

## Mount/Dismount Points for Sidewalker & Coach Orientation/Training

Before volunteers stand by ramp area do a tack check. It is suggested that the horse is tacked in a saddle with rainbow reins.

Choose an Orientation attendee who has on long pants and is on the smaller side to be the mock Rider

- Before Horse is loaded points
  - Where the rider waits- white sign
  - Where the offside volunteer waits- by the metal stairs, not on the block yet
  - Riders with ambulation devices- riders loaded first then horse
  - Riders without ambulation devices- horse is loaded then rider comes up ramp (load horse at this time)
- Walk up on ramp with Rider
  - Have one attendee on off side step up onto block
  - Have one attendee be your 'gate person'
- Explanation of Croup (regular) mount while on ramp
  - What is the 'croup' of the horse
  - We use this mount with most of our Riders
  - Explain the job of the volunteer on the block
    - Left hand up above the horses hind end to make sure the rider does not bump the horses hind end
    - Left hand helps guide leg down and helps leg not grip horses tummy
    - Explain that we do not pull legs down into a 'normal' position
    - Thigh hold on rider while they walk off the ramp
      1. Tell those viewing that you will explain the thigh hold once in arena
  - Tell everyone that the 'rider' is going to ask the horse to walk on, you will go in the arena, and once you are stopped in the arena everyone is to walk in the arena
  - Ask gate person to open the gate into the arena and ask the 'Rider' to tell their horse to walk on
  - Once everyone is in the arena make sure that they are in a semicircle more towards the front part of the horse
  - Do a tack check once in the arena, show the rider how to hold their reins and adjust stirrups so they are comfortable.
- Supportive Holds
  - The three holds we teach here are fairly standard at any PATH facility. They may call them something different
    - The way we do a hold tonight is the typical way the hold is used but an instructor may ask you to do a hold in a special way depending on the rider
  - Thigh Hold- most supportive hold. Good for riders who need help balancing, may feel insecure on the horse, the first time someone trots, etc.
    - Typically done in a team of 2 (C & SW)
      1. Ask those in audience why you would want to do it in a team of 2 (symmetry)

2. Point out that the forearms of the volunteers should be at the same level on each side (symmetry)
  3. Shoulder injuries and height may make someone not suitable to work with a rider who needs a thigh hold
  4. Go over how to switch sides if their arms get tired
- Cuff hold
    - Good for riders who tend to stick their legs out front (ski position)
    - Good for riders who do not like touch (ask what type of diagnosis does not like to be touched- autism spectrum)
    - Do not wad up the cuff of the pant tight around the ankle
  - Heel hold
    - Good for riders who tend to crunch their legs (fetal position)
    - Good for riders who don't push their heels down (ask the participants if we are supposed to ride with heels up or down)
    - Reminder to have hand in 'c' position behind heels- don't have fingers under heel because fingers will get squished and it would cause heels to go up
- Hands on Practice
    - Explain that each person will have a chance to walk next to the horse and they will have to demonstrate the three holds. They are to listen to the HL as they will be calling out the holds
      - Participants are to walk IN FRONT of the horse to get to the far side
      - Remind them that they should not have hands in pockets (pants or hoodies)
      - Reminder to be 'in the moment' when they are working around the horse and rider. When we get too relaxed and don't pay attention that is when accidents happen
      - Demonstrate how to take bigger steps if you are on the outside of a turn
      - Reminder not to hang on the horse/tack and to not touch the horse if the rider does not need support
  - Rider processing time
    - Most of our riders have a delay on processing incoming or outgoing information
    - Demonstration of asking the mock rider to pick up their reins
      - Instruct the rider that they have a processing delay of 5 seconds and they are not to do anything before that 5 seconds is up
      - Ask the rider to pick their reins up but only wait a couple of seconds
      - Explain that this causes the rider to start at 1 again and just frustrates the rider and volunteers
  - Emergency Situations
    - Explain Active vs. Potential Emergency
      - Potential- stop and assess the situation, call instructor over, may not dismount rider
      - Active- called for by the HL, Instructor, etc. and may require a C/SW to do an emergency dismount
        1. Call out fallen rider to alert instructor
    - Explain Horse vs. Rider Emergencies

