

Western Competition Coach Lunging Lesson Requirements

Lunging at this evaluation demonstrates the Coach's ability to demonstrate, observe and instruct a student how to lunge a horse using side reins. The goal is to improve its balance, suppleness and rhythm while moving forward from behind into contact at walk, jog, trot, and lope.

The Coach will be organized, move around the horse efficiently, show obvious comfort and experience while demonstrating lunging skills and teaching the student how to lunge with side reins.

The Coach ensures that all doors/gates are closed, and that all equipment/area is safe

Attire – Coach will wear appropriate western attire – cowboy hat, sleeved shirt, jeans, belt and gloves, no spurs. May wear helmet. Student will wear well-fitting sleeved shirt/t-shirt, jeans, belt, boots, gloves, no spurs. May wear helmet.

Horse's equipment: saddle, snaffle (no full cheek snaffles) bridle with well-fitting, snug but not tight, halter or lunging cavesson, side reins. Halter or cavesson must not slip or interfere with bit or horse's eyes. A well-fitting halter is put on over bridle. A lunging cavesson is put on top of bridle with the cavesson cheek pieces put under the bridle cheek pieces. No nosebands. May use surcingle instead of saddle.

Side reins are the bridle reins, but may be side reins with rubber donut inserts. No side reins with elastic. Coach can explain choice.

Lunge line - attachment: with halter and bridle – lunge line snap on inside halter ring; with cavesson lunge line snap on top centre ring. Lunge line, as it comes from the horse's head, is safely held in one hand (left hand if horse is moving to the left, right hand if horse is moving to the right). Excess line is held in other hand with whip, in even, untangled circle or figure 8 loops. Loops large enough to not wrap tightly around hand if horse makes sudden movement away from lunger, but not large enough to go below knees of lunger. Lunge line does not touch the ground, but if it does rarely, it is corrected immediately. Smooth adjustments are made to loops as needed to shorten or lengthen line. No chain. Thick material. Held like a sword is acceptable but held like a rein is preferable to mimic feel when riding.

Lunge whip is never cracked or dropped. Whip is handled so as not to scare horse or give unwanted signals. Coach may put whip on ground safely if needed.

Change direction - when using a halter – loosen inside side rein, or detach and snap to saddle d-ring or surcingle ring; move lunge line snap from inside halter ring to bottom centre halter ring; loosen outside side rein, or detach and snap to saddle d-ring or surcingle ring. Change direction; tighten or re-attach outside side rein, move lunge line snap from bottom centre halter ring to inside halter ring, tighten or re-attach inside side rein.

Change direction - when using a cavesson - loosen inside side rein, or detach and snap to saddle d-ring or surcingle ring; loosen outside side rein, or detach and snap to d-ring. Change direction, tighten or re-attach outside side rein, and then tighten, or re-attach inside side rein.

The circle size should be appropriate to horse size - approximately 50- 60 feet diameter. Coach/student remains at centre of circle with minimal movement and keeps circle in same area.

The coach will:

Warm up horse up in a least one direction before involving student. Side reins will be off or loosened. Involve the student in tack adjustment as required for horse's improvement.

The student will lunge the horse in both directions while being coached.

Provide feedback, with errors and corrections, to student re student's performance

Use teachable moments and questioning. Discuss and explain safety rules re – environment, fitting, and adjustment of equipment.

Discuss and explain reasons for length of side reins, position attached to saddle/surcingle and adjustments, to allow the horse to move correctly into the contact. Can have side reins equal length or inside side rein slightly shorter for flexion. Can have side reins attached to different positions on saddle/surcingle.