

## ENGLISH INSTRUCTOR LUNGING PROCESS

Approx. 20min

The horse should be presented with a bridle (the use of well fitted lunging cavesson or leather halter with the bridle is acceptable), saddle, boots/polos, bell boots and side reins which have been fitted to the horse and secured to the saddle high up. The coach candidate should present with correct attire (riding helmet, gloves, no spurs).

The candidate coach will:

- Test the length of the side reins before the horse is presented to ensure they fit.
- Attach the lunge line in the candidate's preferred method. (see Learn to Ride manuals)
- Tighten the girth, tie up the reins and stirrups.
- Warm the horse up on either rein without side reins at walk and trot. Practice a couple of walk trot transitions to see how the horse reacts.
- Ensure the horse is suitable and halt the horse, change direction, attach the side reins and continue at walk/trot.
- Halt the horse, undo the side reins, undo the stirrups, undo the reins. The rider may be asked to hold the whip to assist.
- Will show the rider how to estimate the correct stirrup length by putting the finger tips at the stirrup bar and the stirrup under the arm pit.
- Explain how to mount, how to adjust the stirrups if necessary and tighten the girth.
- May change the rein again at this point.
- Explain the goal of the lesson ...briefly, if the goal is clear OR
- Allow the rider to walk and or trot briefly on the lunge and make a decision regarding the goal.
- Tie up the side reins securely if working at the walk and any time the horse is halted. The candidate coach MAY choose to attach the side reins if working at the trot, depending on the horse.
- Work on exercises to target the root problem and will make the biggest difference in the shortest amount of time.

Once asked to wrap up the coach will:

- Undo the side reins if used and explain how to dismount. If stirrups and/or reins were taken away the rider must have them back before dismounting.

**Please refer to the rubric for specific lunging/teaching requirements.**