being cancelled due to the snow storm, we are eagerly waiting for Tuesday October 9 to commence our season.

We are looking forward to having Becky join the team as an instructor for the D, D2 and C level members.

With the growing numbers, we have added in Sunday classes for the E level group. We look forward to another great season with many fun and educational events!

All registrations and inquiries can be sent to [alborakponyclub@gmail.com](mailto:alborakponyclub@gmail.com).

### In the Works...

Dates and invitations to be sent out via email for our annual holiday celebrations and clinics.

Adult riding lesson programs are being developed. We are looking at launching them in 2019!

Alborak is trying something new! We are piloting a Team Assistant role starting mid October. More information to come with regards to this off location position.