

LONESOME ACRES



HANDBOOK FOR STUDENTS

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First of all...

Welcome to the riding programme at Lonesome Acres. Our goal here is to help you learn both riding and horsemanship.

Horsemanship means knowing about horses: knowing how to groom your horse and put on the tack, so that he is clean and comfortable; knowing how to spot any problems that are bothering him; and knowing how his mind works, so that he is your friend and not just an animal that carries you.

In riding we emphasize safety and pleasure. We are not preparing our students for horse shows and competitions. We want to bring our students to the point where they can enjoy a trail ride, knowing that they are secure in the saddle and can control their horses at all speeds.

At present we offer three basic activities:

Lessons where you have the opportunity to progress through a large number of levels from beginner to advanced, as described in this booklet.

Practice sessions where you work on your own in the ring. Pat is not instructing but is present to help and answer questions if needed.

Trail lessons where sufficiently advanced students accompany Pat on the trail.

We hope that you will enjoy the lessons and all the other activities at Lonesome Acres, and we welcome any suggestions to help us meet your needs.

Pat & Vic

Safety Rules

1. Pupils should not be with horses without an adult or permission.
2. Always approach a horse from the side and speak to it.
3. Work close to a horse.
4. Keep leads and reins off the ground.
5. Walk beside when leading a horse.
6. Keep both hands on a horse lead.
7. Do not wrap leads or reins around hand or body.
8. Tighten girth before mounting.
9. Don't shout or run around horses.
10. Pet a horse on the shoulder, not on the nose.
11. Don't cluck; it upsets other horses.
12. Keep at least 2 lengths between you and the horse ahead.
13. ALWAYS WEAR A HELMET when mounted.
14. Do not put fingers in between stall bars.
15. Do not hand feed.

Level 1 -- Rider

1. Lead and turn a horse.
2. Groom with help.
3. Tack and untack with help.
4. Approach a horse when tied.
5. Mount, walk, stop, turn, dismount.
6. Adjust reins.
7. Do exercises at walk with stirrups.
8. Walk figures (reverse, circle).
9. Emergency dismount at halt.
10. Identify saddle, bridle, halter, lead, curry, brush, hoofpick, girth, stirrup, bit, and reins.
11. Know and show safety rules.
12. Show ring safety.

Level 2A -- Equestrian A

1. Halter and tie a horse.
2. Back a horse from the ground.
3. Halt - walk - trot - walk - halt.
4. Posting trot.
5. Exercises at a walk, no stirrups.
6. Obstacle course at a walk.
7. Emergency dismount at a walk.
8. Know 5 parts of the horse.
9. Know 5 parts of the saddle.
10. Know Common Horse Terms I.
11. Know simple aids for walk, trot, halt and turn.
12. Ride bareback at a walk.
13. Pick up and drop stirrups at a walk.

Level 2B -- Equestrian B

1. Approach a loose horse and catch it.
2. Quick groom on own.
3. Saddle a horse alone.
4. Exercises at a trot with stirrups.
5. Post on correct diagonal.
6. Obstacle course (including trot and cavaletti).
7. Emergency dismount at the trot.
8. Ride with control at walk and trot.
9. Figures at the trot.
10. Sitting trot.
11. Walk - trot - halt.
12. Different speeds at walk.
13. Know all parts of saddle and bridle and 10 parts of horse.
14. Identify colours of horses in the stable.

Level 3A -- Horseman/woman A

1. Clean tack.
2. Tack a horse.
3. Pick up and drop stirrups at a trot.
4. Change diagonals.
5. Bareback at a trot.
6. Different speeds at walk and trot.
7. Exercises at a trot - no stirrups.
8. Jump one foot.
9. Ride on a quiet trail.
10. Adjust stirrups and girth from ground.
11. Canter a short distance.
12. Know and show what to do if a horse bucks, rears, runs backwards, or runs away.
13. Know 20 parts of the horse.
14. Describe 5 colours of the horse.
15. Know Common Horse Terms II.
16. Help teach Level 1.

Level 3B -- Horseman/woman B

1. Complete groom job.
2. Adjust a snaffle bridle.
3. Identify walk, trot and canter.
4. Obstacle course at walk, trot and canter.
5. Trail - walk and trot.
6. Canter - halt and turn.
7. Halt - walk - trot - canter - trot - walk - turn.
8. Ride a dressage test.
9. Adjust stirrups and girth from the saddle.
10. Feel legs at walk and trot.
11. Back a horse up.
12. Jump one and a half feet.
13. Know prevention and cure for colic and saddle sores.
14. Know all parts of the horse.
15. Know ten colours and markings.
16. Help teach Levels 1 and 2.

Level 4A -- Trail Rider A

1. Identify common feeds.
2. Feed and water a horse.
3. Recognize a lame horse.
4. Turn on fore from ground.
5. All transitions to and from canter.
6. Pick up and drop stirrups at a canter.
7. Exercises with stirrups at a canter.
8. Obtain correct lead.
9. Different speeds at canter.
10. Jump a two foot course.
11. Ride different horses.
12. Trail - traffic, bridges, water, branches, hills, fence lines.
13. Ride a dressage test.
14. Do half halts.
15. Know 10 breeds, 2 in detail.
16. Know and apply road and trail safety.
17. Help teach Levels 1 - 3A.

Level 4B -- Trail Rider B

1. Care for a horse after hard work.
2. Know saddle types and how to fit.
3. Blanket a horse.
4. Longe a horse.
5. Feel legs at canter.
6. Obstacle course outside - all gaits.
7. Canter figures.
8. Change of lead through trot.
9. Turn on fore.
10. Dressage test.
11. Jump 2'6" course.
12. Prevention and treatment for thrush and heaves.
13. Know types of bits.
14. Describe walk and trot.
15. Muck out a stall.
16. Help teach Levels 1 - 3B.

Level 5A -- Horsemaster A

1. Know conformation and faults.
2. Tack up western.
3. Clean barn.
4. Take care of a horse.
5. Know about worming, shots and teeth.
6. Emergency dismount at canter.
7. Handgallop - all transitions.
8. Half and full pass.
9. Ride western.
10. Ride three speeds on trail.
11. Dressage test.
12. Show collected and extended gaits.
13. Know twenty breeds.
14. Know four breeds in detail.
15. Help teach Levels 1 - 4A.

Level 5B -- Horsemaster B

1. Ground drive.
2. Put on and fit a pelham, curb and martingale.
3. Judge conformation.
4. Prepare a horse and load it on a trailer.
5. Ride with double reins.
6. Exercises at canter - no stirrups.
7. Bareback at canter.
8. Jump 2'6" cross country.
9. Jump 3' course in ring.
10. Turn on haunches.
11. Gallop on trail.
12. Flying changes of lead.
13. Know common illnesses and unsoundnesses.
14. Describe canter, pace and paso gaits.
15. Learn about foot and shoeing.
16. Know how to use spurs.

Specialist

Driving and harness

Conditioning

Training foal
 breaking
 more advanced
 dressage
 jumping

Dressage

Jumping cross country
 ring, 3' +

Western games

Trail camping
 all day
 competitive

Showing

Theory age and teeth
 breeds
 gaits
 vices and cures
 shoeing
 tack
 TTEAM work

Common Horse Terms

Stable	or barn, building where horses live
Feed	grain (oats), hay and grass
Currycomb	} tools to clean a horse's skin
Brush	
Hoofpick	a tool to clean a horse's hoof
Tack	equipment used for riding a horse
Saddle	the leather seat you sit on
Bridle	the thing on a horse's head when you ride
Halter	the thing on a horse's head for leading or tying him
Aids	signals given to a horse to move, stop, or turn, using your legs, hands, seat or voice.
Figures	patterns that you ride the horse in, described below
Diagonal	to ride from one corner to the opposite one
Serpentine	to ride zigzags
Reverse	to go in the opposite direction
Circle	
Figure Eight	

Common Horse Terms II

Gaits	the way a horse moves - walk, trot, canter
Rear	to stand on the hind legs with front legs in the air.
Buck	to jump when playing or trying to unseat a rider
Bolt	to run away
Conformation	the build of a horse
Hands high	the way a horse is measured from ground to the withers (shoulders). A hand = 4 inches.
Veterinarian	Vet, a person who cares for sick animals, a horse doctor.
Blacksmith	a person who puts shoes on a horse, also called farrier.
Diagonal	at a trot to post on the left or right front leg.
Dressage	training of horse and rider.
Mare	a female horse over 4 years.
Filly	a female horse under 4 years.
Stallion	a male horse over 4 years who can breed.
Colt	a male horse under four years.
Gelding	a fixed male horse.
Foal	a baby horse of either sex.
Pony	a small horse, when fully grown under 14.2 hh (English) or 14.0 hh (Western).

Colours of the Horse

- Albino** a horse born white with pink skin. Eyes may be pink, blue or dark.
- Appaloosa** a black, brown, chestnut, bay or roan body with white spots or roaning usually on rump; a white or roan body with black or brown spots.
- Bay** a red-brown body with black mane, tail and legs.
- Chestnut** a coat, mane and tail from red-gold to dark red-brown. Mane and tail may be flaxen. A light chestnut is also called Sorrel.
- Black** a black coat with black nose and flank areas.
- Dun** a yellow coat with a darker stripe down the spine and bars on the legs.
- Buckskin** a yellow coat with black mane, tail and legs and a black stripe down the spine (dorsal stripe).
- Palomino** a yellow coat with white mane, tail and legs.
- Pinto** large irregular coloured and white spots; one special breed with these markings is called Paint.
- Roan** any colour mixed with white.
- Grey** the coat ranges from almost black to white. A light grey can be told from an Albino because the skin under the coat is dark, not pink.
- Dappled** circular patterns of light and dark colour, usually on a grey.
- Brown** very dark brown, almost black with lighter nose and flank.

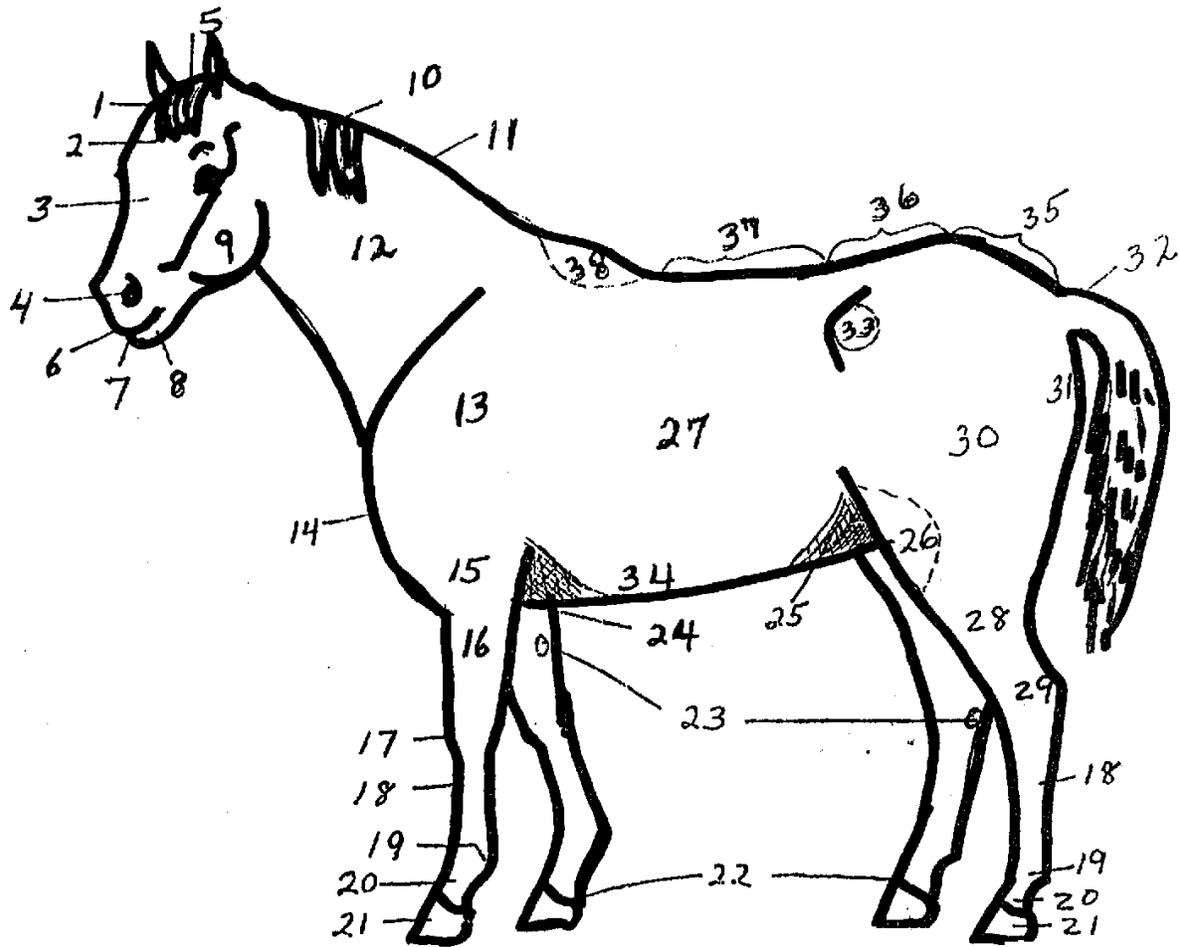
Colours of our Horses

Grey	Mack, Roxy, Silver, Lacey, Jazz
Chestnut	Barney, Tico, Moses, Breeze
Buckskin (or, Dun)	Tisca
Appaloosa	April
Bay	Dandee, Secret, Cali, Bunni
Chocolate	Lucy

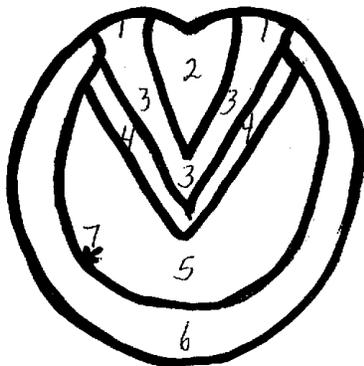
Markings of the Horse

Sock	white or black marking from hoof to a short way up the leg.
Stocking	white or black up to the knee or hock.
Star	white mark on forehead.
Snip	white mark on nose.
Stripe	narrow white line from forehead down the face.
Blaze	a wide white stripe down the face.
Bald face	white covers the whole face.
Walleye	a pink, blue or white eye.

Parts of the Horse



- | | | | | |
|--------------|--------------|--------------|-------------|------------------|
| 1. Forelock | 9. Cheek | 17. Knee | 25. Flank | 33. Point of Hip |
| 2. Forehead | 10. Mane | 18. Cannon | 26. Stifle | 34. Belly |
| 3. Face | 11. Crest | 19. Fetlock | 27. Barrel | 35. Croup |
| 4. Nostril | 12. Neck | 20. Pastern | 28. Gaskin | 36. Loins |
| 5. Poll | 13. Shoulder | 21. Hoof | 29. Hock | 37. Back |
| 6. Upper Lip | 14. Chest | 22. Coronet | 30. Haunch | 38. Withers |
| 7. Lower Lip | 15. Arm | 23. Chestnut | 31. Buttock | |
| 8. Chin | 16. Forearm | 24. Elbow | 32. Dock | |

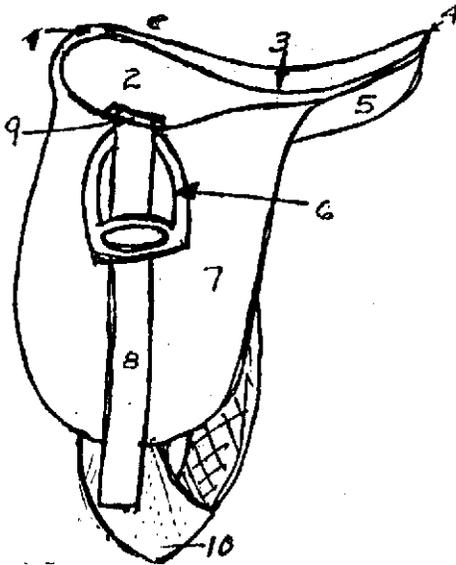
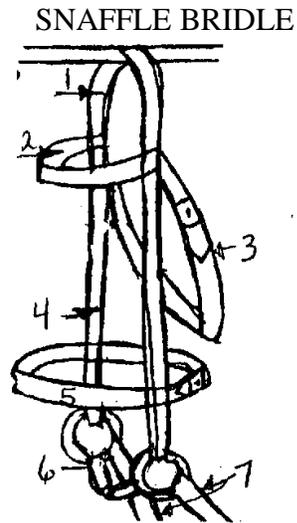


HOOF

1. Bulb of Heel
2. Cleft of Frog
3. Frog
4. Bars
5. Sole
6. Wall or Horn
7. White Line

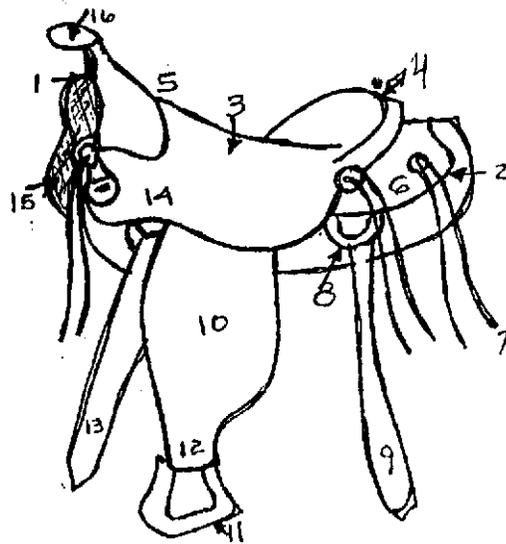
Parts of the Bridle and Saddle

1. Crown Piece
2. Browband
3. Throatlatch
4. Cheek Pieces
5. Noseband/ cavesson
6. Snaffle Bit
7. Reins



ENGLISH SADDLE

- | | |
|-------------|--------------------|
| 1. Pommel | 6. Stirrup |
| 2. Skirt | 7. Flap |
| 3. Seat | 8. Stirrup Leather |
| Wool Lining | |
| 4. Cantle | 9. Stirrup Bar |
| 5. Panel | 10. Girth |



WESTERN SADDLE

- | | | |
|----------------|-----------------------|------------------|
| 1. Pommel | 7. Lace Strings | 13. Cinch Strap |
| 2. Skirt | 8. Flank Strap D-ring | 14. Front Jockey |
| 3. Seat | 9. Flank Girth | 15. |
| 4. Cantle | 10. Fender | 16. Horn |
| 5. Fork | 11. Stirrup | |
| 6. Back Jockey | 12. Stirrup Leather | |

Trail Safety

1. Don't cluck; it could cause other horses to run.
2. Keep several horse lengths apart; the faster you go, the greater the distance.
3. All riders stay on the same side of the road.
4. If a vehicle scares your horse, turn him to face it, so he can see it.
5. If a horse rears, lean forward, give a loose rein and push him forward with your legs.
6. If a horse runs backward, loosen your reins and push him forward with your legs.
7. If a horse bucks, pull his head up and move him forward with your legs.
8. If a horse bolts (runs away), try a quick pull and release, or circle him, or use a pulley rein.
9. If your horse shies (jumps sideways or spins), shorten your reins, sit back and down on the horse and close your legs. You can circle your horse and then push him forward with your legs.
10. If your horse refuses to go past something, urge him on with your legs or dismount and lead him past.
11. Going uphill, lean forward and do not pull on the reins.
12. Going downhill, lean back slightly.
13. Pass another rider only at a walk or trot.
14. Warn someone ahead if you are coming up beside them or past them.
15. Watch out for holes and wire.
16. Warm the horse up by walking the first half mile out, and cool him off by walking the last half mile home.
17. In the middle of a ride, it is all right for the horse to drink all he wants to. At the end of a ride, do not let a hot horse drink heavily--just 10 or 12 swallows until he is cooled off.