





Abderry Initial Pre-Ride Checklist:

Question	 
Can you - Lead him? Does he match your speed and walk WITH you, not pushing ahead and not dragging behind?	
Can you - Move your horses' front feet a step at a time away from you? Both sides?	
Can you - Push your horse's hind feet a step at a time away from you? Both sides?	
Can you - Stop and back up, and your horse stops and backs up WITH you?	
Can you - Lead him right up to a scary object to investigate and sniff it?	
Can you - Ask your horse to go over or past the scary object and have him remain relaxed and confident?	
Can you - Persuade "the dog" (or some other disturbance) that might "jump out" when you're riding, to "jump out and be really distracting" while you're still working him from the ground?	
Can you - Happily say "Yes, I can I ride him if those are the sorts of transitions, changes of direction and pace that he's going to give me when something unexpected happens" ?	

Can you tick all the boxes? No? Then don't **consider** moving onto the Pre-Ride Check List below until you have seen his reaction to all the things that you don't want to happen while you're riding.

By doing this, if something unexpected does happen, horse & you can both relax because he's already coped with the unexpected and you know you can ride through his reaction.

Abderry Final Pre-Ride Check List

Question	 
Can you - Get your horse to come and stand still beside a mounting block or similar and wait while you prepare to get on?	
Can you - Get your horse to stand calmly and quietly as you <u>prepare</u> to get on? Will he let you go through as many little steps as you can think of, up to and including putting your left foot in the stirrup but at that point you still have no intention of getting on?	
Can you - Get him to stand completely still while you get on & settle yourself in the saddle. Then give him a pat, have a big sigh and then just get off again?	

If you or your horse says, "No" to ANY of the above exercises you'll keep yourself safer if you heed his response and spend more time working from the ground until you **can** tick all the boxes.

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