

# Putting The Horse First

A couple of things to consider ....

We all know preparing for a show is stressful and that's just for us, let alone the horse!

Maybe running through a short checklist would be a sensible practice to get into.

Does my horse get regular visits from the Farrier?

Does my horse get regular teeth checks from the Vet or Equine Dentist?

Does my horse get regular saddle checks from the Saddler Fitter?

Does my horse get regular visits from the Chiropractor, Osteopath or similar?

Does my horse get regular visits from the Nutritionist?

Have I done everything I can to prepare my horse, both physically and mentally?

Now the rider ....

Is the rider prepared, do they know what's going to be expected of them, do they know their show?

Is the tack that's been selected suitable, legal and is the rider capable and practiced in the tack they are going to be using in the ring?

Does the rider fall within the recommended 20% rider weight guidelines?

Has the horse been weighed; has the rider in full riding kit with all the tack been weighed to ensure they meet the required ratio?

It's far easier to get this all done pre-show as more and more shows are adopting the rider weight policy; this is done for welfare reasons and to ensure we all get to ride in the future.

Remember, when you are at a show, that horsey and non-horsey people may be watching; at that point you are representing equestrianism - You and your horse are very much on show.

**Good luck and enjoy!**