

# Communicating using signs



## **Introduction**

You can use signs to help communicate with people who are deaf or people who have communication difficulties.

Makaton is used to support spoken language. BSL is a full language used by the deaf. The signs used in Makaton are the same as those in BSL.

Its great if you can learn all the signs you need but don't worry if you can't. If you don't know a sign you can always create your own sign. So long as you and the person you are signing to understand each other then you have communicated successfully.

When I started riding my mum didn't know the signs for a lot of words related to riding. When we didn't know we made up our own signs. We still use a lot of these signs and so some of them will be included in these videos. If you know a different sign to the ones we use that's fine.

I've made these videos to help you get started. I've organised them into groups of signs so that you can learn a few at a time or go back and check if you can't remember. I've included an alphabetical list of all the signs on the videos

If there are any other signs you would like added, just let me know and I'll update the videos.

One last thing - I'm left handed. Hope that doesn't make it more difficult for all you right handed people!

Matt Dalley  
RDA rider & volunteer

## **A few hints for when you're communicating in sign**

- Stand where the person you're communicating with can easily see you. You don't necessarily have to be close. Signing can work well at a distance too
- If there is a light behind you it can be difficult to see what you are saying, so try moving to one side
- Your hands need to be visible so think about what you are wearing. Black gloves against a black coat make it much more difficult to see signs
- Try and stand where you can be seen without the rider having to turn to look at you. If they have to turn to look it will affect their riding.
- Remember if they are holding their reins they will need to let go to sign back. There can be a lot of stopping and starting in a session using sign. This might feel frustrating but it's important to communicate well.

Here are the links to the video clips which are on YouTube:

Video Clip Number	Video Clip Name	Video link
1	RDA	<a href="https://www.youtube.com/watch?v=sQeIPNZXclw&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=12&amp;t=0s">https://www.youtube.com/watch?v=sQeIPNZXclw&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=12&amp;t=0s</a>
2	Where to ride	<a href="https://www.youtube.com/watch?v=2QrPz11I51o&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=36">https://www.youtube.com/watch?v=2QrPz11I51o&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=36</a>
3	Paces	<a href="https://www.youtube.com/watch?v=0k8vVscMrzM&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=15">https://www.youtube.com/watch?v=0k8vVscMrzM&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=15</a>
4	Riding position	<a href="https://www.youtube.com/watch?v=aMXZhZiWifk&amp;index=10&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep">https://www.youtube.com/watch?v=aMXZhZiWifk&amp;index=10&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep</a>
5	Countryside Challenge	<a href="https://www.youtube.com/watch?v=RJcV1T7-EAM&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=33">https://www.youtube.com/watch?v=RJcV1T7-EAM&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=33</a>
6	Dressage	<a href="https://www.youtube.com/watch?v=RJcV1T7-EAM&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=33">https://www.youtube.com/watch?v=RJcV1T7-EAM&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=33</a>
7	Show Jumping	<a href="https://www.youtube.com/watch?v=DJXZwi0YhAE&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=8">https://www.youtube.com/watch?v=DJXZwi0YhAE&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=8</a>
8	Other locations on the Yard	<a href="https://www.youtube.com/watch?v=Os4BS6azcE&amp;index=16&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep">https://www.youtube.com/watch?v=Os4BS6azcE&amp;index=16&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep</a>
9	Grooming	<a href="https://www.youtube.com/watch?v=ktVhVER-BiU&amp;index=26&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep">https://www.youtube.com/watch?v=ktVhVER-BiU&amp;index=26&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep</a>
10	Feeding	<a href="https://www.youtube.com/watch?v=S8UNJV3Pums&amp;index=29&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep">https://www.youtube.com/watch?v=S8UNJV3Pums&amp;index=29&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep</a>
11	On the Yard	<a href="https://www.youtube.com/watch?v=ltEkMWPJs94&amp;index=17&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep">https://www.youtube.com/watch?v=ltEkMWPJs94&amp;index=17&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep</a>
12	Saddle	<a href="https://www.youtube.com/watch?v=JZDxSiqdZUk&amp;index=9&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep">https://www.youtube.com/watch?v=JZDxSiqdZUk&amp;index=9&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep</a>
13	Bridle	<a href="https://youtu.be/giQIKzuF_VE">https://youtu.be/giQIKzuF_VE</a>
14	Points of a horse	<a href="https://www.youtube.com/watch?v=vfDnl8LiYPQ&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=13">https://www.youtube.com/watch?v=vfDnl8LiYPQ&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=13</a>
15	People	<a href="https://www.youtube.com/watch?v=YIQ-hAKTJZU&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=14">https://www.youtube.com/watch?v=YIQ-hAKTJZU&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=14</a>
16	What to wear	<a href="https://www.youtube.com/watch?v=zWbMemBoCu4&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=4">https://www.youtube.com/watch?v=zWbMemBoCu4&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=4</a>
17	Greetings	<a href="https://www.youtube.com/watch?v=q6PxdU_Sl-s&amp;index=27&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep">https://www.youtube.com/watch?v=q6PxdU_Sl-s&amp;index=27&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep</a>
18	Instructions	<a href="https://www.youtube.com/watch?v=k8qhYeRjQw0&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=25">https://www.youtube.com/watch?v=k8qhYeRjQw0&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=25</a>
19	More Instructions	<a href="https://www.youtube.com/watch?v=VhS6nbWaDRo&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=22">https://www.youtube.com/watch?v=VhS6nbWaDRo&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=22</a>
20	Moving around	<a href="https://www.youtube.com/watch?v=oY4Dhi5O6Y8&amp;index=19&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep">https://www.youtube.com/watch?v=oY4Dhi5O6Y8&amp;index=19&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep</a>
21	Locations	<a href="https://www.youtube.com/watch?v=KyNI0vzQ_VQ&amp;index=24&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep">https://www.youtube.com/watch?v=KyNI0vzQ_VQ&amp;index=24&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep</a>

Video Clip Number	Video Clip Name	Video link
22	Where to look	<a href="https://www.youtube.com/watch?v=zJx6EqAnm38&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=3">https://www.youtube.com/watch?v=zJx6EqAnm38&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=3</a>
23	Encouragement	<a href="https://www.youtube.com/watch?v=FmHx5RPtePI&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=30">https://www.youtube.com/watch?v=FmHx5RPtePI&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=30</a>
24	Questions	<a href="https://www.youtube.com/watch?v=AY2JG50w5K4&amp;index=12&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep">https://www.youtube.com/watch?v=AY2JG50w5K4&amp;index=12&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep</a>
25	Time	<a href="https://www.youtube.com/watch?v=8Fifq2fEgb0&amp;index=6&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep">https://www.youtube.com/watch?v=8Fifq2fEgb0&amp;index=6&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep</a>
26	More Time signs	<a href="https://www.youtube.com/watch?v=PvYIqdC1jY4&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=21">https://www.youtube.com/watch?v=PvYIqdC1jY4&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=21</a>
27	Emotions	<a href="https://www.youtube.com/watch?v=fSo3N_E2CYk&amp;index=31&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep">https://www.youtube.com/watch?v=fSo3N_E2CYk&amp;index=31&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep</a>
28	More Emotions	<a href="https://www.youtube.com/watch?v=I9atY6jM_6c&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=23">https://www.youtube.com/watch?v=I9atY6jM_6c&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=23</a>
29	Useful descriptions	<a href="https://www.youtube.com/watch?v=1jxQ4UVqBeY&amp;index=5&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep">https://www.youtube.com/watch?v=1jxQ4UVqBeY&amp;index=5&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep</a>
30	More Useful descriptions	<a href="https://www.youtube.com/watch?v=mdK3SussexZE&amp;index=20&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep">https://www.youtube.com/watch?v=mdK3SussexZE&amp;index=20&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep</a>
32	Colours	<a href="https://www.youtube.com/watch?v=6SqWbta0BOQ&amp;index=34&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep">https://www.youtube.com/watch?v=6SqWbta0BOQ&amp;index=34&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep</a>
33	Numbers	<a href="https://www.youtube.com/watch?v=T5a7m0_i0Js&amp;index=18&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep">https://www.youtube.com/watch?v=T5a7m0_i0Js&amp;index=18&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep</a>
34	Sign Names	<a href="https://www.youtube.com/watch?v=Asz58e-qVCM&amp;index=7&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep">https://www.youtube.com/watch?v=Asz58e-qVCM&amp;index=7&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep</a>
35	Changing signs	<a href="https://www.youtube.com/watch?v=lQvV2TtCdjo&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=35">https://www.youtube.com/watch?v=lQvV2TtCdjo&amp;list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&amp;index=35</a>