



MISSION

Therapeutic Riding of Tri Cities (TROT) promotes physical, psychological and social well-being of people with special needs by providing animal-assisted therapies and activities.

VISION

Enrich the well-being of people with unique and special needs in our community.

VALUES

TROT is a faith-based center that provides high quality instruction and safety. Following the standards of the Professional Association of Therapeutic Horsemanship International (PATH) and the American Hippotherapy Association (AHA) we require training and education for our, therapists, instructors, animals and volunteers to better serve our therapeutic riding community.

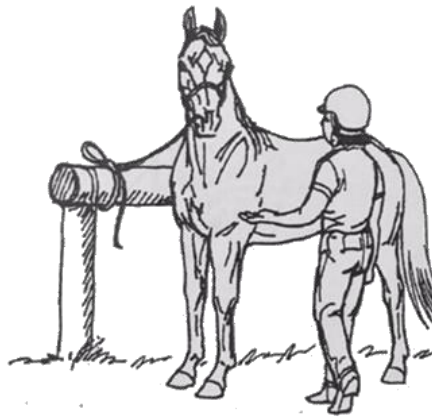
“Alone we can do so little; together we can do so much.” Helen Keller

HORSE CARE AND HANDLING

APPROACH YOUR HORSE

When approaching a horse always consider the horse's limited field of vision. A horse cannot see directly behind or in front without moving his head.

- Approach your horse at the shoulder or as near the neck as possible so that he can see you.
- Speak softly and call the horse's name as you approach because your horse may be asleep. Extend your hand and pat him on the neck or shoulder.



APPROACHING A HORSE

HALTER YOUR HORSE

The halter and lead rope help you to lead and tie your horse. Lead ropes are attached with a clip or snap to a ring on the halter. The halter is designed to fit comfortably on the horse's head so that you can control your horse as you lead or tie him.

It is a good idea to have the halter and lead rope ready to use when you go to catch a horse. Many people like to have the lead rope already attached to the halter, carrying them together as they approach the horse.

To place the halter on your horse, you will need to stand at the left side of the horse. Most halters fasten on the left side.

- Stand between the horse's shoulder and head. Talk to your horse while stroking or patting him to let him know you are a friend.
- Slide the halter up over his muzzle on to the horse's head. The long strap (crown piece) should come across the horse's head right behind the ears, toward you. It should now be easy to fasten.

Some people like to wrap the lead rope around the horse's neck before putting the halter on. This places it out of the way and lets the horse know it is caught.

HOW TO FIT A HALTER

The halter should fit comfortably and securely on the horse's head. It should not be too tight as to put pressure on his face, but not so loose that it could catch on something or let him get a foot caught. Horses like to scratch their heads with a foot.

To properly adjust the halter on the horse, work the halter up his face until the rings or knots on the side of the halter are just below the horse's cheek bones and then fasten. (Your instructor will show you where the cheek bones are). Make sure the nose band of the halter is well above his nostrils to protect the delicate bones and cartilage of his nose.



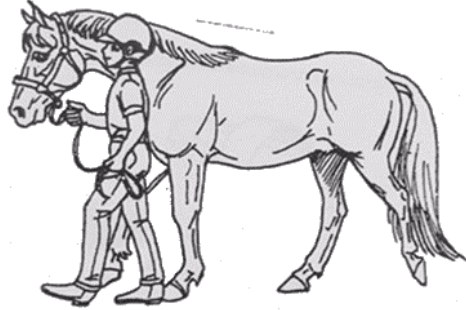
PLACING A HALTER ON YOUR HORSE'S HEAD

LEAD YOUR HORSE

When leading a horse with a halter and lead rope or a bridle, the procedure is the same. You should be on your horse's left, between his head and shoulder.

- If single reins are used and not tied together, be sure to remove both reins from the horse's neck.
- If the reins are tied or buckled, bring them gently over the horse's head.
- Place your right hand about six inches from the halter or bit, holding the lead rope or reins together, being careful not to put pressure on the bit.
- Never hold on to the halter or any part of the bridle other than the reins. The halter and bridle do not give you control of your horse if he pulls away.
- Hold the excess reins or rope with the left hand. If the reins are very long, double the excess back and forth until they are short enough to hold.

Looping the excess reins or rope around your hand could be very dangerous if the horse, for any reason, decides to jump away from you.

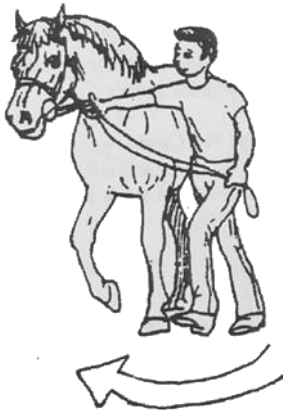


LEADING SAFELY

TURN YOUR HORSE

When turning the horse, you should turn his head away from you by moving your hand under his chin to the right. Continue moving around with your horse as he turns to prevent the horse from stepping on your feet.

If you must turn the horse toward you, switch the lead rope in your hands and place your right hand on his shoulder as you turn him to keep him an arm's length away from you.



CORRECT

**PUSH HIM AWAY FROM YOU
TO TURN YOUR FEET**



WRONG

**DON'T PULL THE HORSE
TOWARDS**

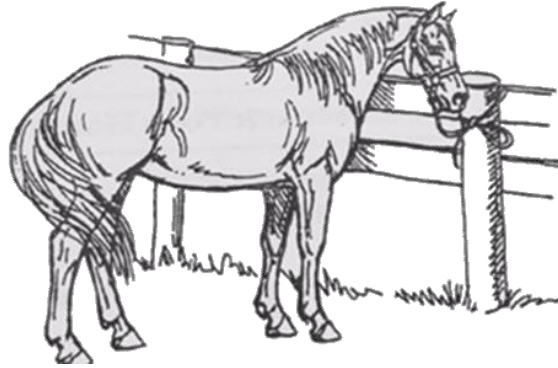
TIE YOUR HORSE

When it is time to groom or saddle your horse you will need a way to keep the horse standing still while you work.

There are several ways to do this. Tie the lead rope to a solid object that can not be moved such as a:

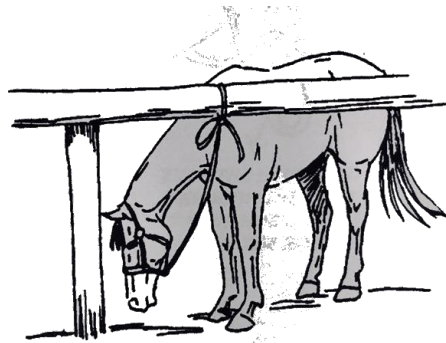
- Wall with a ring in it
- Strong fence post
- Hitching rail or something similar

Whenever you tie your horse, you should use a quick release knot. Always tie at a height level with the horse's back or higher. It is important not to tie lead rope too long. If the horse decides to put his head down, he could step over the rope.



TIED TO A FENCE POST

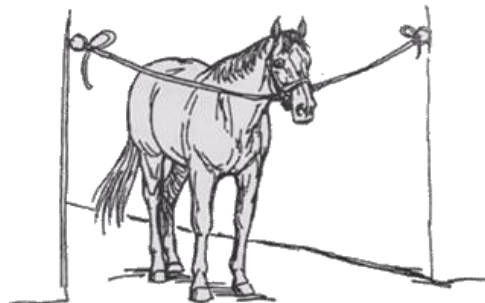
**TIE AT THE PROPER LENGTH
SADDLING REQUIRES A SHORTER TIE LENGTH**



**LEAVE ONLY ENOUGH ROPE FOR HIS
NOSE TO STRETCH TO THE GROUND**

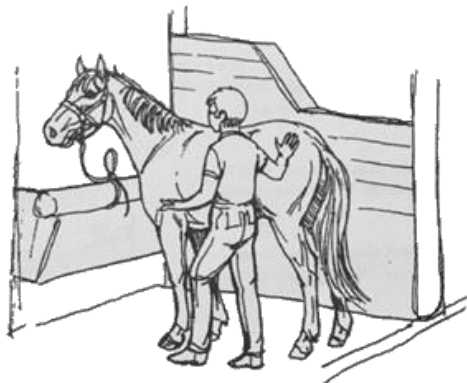
CROSS-TIES

Another common way to secure a horse is by using crossties. Crossties are usually two ropes tied high up on each side of the walkway in the stable. Each rope will usually have a snap or clip to attach it to the halter. They attach to the side rings on the part of the halter that goes around the horse's muzzle. Crossties should always have a breakaway connection for safety.



TIE STALL

If your horse is in a tie stall, you will have to approach the horse from the rear. Speak to him before you enter the stall. Place your hand on his hip. Be sure to make the horse move over to give you some room. Walk to the horse's lead and pat him on the neck.

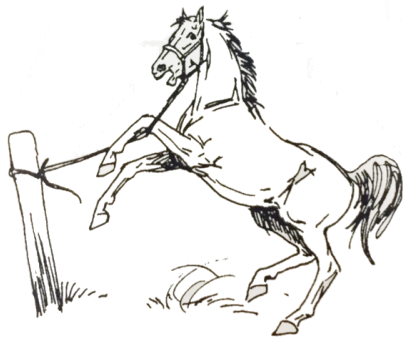


APPROACH A HORSE FROM THE REAR

TYING A HORSE SAFELY

Horses should always be tied with a halter and lead rope, NEVER a bridle and reins. Horses may pull back and injure their mouth or break an expensive bridle if this rule is not followed.

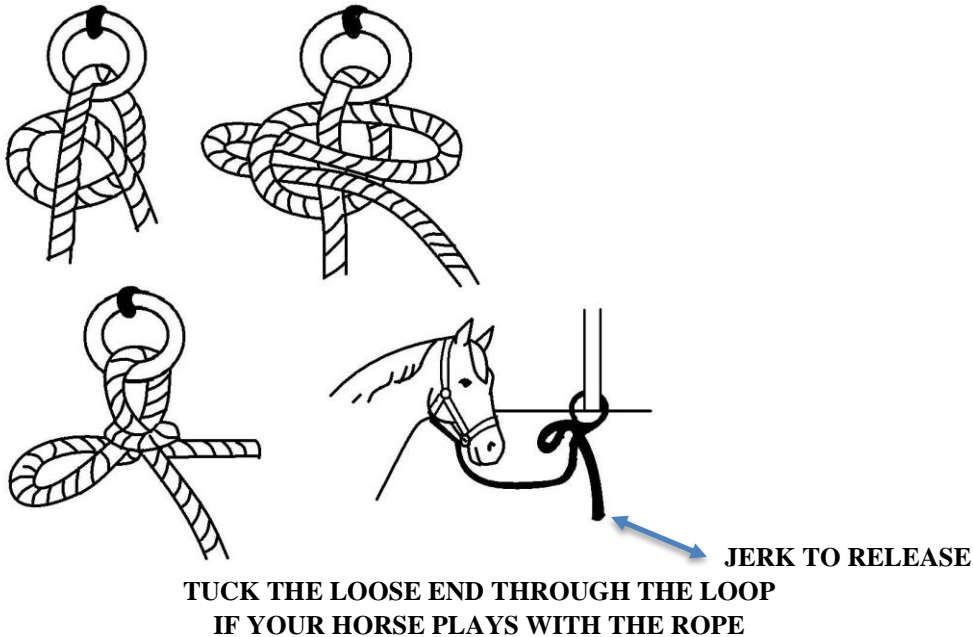
- When you tie a horse up, always tie to something solid that he cannot break or pull loose. If he should pull back and break off a piece of board, he might run and drag it in a panic and get badly hurt.
- Tie a horse at the level of his back or a little higher. Tying him low may make him pull on the rope. He can get a foot over it and get hurt.
- Give him only enough rope for his nose to stretch to the ground no more or he can get hung up in the rope. A good test is to see (if you took the halter off the horse) if the top of the halter would just touch the ground when it is hanging from the tie rail. This is a safe length of rope for most tying (about 18" to 24"). For saddling, it is recommended to tie shorter.



TYING TOO LONG IS DANGEROUS

QUICK RELEASE KNOT

The best knot to use is a quick release knot (also called a safety knot). This is a jerk loose release knot that can be pulled loose quickly if a horse should pull back and fight the rope.



GROOMING

Grooming is a very important part of your horse's health. A good work over with a curry comb and brush will remove unsightly dandruff and dirt which causes saddle sores. Grooming also gives your horse's coat a shine, and makes your horse feel good.

Curry Comb

Used on horse's body in a circular motion to bring the dirt to the surface. A hard curry comb should not be used on the face, legs, or any bony area on the horse.

Hard Brush or Dandy Brush

Used in the direction of hair growth to remove the dirt. Brush in firm short strokes to remove deep down dirt. Be careful on the face with this brush.

Soft Brush

Used on the face and body to remove surface dirt and put a shine on the horse's coat.

Mane and Tail Comb

Used on the mane and tail to remove tangles. Start at the bottom and work towards the top, removing tangles as you go.

Hoof Pick

Used to remove dirt, rocks and manure from the horse's hooves. The hoof pick is held in the palm of your hand with the point away from your body. Always clean the hoof working away from yourself.

Grooming Tools



HOW TO STAND AND MOVE

Pay attention to your horse as you groom him. He should be calm and relaxed and aware of you. If he becomes irritated, fidgety or distracted, you may be brushing too hard or too fast and you may need to get his attention back on you.

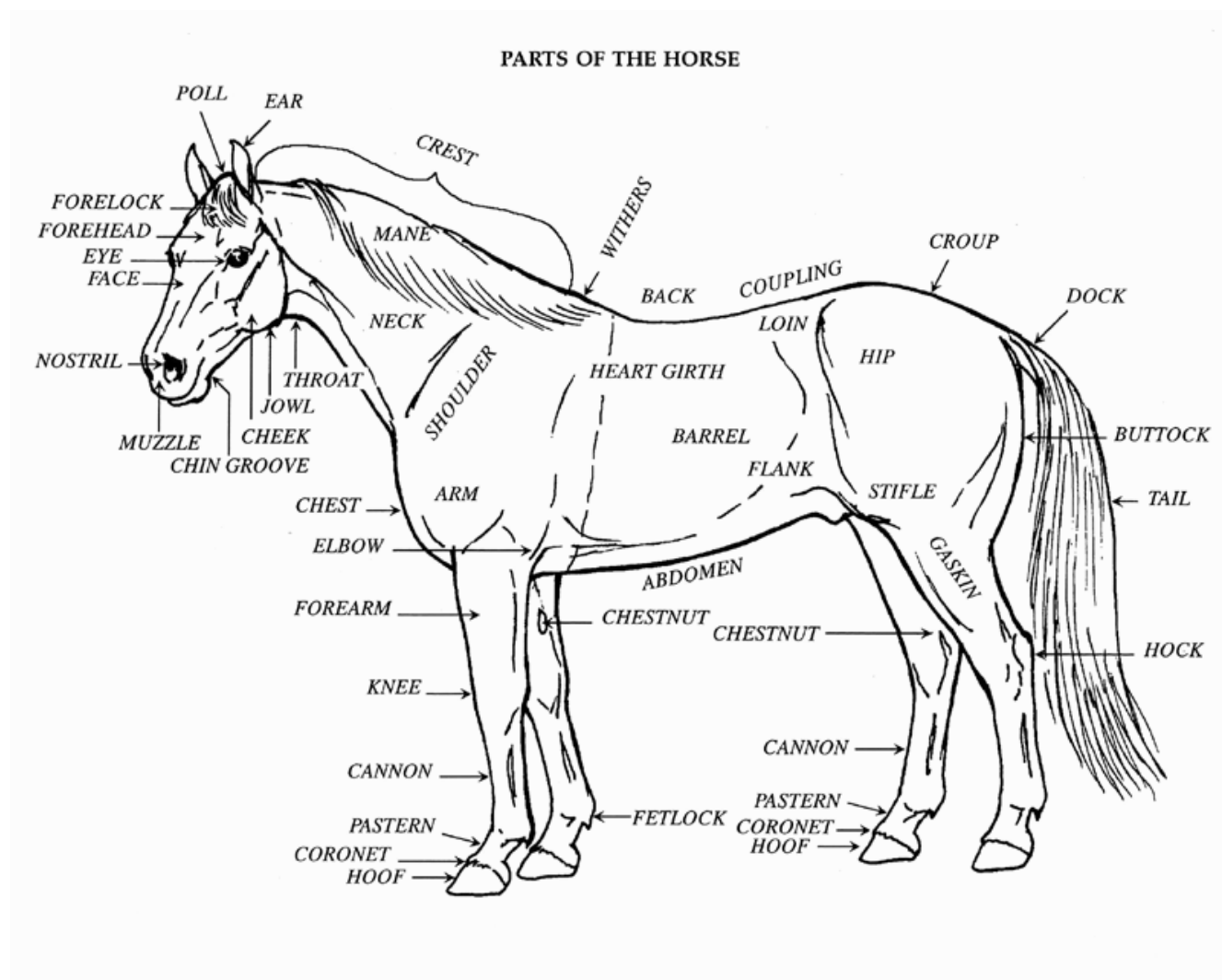
- When grooming, start at the front of the horse and work your way back.
- Stand facing the rear of the horse so you can see his feet. It's a good idea to keep one hand on the horse to keep him a safe distance from you and so that you can feel him move.
- As you move around the horse's hind end, stay close and keep one hand on his rump, speaking to him as you move, so that he is always aware of where you are.



**KEEP ONE HAND ON THE
HORSE WHILE YOU WORK**

PARTS OF THE HORSE

When working around horses there are some special words and terms that you will need to know. Some parts of the horse are shown below.



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



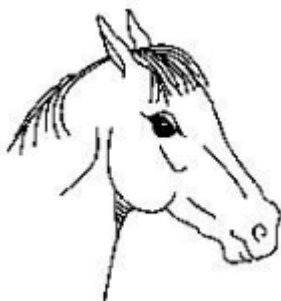
EARS TURNED BACK BUT RELAXED
Listening to his rider or what's behind him



EARS POINTED STIFFLY FORWARD
Alarmed or nervous about what's ahead.
Looking out for danger.



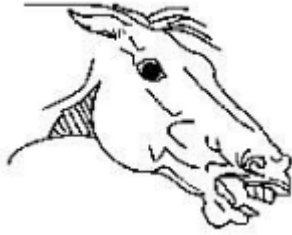
EARS POINTED LEFT AND RIGHT
Relaxed, paying attention to the scenery
on both sides.



EARS STIFFLY BACK
Annoyed or worried about what's
behind him, might kick if annoyed.



DROPPY EARS
Calm and resting, horse may be doing.



EARS FLATTENED AGAINST NECK

Violently angry, in a fighting mood.

May fight, bite or kick.

OTHER SIGNS YOU SHOULD NOTICE:

- **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.