

Competition Coach Lunging Procedure
Approx. 20 minutes

The horse should be presented with bridle (use of well fitted lunging cavesson or leather halter with bridle acceptable), saddle (or surcingle), boots/polos, bell boots and side reins which have been fitted to the horse and secured to the saddle/surcingle. The coach candidate should present with correct attire (riding helmet, gloves, no spurs).

The candidate coach will:

- Explain all the horse equipment to the “student” and the required handler equipment/dress; it’s purpose and safety considerations.
- Give a demonstration and explanation to the student on how to handle/hold the line/whip while standing away from the horse. The candidate coach can have an assistant available to hold the horse during this demonstration.
- Involve the student in the tying up of the reins and the stirrups while explaining the importance.
- Explain the method used for attachment of the lunge line. Give examples of other methods through discussion.
- Explain the purpose of the side reins, correct fitting, pros/cons, safety concerns. Demonstrate a thorough knowledge through evidence-based discussion on the effects of side rein adjustments (e.g., high/medium/low placement on surcingle/girth, tension, types of side reins, etc.).

Once the horse is ready the candidate coach will explain how to hold the lunge line and will lunge the horse at the trot in one direction without the side reins explaining the process and what they are observing in terms of quality of gaits, circle size, etc. to the “student.” A transition to walk should be included. The student will stand to the side out of the way. The candidate coach should change the rein explaining the process and attach the side reins. While lunging the horse the candidate coach should discuss the length of the side reins and their effect. This warm up process should be done efficiently to save time.

The side reins are then removed or tied up and the “student” will come into the center of the circle with the coach. The coach will help the student lunge the horse at the walk to begin with making corrections as required. The “student” does not lunge with side reins and at the discretion of the coach candidate, may or may not need to handle the whip. Student must be wearing riding helmet, gloves, no spurs. Please refer to the rubric for specific lunging/teaching requirements

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