

## **GUIDELINES FOR LUNGEING A RIDER**

### **REFERENCES**

BHS Instructors Handbook  
BHS Pony Club Manual  
USPC C and B  
USPC Guide to Longeing

### **BIBLIOGRAPHY**

Sivewright – Lessons on the Longe for Horse and Rider

### **EQUIPMENT**

Horse – saddle, bridle, lunge line, side reins, 4 boots plus bell boots, well-fitting lungeing cavesson

Candidate – approved helmet, whip, gloves, heeled boots, watch

‘Student’ – comfortable correct clothes, heeled boots/shoes, approved helmet

### **MARKS**

See Testing Procedures – HA worksheets

The use of lungeing a rider is a basic and vital phase of training. Working equally on both reins, ensuring the correct circle shape are basic concepts. This is an opportunity to give the rider the feel of the horse and its movement while control is maintained by the teacher. Positional feedback while doing various exercise is paramount.

As the exam timetable often does not allow work on both reins, then mention should be made of the fact that you would do equal work on both reins when time allows – make this as a comment to your ‘student’.

### **SAMPLE LESSON**

#### **PREPARATION**

- Area, footing and fencing safe; horse, equipment correctly turned out.
- Warm horse up briefly on the rein you expect to work the rider (on both reins when not in exam format), without side reins and then with them attached.

#### **INTRODUCTION**

- Self/rider, horse, touch briefly on the subject for this session.

#### **EXPLANATION**

- Expectations for rider (first lesson, extra work to improve certain areas of position, possible exercises to be done).

#### **DEMONSTRATION**

- May not be required.

#### **PARTICIPATION/CORRECTIONS**

- Assist rider to mount with correct, safe method – may use mounting block with help to remove it after, or helper may give a leg up. Side reins should be left detached until the rider is ready to move off. You must hold the horse and the offside stirrup to balance the saddle if the rider mounts from the ground. The side reins are the last item of equipment to be attached before the lesson and the first item to be detached at the end of the lesson.

#### SUMMATION

- Review the positional corrections and exercises used, suggest ‘homework’ to be worked on before the next lesson.

#### TECHNIQUE:

- To be safe enough for a student the horse should not require the person lungeing to walk after it or to parallel lunge. Maintaining a correct circle shape is important.
- Must be able to ‘talk and do’ – don’t look at the examiners, focus on the student.
- But make sure the examiners can hear everything during each phase (warming up).
- Horse, mounting rider, exercises and the students’ responses – reiterate student responses if examiners cannot hear them).
- Reins may be knotted at the withers if you plan on arm exercises.
- It is foolhardy to immediately take away a rider’s reins and stirrups before you check their balance and confidence (exam or real life).
- No spurs.

#### EXAMPLE OF MARK DEDUCTIONS:

- Failure to maintain a correct circle shape.
- Incorrect, unsafe, ill-fitting equipment.
- Unsafe technique, i.e. line on ground, uncontrolled whip/lash, whip held high, etc.
- Incorrect technical information (riding theory) or instructions to rider, i.e. mounting incorrectly.
- Failure to project voice – cannot examine what cannot be heard.
- Unsuitable or unsafe horse.
- Mounting or dismounting with side reins attached.
- Rider or candidate wearing spurs.
- Side reins too tight.
- Too small a circle.
- Lack of recognition, i.e. when exercise is not safe for this rider, when student
- May be nervous or not understand, what is going on in the rest of the arena, of the horse.