**Mounting & Dismounting Training Workshop**

By the end of this module as a volunteer you should feel confident to be involved with the mounting procedure at your group.

**Trainer Notes:**

For the practical sessions these can be RDA riders or volunteer riders.

Please feel free to slot in breaks where you wish.

Maximum number of ten delegates to one trainer.

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| Time | Learning Outcome | Content | Technical Instruction | Resource |
| 5 minutes | Introduction | Aim and objective of this module | The aim and objective of this module is to make sure that you have a clear understanding of what is involved in the mounting and dismounting procedure, different mounting and dismounting methods and how you can train the equine for different mounting and dismounting techniques. |  |
| 40 Minutes | Equine is suitable and properly trained to use the mounting facilities | Practical and Theory:  Explain using the right size equine with the right temperament for that style of mounting.  Explain that the mounting procedure can be a very difficult and tense time for the equine. | Show how you would lead an equine in and out of the mounting area. Equines should be trained to stand square and be led straight into and away from the mounting facility.  Equines should not be poked and prodded to move sideways if not in ideal position first time around. They should be walked forward and represented to the mounting facility.  Using the pictures provided in the resources go through the different types of the mounting facilities that you might find.  Hydraulic Platform suitable for all riders because it can be raised to the optimum height for individual riders and equines. A hydraulic platform is particularly useful for wheelchair users who are unable to stand who can then do a sitting transfer from their wheelchair on to the equine. This is often easier onto a pad instead of a saddle.  Hoists suitable for riders who are unable to stand and who are wheelchair users. There are different types of slings available. Training is essential for the team in using slings and hoists safely and the horse requires additional training. | Practical Part:  One equine tacked up with a responsible leader  Theory Part:  Show the pictures of the different types of mounting facilities you may come across using the laminated sheets. |
| 1hr Session  Splitting into two groups if needed. 30 minutes then swap over. | Roles and Responsibilities of the mounting team for conventional mounting – equine leader, near side helper on the left of the equine (usually team leader of mounting or coach) and offside helper on the right of the equine. | Practical Session: Showing ideal position of the equine at ramp or block for conventional mounting.  This session should explain and demonstrate the position of all members of the mounting team, under the guidance of the team leader / coach.  Encourage all workshop participants to take an active part in the training session. | Regardless of whether you have a designated mounting team or the coach leads on the mounting, the coach always has overall responsibility. However, everyone has a duty of care to look after themselves and others and to report any concerns back to the coach.  The coach has decided with the rider the most appropriate method of mounting.  Set up a scenario using the participants to show everyone’s different roles and responsibilities.  Explain to the group that once we have done the roles and responsibilities of the mounting team we will then show the different mounting procedures that might be used.  Equine leader role – preparation (girth check, stirrups measured, special equipment fitted correctly), presentation and control of equine at mounting block/ramp.  Nearside helper - (usually mounting team leader or coach) – preparation and presentation of rider at mounting block/ramp. Initiate mounting and check riders position once mounted.  Offside helper – hold stirrup for conventional mount and guide riders foot into offside stirrup  Once rider is mounted and seated correctly, picked up reins or bunny ears, move away from the mounting area in a straight line to a safe place to check girth, stirrup lengths, special equipment, etc  Groups quite often find it is helpful to have a block on the offside for the helper to stand on.  Key points to remember:   * Be prepared beforehand with the girth three fingers tight and stirrups at the correct length and special equipment is correctly fitted. * Ideally stirrups should be down to avoid pulling saddle at the block, alternatively offside can be down nearside can be crossed over the saddle. * Girth and stirrups will need to be rechecked once rider is mounted and you have moved away from the mounting area. * All reins must be attached to a bit of head collar, if being led from a coupling that is attached to the bit. * It is a good idea for the reins to be available to the equine leader when mounting. | Block or mounting facility at the training venue. One Equine tacked up and full mounting team (x3). One volunteer rider. Another nearside helper may be waiting on the ground to take over from the team leader who does not jump down but remains on the mounting platform. |
| Roles and Responsibilities of the dismounting team | Practical Session: Showing ideal position of the equine at the end of the riding session.  This session should explain and demonstrate the position of all members of the dismounting team, under the guidance of the team leader / coach.  Encourage all workshop participants to take an active part in the training session. | Equine leader role – presentation and control of equine at designated dismounting area.  Nearside helper (usually team leader or coach) – preparation of rider for dismount. Initiate dismount in conjunction with offside helper – ask rider, if holding the reins, to let them go and move them forward up the equines neck, feet out of stirrups, if using toe stoppers move to near side stirrup in front of saddle to avoid rider discomfort. Ask the rider to lean forward and look to offside helper, swing right leg over equines hindquarters and nearside helper support rider if necessary as they slide to ground, encourage rider to bend knees on landing. Ensure that rider lands safely, particularly that they do not land with feet under equine tummy!  Encourage the rider to thank the equine either before or getting off or once they have got off.  Offside helper – ensure foot is out of stirrup and guide riders leg over equine hind quarters as requested by nearside helper.  Once all riders are dismounted and out of riding area, stirrups may be run up, girth loosened a hole, special equipment removed and equines taken out of the arena.  Some riders who are capable can run up stirrups themselves etc. | Designated dismounting area. One Equine and full dismounting team (x3) and volunteer rider. |
| Demonstrate the different styles of mounting & dismounting | Practical Session: Discuss and Demonstrate different methods of mounting & dismounting that may be used in an RDA environment – nearside and offside approach, fixed block / ramp, hydraulic platform, hoist. | Go through all the following different mounting and dismounting methods with your mounting and dismounting team and maybe change the team on each different method so everyone has a chance to get involved.  Remembering to use simply and straight forward language and talk to the rider about the process and not just the mounting team.  Nearside conventional mounting from a fixed platform or block  **Conventional Mount:** **This method of mounting should only be used for riders that can stand on their left leg and swing their right leg over the equine. Independent riders may hold the reins.**  If the rider is mounting from a block or platform and the rider’s left leg is lower than the stirrup then the rider (must) mount using the stirrup by putting the left foot in the stirrup, with nearside helper assistance if necessary, with the reins moved out of the way on the equine’s neck. The rider places two hands (holding) on to the front of the saddle/ withers and swings their right leg over the hindquarters. The off side helper assists the right the leg coming over if necessary and helps the rider sit in the middle of the saddle. The offside helper assists the rider’s right foot into the stirrup if necessary.    If a rider is mounting from a block or platform and is higher than the stirrup then the near side stirrup should be crossed so it doesn’t knock the block or platform. Both hands on the front of saddle or equines neck if using a pad, reins out of the way up the equines neck, rider swings their right leg over. Move away from the block before putting near side foot stirrup in if used.  Off side conventional mount can take place for a rider whose left side/leg is too weak to weight bear providing the equine and team are trained in this method.  **Sideways mount: suitable for riders who has tight upper leg muscles and finds it difficult to stand on one leg and swing the other over the hindquarters then a sideways mount can be used. Most frequently used with a pad.**  The equine leader must ensure that the reins are out of the way up the equines neck. Rider sits backwards onto the pad with the offside helper assisting the rider at the pelvis as they start to lower towards the pad. Once seated (sat down) the rider swings the right leg over the front neck of the equine. Where possible the rider should raise their left leg slightly at the same time to ensure they sit in the middle of the pad. Equine leader to lower equine head if possible.  **Step over mount:**  **This is a mount used when a rider has a very stiff hip and cannot extend their right leg for a conventional mount.**  The rider stands on their left leg and lifts their right leg forward over the equines neck and sits down gently assisted by the offside helper.  **Dismounting:**  Riders should dismount to the ground on to a soft surface when asked to by the coach and it’s safe to do so.  **Conventional dismount:**  Ask the rider if holding the reins, to let them go and move them forward up the equines neck out of the way. The rider takes both feet out of the stirrups, leans forward to the off side of the equine, swings their right leg over behind the saddle and then slides down standing facing the equine. If rider is riding with hard toe stoppers, the stirrups need to be moved in front of the saddle.  **Leg over the front**: If the rider is holding the reins. These are placed up the equines neck towards the leader out of the way. The rider’s feet are taken out of the stirrups. The offside helper assists the rider to lift their right leg over the equines neck. Where possible the equine leader encourages the equine to lower their head. If possible the rider then rolls onto their front and then slides down facing the equine with the stirrup moved in front of the saddle.  (If the rider is unable to twist; right hand on the saddle, left hand on the shoulder of the volunteer if they are fit and tall enough) Ideally riders should be taught encouraged and assisted to roll. Off side helper should stabilise the saddle by holding onto the left stirrup leather  Riders should never put their one arm around the neck of the side helper.  Usually Riders mount and dismount from the nearside of the equine. If needed and the area and equine(s) are trained and comfortable mounting and dismounting from the offside may be an appropriate method.  If all other dismounts have been tried and been ineffective then a rider may dismount on to a fixed platform. In these situations, a sideways dismount is usually used. Feet are removed from stirrups. Rider swings right leg over equines (lowered) neck and puts both feet onto the floor of the platform. Dismounting team member is on the platform and, with one other person, may take a hand each and encourage the rider to take some weight in their feet and gently pull forwards, until rider is standing clear of the equine | Block or mounting ramp.  Equine and leader  Team leader on near side Offside helper  For the dismount - Ideally the coach to debrief with the rider.  Equine Leader  Offside Helper  Volunteer rider |

TOTAL 2hours 10 mins