

SAGEHILL STABLES

Introductory Program

10 Week Spring/Fall Client Outline

Sagehill Stables

Outline

Program Description	2
Program Breakdown	3
Theory Handouts	4
Week 1 Handouts	5
Week 2 Handouts	6
Week 3 Handouts	7
Week 4 Handouts	8
Week 5 Handouts	9
Week 6 Handouts	10
Week 7 Handouts	11
Week 8 Handouts	12
Week 9 Handouts	13
Week 10 Handouts	14

Program Description

The Introductory Riding Program is designed for people ages 8 to 70+ who would like to learn how to ride! Our goal at Sagehill Stables is to provide our students with the essential information to catch, groom, tack up and of course ride horses safely! This special promotional offer includes 10, 2-hr weekly lessons in a group setting with other beginner riders. Lessons include theory, safety, assisted tack-up and riding time. These 2-hr lessons have been specially designed to help people new to horses learn and build confidence. Educational handouts and other learning materials are available to help you out!

Proper Attire

- Long pants for riding in (non-slippery material such as jeans, tights, ect.)
- Boots or shoes with a 1/2 inch heel (for safety reasons – cowboy boots, rubber boots are suitable in spring/fall/summer, winter boots with a heel ok – ask your coach on your first day about your footwear)
- It is recommended that students purchase a properly fitted equestrian riding helmet. We do have helmets available for students to borrow for the classes if needed.

Greenhawk Harness and Equestrian Equipment is our recommended location to get a helmet. They also have footwear and other riding gear!

Weekly Theory Handouts

It is not necessary to print them off, these are for your own personal use.

Program Breakdown:

The table on page 3 is intended as a guideline. Some lessons may vary in time or structure depending on various happenings and individuals in each lesson. Coaches have to be flexible to deal with different issues with horses, weather and clients.

Contact information

Location: 4180 Waverley Street
Phone: (800) 217-4184
Email: lessons@sagehillstables.com
Mailing Address:
4180 Waverley Street
Winnipeg, Manitoba R3V 1L5

Program Outline:

Lesson	Theory	Preparation	Riding Portion	Conclusion
1	1hr: The first lesson will include greetings and introductions (intro) to students and staff. We will then have an orientation to Sagehill Stables which includes a facility tour and site specific safety rules, including going over safety around horses. A practical demonstration of approaching, leading, tying, grooming, saddling, bridling, mounting and dismounting horses will take place. The amount of riding in the first lesson is minimal, so is a good time for asking questions and getting comfortable with things around the barn.			
2	20 minutes Horse eyesight & practice tying	45 minutes Practicing content from lesson 1 and bridling demo.	40 minutes Body position, riding aids, open rein steering, stop and go.	15 minutes Untacking and putting horse away. Storage and care of tack and horse.
3	20 minutes Herd and Horse Behaviour	40 minutes Practicing content from above and hoof picking demo.	45 minutes Intro to use of legs in steering and safe spacing/passing. In-hand first trot.	15 minutes Same as lesson above.
4	20 minutes Parts of the saddle and bridle	40 minutes Practicing content from above. Picking up front hooves independently.	45 minutes Practicing content from above. Intro to sitting trot independently and introduction to two-point.	15 minutes Same as lesson above.
5	20 minutes Horse Colours and Markings	40 minutes Practicing content from above. Picking up back hooves	45 minutes Practicing content from above and walk/trot transitions.	15 minutes Same as lesson above.
6	20 minutes Horse Anatomy	40 minutes Practicing content from above.	45 minutes Practicing content from above, intro to indirect steering. 2- point at the walk.	15 minutes Same as lesson above.
7	20 minutes Horse Health: Head to Hoof	40 minutes Practicing content from above.	45 minutes Practicing content from above and intro to posting trot.	15 minutes Same as lesson above.
8	20 minutes Horse Breeds	40 minutes Practicing content from above.	45 minutes Practicing content from above and safe passing/spacing at the trot.	15 minutes Same as lesson above.
9	20 minutes Gates and Transitions	40 minutes Practicing content from above.	45 minutes Practicing content from above and 20-m circles with trot poles. 2-point at trot.	15 minutes Same as lesson above.
10	20 minutes Set Up Obstacle Course	40 minutes Practicing content from above.	45 minutes Practicing content from above then complete obstacle course!	15 minutes Same as lesson above.

Theory Handouts

10 Week Spring/Fall Introductory Program

Sagehill Stables

WEEK 1: BASIC HORSE SAFETY

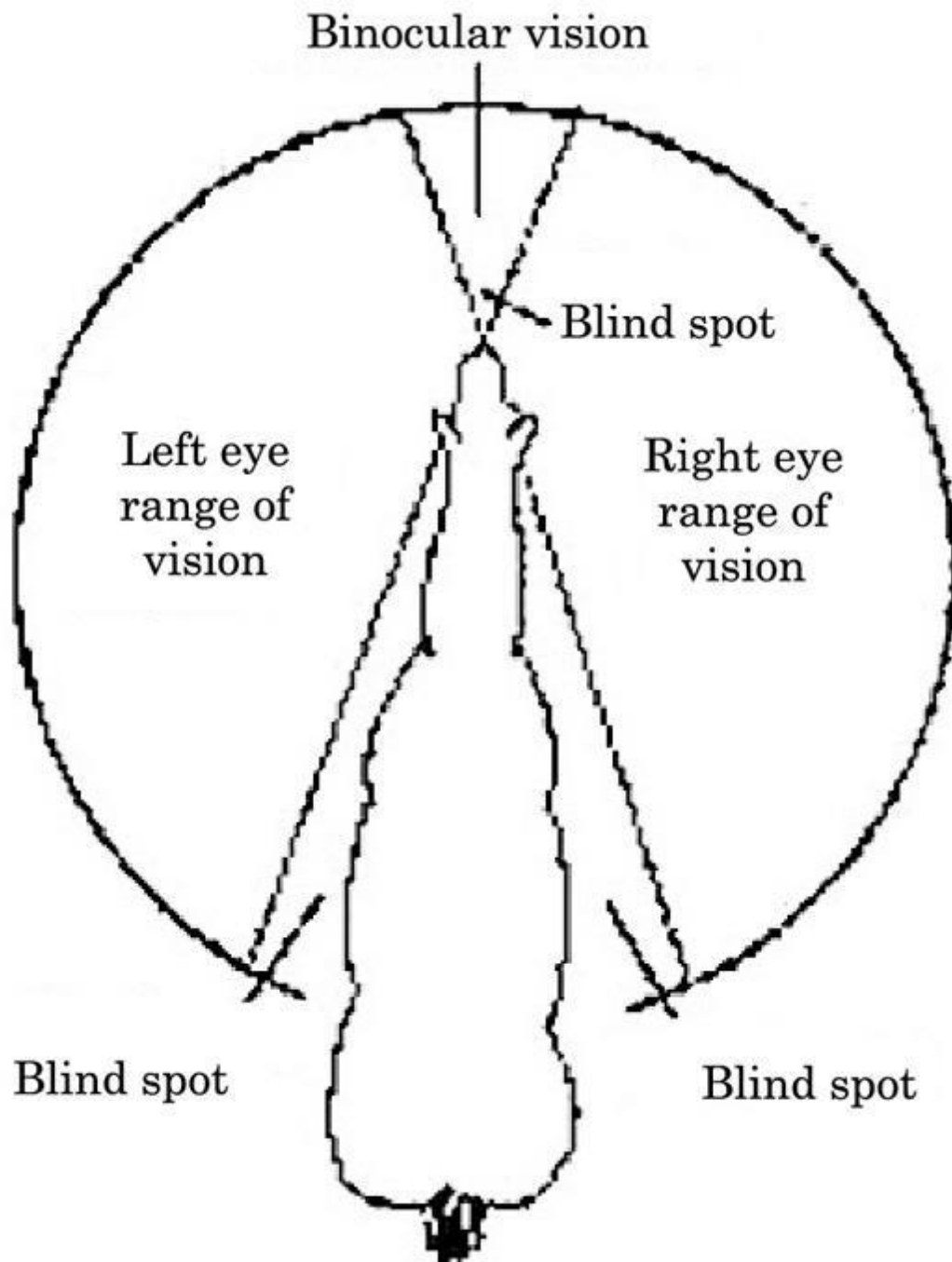
Basic Safety

- Helmets on during tack-up and riding
- Two ways to go behind horses (close or far)
- No kneeling or sitting on ground
- No running, screaming ect in the barn
- Don't go under horses neck when they are tied up
- Keep fingers away from horses mouths
- Always hold on to your horse if they are not tied up
- Most things are done from the left side of a horse
- Watch feet/toes
- Lead ropes or reins should never be on the ground

Mounting/Dismounting Safety

- Reins over the horse's head, arm through reins for tightening girth or adjusting stirrups
- Reins down for leading
- Use a mounting block
- Students are to hold reins during entire mounting procedure

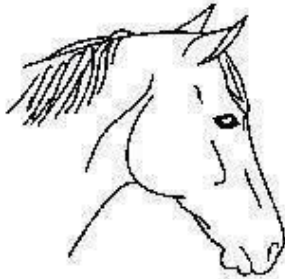
WEEK2: HORSE EYESIGHT



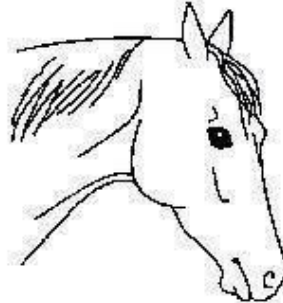
WEEK 3: HORSE AND HERD BEHAVIOUR

Reading a Horse's Ears

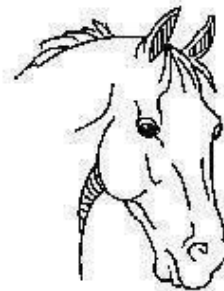
The horse's ears and actions are the key to his emotions. He can tell you what he is paying attention to and how he feels by the way he uses his ears and the way he acts. Following are some tips to his emotions.



Ears forward but relaxed
interested in what's
in front of him



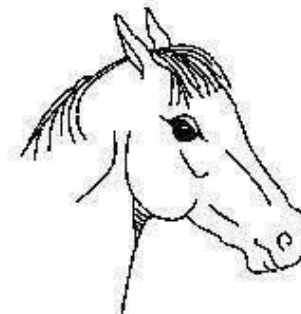
Ears turned back but relaxed
listening to his rider
or what's behind him



Ears pointed stiffly forward
alarmed or nervous about what's
ahead. Looking out for danger



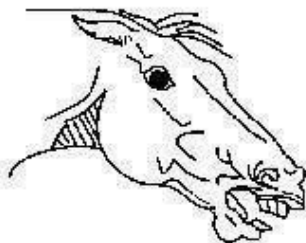
Ears pointed left and right
relaxed, paying attention
to the scenery on both sides.



Ears stiffly back
annoyed or worried about what's
behind him; might kick if annoyed.



Droopy ears
calm and resting,
horse may be dozing.



Ears flattened against neck
violently angry, in a fighting mood.
May fight, bite or kick.

OTHER SIGNS YOU SHOULD NOTICE ARE:

• **Tucking the tail down tightly.**

Danger to the rear.
Horse may bolt, buck or kick.
Watch out if ears are flattened too!

• **Switching the tail.**

Annoyance and irritation:
• at biting flies, stinging insects or tickling
• bothersome actions of a rider or another horse.

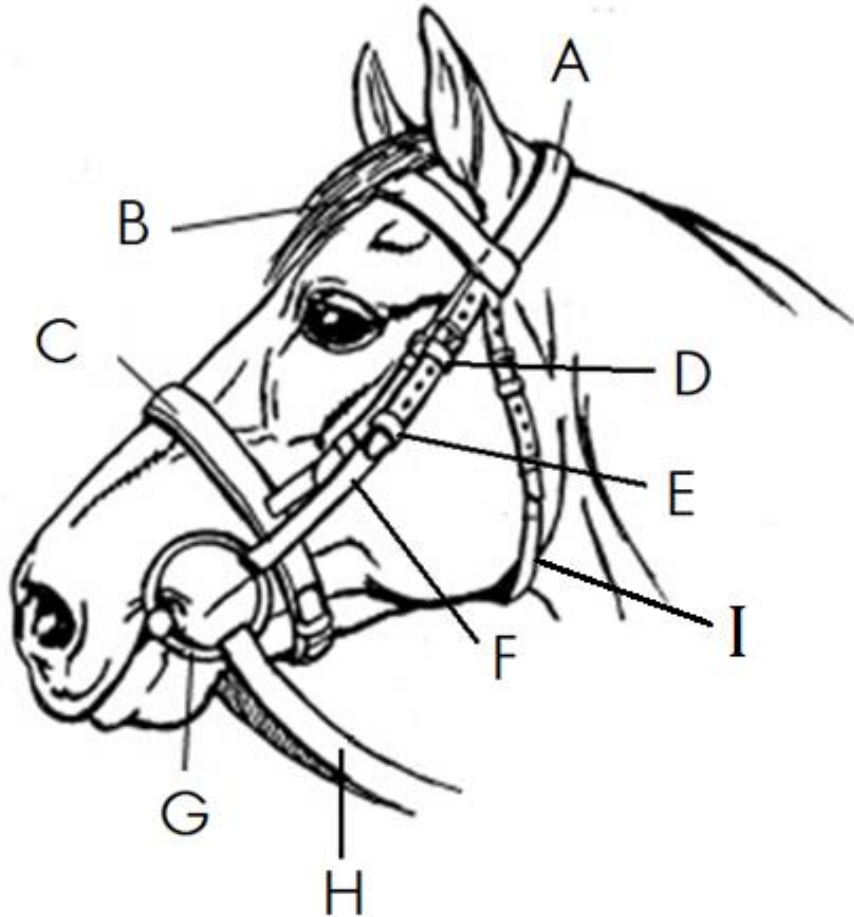
• **Droopy ears and resting one hind leg on toe.**

Calm and resting, horse may be dozing.
Don't wake him up by startling him!

• **Wrinkling up the face and swinging the head.**

Threatening gesture of an angry or bossy horse.
Watch out for biting or kicking.

WEEK 4: PARTS OF THE BRIDLE



A) _____ F) _____

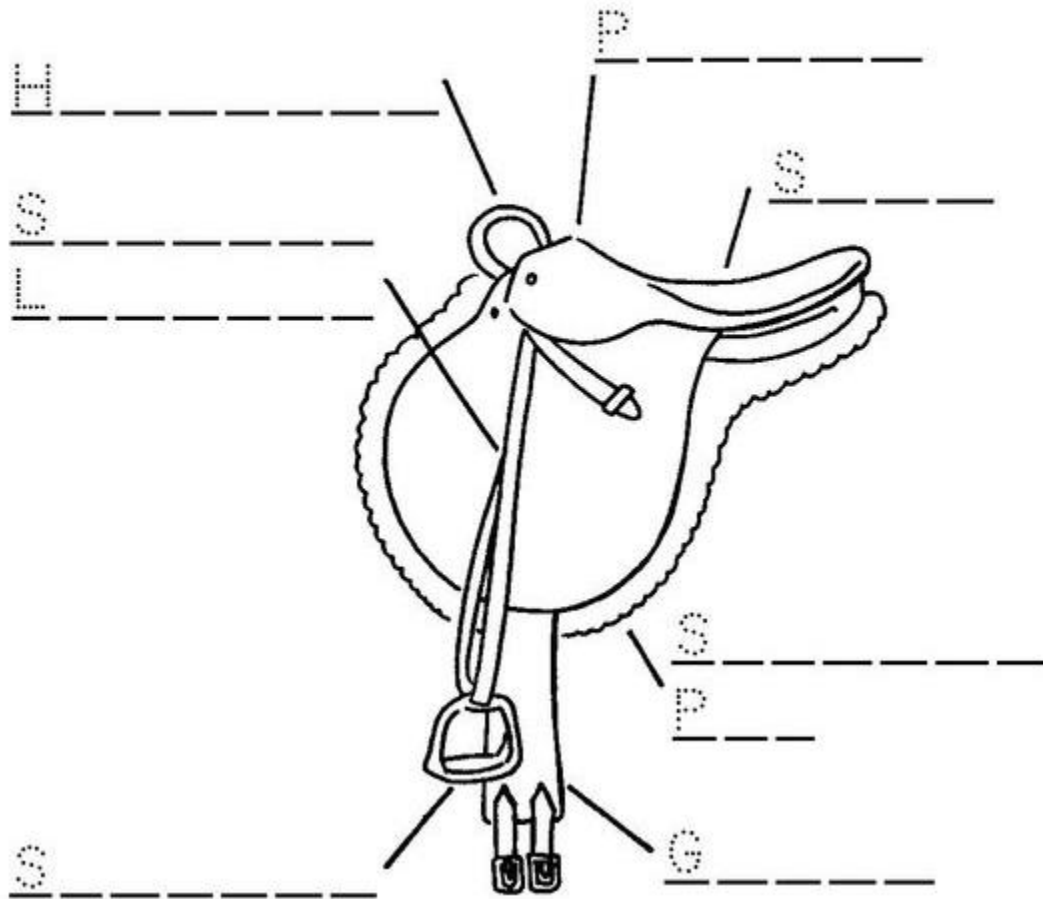
B) _____ G) _____

C) _____ H) _____

D) _____ I) _____

E) _____

WEEK 4: PARTS OF THE SADDLE



WEEK 5: COLOURS

A HORSE OF A DIFFERENT COLOR

DUNS



YELLOW DUN



RED DUN



GRULLA



MOUSE DUN

GREYS



GREY



DAPPLE GREY



FLEA BITTEN



ROSE GREY

BASE COLORS



BAY



CHESTNUT



BLOOD BAY



SEAL BROWN



BLACK



LIVER CHESTNUT

DILUTIONS



PALOMINO



CREMELLO



BUCKSKIN



PERLINO

APPALOOSA PATTERNS



BLANKET



LEOPARD

ROANS



BAY



STRAWBERRY



BLUE

CHAMPAGNE VARIATIONS



CLASSIC



GOLD



AMBER



SABLE

PINTO PATTERNS



PICABLO TOBIANO



SABINO



SKWEBALD OVERO

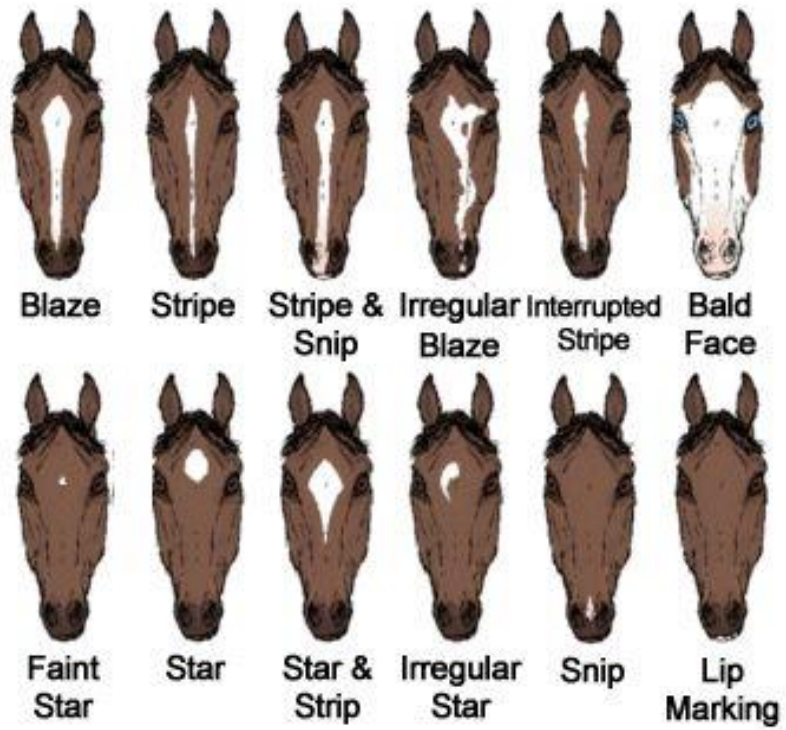


SPLASHED WHITE



DOMINANT WHITE

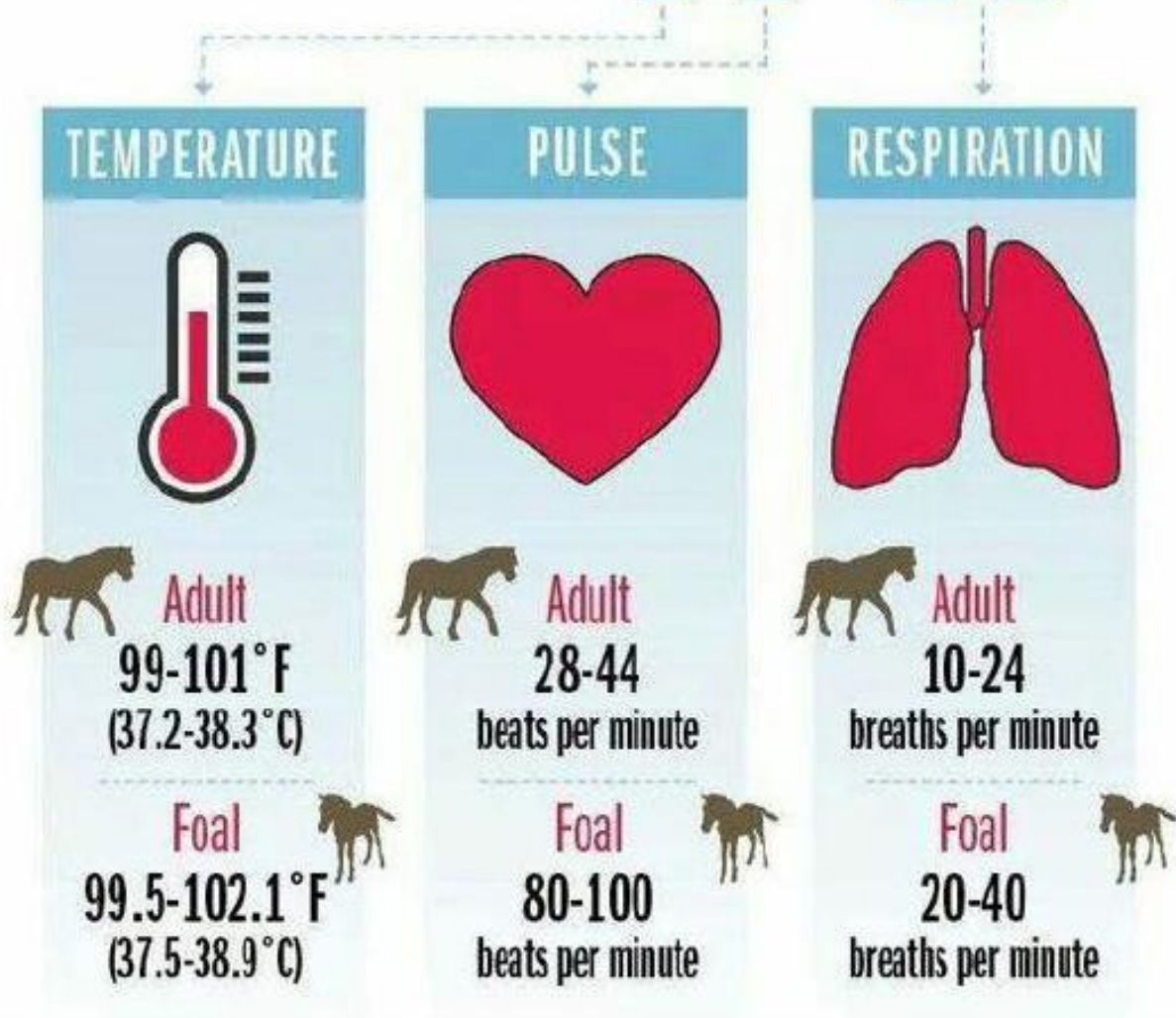
WEEK 5: MARKINGS



WEEK6: HORSE ANATOMY



A HORSE'S NORMAL **TPR**



WEEK 8: HORSE BREEDS

Arabian

The Arabian, also known as an Arab, is one of the oldest breeds of horse. The Arabian has a small, dished (concaved) face, pointed ears, a high tail set. They have one less vertebra and rib than other horse breeds. These high spirited horses can be seen in all disciplines but they excel in the endurance (long distance race) world. Arabians appear in solid colors including grey with or without white markings on its legs. On average, an Arabian stands from 14.2 and 15.2 hands high and weighs between 800 to 1,000 pounds with a strong build.



American Paint Horse

The American Paint Horse had origins that date back to the Roman Empire. American Paint Horses can be found in all disciplines from English to Western and pleasure riding to roping. Their beautiful markings are defined by their distinctive patterns that include overo, tobiano, and sabino. On average, an American Paint Horse stands between 14.3 and 16 hands high and weighs from 800 to 1,200 pounds with an athletic build.



WEEK 8: HORSE BREEDS

American Quarter Horse

The American Quarter Horse is one of the oldest and most popular breeds in North America. Historically, the breed got its name by winning races that were a quarter mile long. Today, the American Quarter Horse has defined itself as a great all-around breed. You will find these horses in both English and Western show rings around the nation, traveling down the trail, herding cattle, and still winning races. They come in a variety of solid colors with or without white markings on their legs and head. On average, an American Quarter Horse stands between 14.3 and 16 hands high and weighs from 800 to 1,200 pounds with a very muscular build.



Appaloosa

The Appaloosa as a breed originated in the United States but their classic spotted pattern has been depicted in ancient cave drawings and artifacts throughout Europe and Asia. Their classic spotted coats come in many patterns like marble, snowflake, leopard, and blanket. Other features of the breed include mottled skin on their lips, nose, and genitals as well as striped hooves and white sclera around the eyes. On average, an Appaloosa stands between 14.2 and 16 hands high and weighs from 800 to 1,200 pounds with a strong build.



WEEK 8: HORSE BREEDS

Thoroughbred

The Thoroughbred is most commonly associated with horse racing but these athletes excel in many areas. The breed originated in Britain starting in the late 17th century for speed and racing with the influence of Arabian bloodlines. Today, they continue to dominate the racing industry but Thoroughbreds also excel in the eventing, show jumping, and dressage worlds. They come in a variety of solid colors like bay, chestnut, and black and, on very rare occasions, palomino and pinto. On average, a Thoroughbred stands between 15 and 17 hands high and weighs from 1,000 to 1,200 pounds with a lean build.



Shetland Pony

The Shetland pony is a breed of pony originating in the Shetland Isles, Scotland. Shetland ponies have heavy coats, short legs and are considered quite intelligent. They are a very strong breed of pony, used for riding, driving, and pack purposes. They come in a variety of solid colors. Shetland ponies stand between 7 and 11 hands high (or low HA) and weighs from 400 to 700 pounds with a compact build.



WEEK 8: HORSE BREEDS

Draft/Heavy Horse

Draft horses and draft crossbreeds are versatile breeds used today for a multitude of purposes, including farming, draft horse showing, logging, recreation, and other uses. Types of draft horse breeds include, Clydesdales, Friesian and Fjord. Draft horses are recognizable by their tall stature and extremely muscular build. In general, they tend to have a more upright shoulder, producing more upright movement and conformation that is well-suited for pulling. They tend to have broad, short backs with powerful hindquarters and sometimes feathering on their lower legs. Draft breeds range from 16 to 19 hands high and weigh 1,400 to 2,000 pounds.



WEEK 9: GAITS AND TRANSITIONS

WALK

The walk is a comfortable **four beat** gait.

In the walk, the horse puts each foot down one at a time, creating a four beat rhythm. At a walk the horse will always have one foot raised and the other three feet on the ground except for a brief moment when weight is being transferred from one foot to another. The horse moves its head and neck in a slight up and down pattern that helps maintain balance.



TROT

The trot is a **two beat** gait that may be uncomfortable for the beginning rider.

In the trot, one front foot and its opposite hind foot come down at the same time, making a two-beat rhythm. A very slow trot is sometimes referred to as a jog. The trot is the working gait for a horse since horses in good condition can maintain a working trot for hours. Because the trot is such a safe and efficient gait for a horse, learning to ride the trot correctly is an important component in almost all equestrian disciplines. Since each time the diagonal pair of legs hits the ground, the rider can be jolted upwards out of the saddle, most riders 'post' to the trot by rising up and down in rhythm with the horse to avoid being jolted. Posting is easy on the horse's back, and, once mastered, is also easy on the rider.



WEEK 9: GAITS AND TRANSITIONS

CANTER OR LOPE

The canter or lope is a **three beat** gait.

The lope is an asymmetrical gait (left lead or right lead). This **three beat** gait is fun to ride, but can be unnerving to beginning riders. In the canter, one hind leg strikes the ground first, and then the other hind leg and one foreleg come down together, then the other foreleg strikes the ground. This movement creates a three-beat rhythm that is usually faster than the average trot, but slower than a gallop. This distinct three beat rhythm followed by a rest and then immediately afterwards a recurrence of the three beats followed by another rest is easy to distinguish. The lope is a western term for canter.



GALLOP

The gallop is an asymmetrical high speed **four beat** gait.

This gait is thrilling for the rider and during the suspension phase when all feet are off the ground it feels like flying. In the gallop, the basic canter movement is sped up so that all four feet are off the ground for a suspended moment. Most horses need to rest after galloping for more than a mile or two.

