



Hot to Trot

Adult Horsemanship

The Adult Horsemanship 1 program at SJD is a 6 week program designed for those students who would like to be more confident in their knowledge of equine



care and

management.

Building confidence and skill is our goal.

This course in basic horsemanship is a prerequisite for the

Advanced

Horsemanship

Program

Week One Equine Behaviour 1

Read and identify body language and cues as to the mental and physical state of the horse.

Safety measures and restraining methods .

Exercises:

Safely tie up a horse and haynet.

Feed by hand or from a container.

Leading and standing

Jog in hand

Week Two Grooming 1

Proper grooming techniques.

Parts of the horse(basic)

Tips and tricks for the show ring.

Hoof care

Exercises:

Put on a halter.

Groom

Identify colours and markings.

Picking up feet

Week Three Tack 1

Bridles,Saddles, Martingales, Boots, Blankets ,Scrims ,Coolers and MORE!

Exercises:

Take a blanket or sheet off and on.

Tack up

Mount and dismount

Week Four Herd and Stable Management 1

YOU GOT IT! Mucking out!

Nutrition

Supplements

Herd health

Recognizing signs of distress(colic)

Exercises

Muck a stall

Feed

Catch a horse

Deworm

Administer medication

Week Five Try Riding 1

Learn to handle reins and sit in a balanced position.

Walk\Halt independently (mounted)

Use of natural aids

Exercises:

Groom

Tack up

Lead

Mount and Dismount

Ride!

Week Six Put it to the TEST!

Team challenges.

Competitions to be announced!

Getting confident but need some practice?

Let us know and we can lend you a horse or pony for practice.

