

Catching a Loose Horse

and

Managing a Horse in Flight Response

COACHING ADVISORY COMMITTEE RECOMMENDATIONS

| How to manage horse exhibiting flight response (bolting, bucking, rearing, shying) | Guideline to catching a Loose Horse |
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| <ul style="list-style-type: none">• Remain alert• Aim to stop, halt or slow to retain control<ul style="list-style-type: none">○ Relaxation○ Breathing○ Talking to rider to change mindset and remove fear/fright/retain good position• Depending on response will influence the following<ul style="list-style-type: none">○ Position in the saddle<ul style="list-style-type: none">▪ Remain balanced▪ Seat deep▪ Feet forward▪ Use core strength – lean forward/upright (rearing) or back (buck/bolt)○ Holding of reins○ Provide focus to horse and rider by circling, serpentine, turns etc• Smooth safe dismount if required.• Reins over the head and implement ground handling e.g. park and head down. | <ol style="list-style-type: none">1. Alert other riders with Emergency Stop protocol2. Always be aware of one's own safety3. Halt riders and if safe to do – dismount riders or have assistance to establish control of horses in the group.4. Alert public with an announcement – radio, phone, PA etc.5. Never stand in front of the horse to stop or slow it down6. Step back assess situation – don't overreact and cause more flight response.7. Allow experienced person to lead the control of the situation.8. Alert and ensure gates are closed9. Close gates well before horse gets there10. Allow horse to return to float/yard/other horses if there is an open pathway11. One person to approach horse quietly from the side using a calm soothing voice12. Carry a lead rope/halter13. PCA GAMES – have their own rules for a loose horse in the arena in Games Rules |