

# Guidance on Distances

## RDA Showjumping Exercises & Course Building

### Level 3 and above

All distances are appropriate for horses **15.2h and above**

These distances are guidelines for training purposes. It is preferable to make them too long than too short, and they are for normal stride length strides, rather than shortened or lengthened ones. It's important to train your eye, as distance charts are no substitution for being able to see what is actually going on. Remember that as fences are raised, the distances will need to be adjusted accordingly.

#### Training distances are dependent on:

- The size of the fences
- The horse's length of stride
- The education of the horse
- The rider's ability to establish a good canter

		PACES	FEET	METRES
<b>BETWEEN POLES</b>				
<b>Approaching in trot</b>				
Trotting poles	Min	1 <sup>1/3</sup>	4	1.2
	Max	1 <sup>1/3</sup> – 2	5.5	1.7
Place pole in front of fence	Min	3	9	2.7
	Max	3 <sup>1/3</sup>	10	3
Place pole after fence	Min	3 <sup>1/3</sup>	10	3
<b>Approaching in canter</b>				
Canter poles	Min	3	9	2.7
	Max	3 <sup>2/3</sup>	11	3.4
Place pole in front of fence	Min	3 <sup>1/3</sup>	10	3
	Max	3 <sup>2/3</sup>	11	3.4
Place pole after fence	Min	3 <sup>1/3</sup>	10	3
	Max	3 <sup>2/3</sup>	11	3.4
<b>BETWEEN FENCES</b>				
<b>Approaching in canter</b>				
One stride	Min	7	21	6.4
	Max	8 – 8 <sup>2/3</sup>	24.5	7.5
Two strides	Min	11	33	10
	Max	12	36	11
Three strides	Min	15	45	13.7
	Max	16	48	14.6
Four strides	Min	19	57	17.4
	Max	20	60	18.3
Five strides	Min	22	66	20.1
	Max	24	72	22
<b>BETWEEN BOUNCE FENCES</b>				
Bounce	Min	3 <sup>1/2</sup>	10	3
	Max	4	12	3.7

If you approach in trot, the distance between the first and second fence may need to be shortened by up to 3 feet/ 90cm. **Safety cups** must be used for back rails of spreads. All cups must have rounded edges. **Flat cups** must be used for planks and hanging fillers.