



7 Tips To Start Back Riding Successfully & Safely After A Break

- 1) Reconnect with your horse.
 - a) Bath/haircut – get your horse looking good and feeling good! A clean horse will feel better going back to work.
 - b) Spend some time together - something to start the conversation & partnership that feels good to your horse. This can be spending time hanging out, grooming, or whatever feels right to you to begin to just be together.

- 2) Access where you are & what needs to be done.
 - a) Is your horse sound?
 - b) In need of a trim or shoeing?
 - c) In good health?
 - d) When is the last time he/she had her teeth checked?
 - e) Weight ok?
 - f) Check all of your equipment. Make sure it is clean, in good repair and you have everything you are going to need for upcoming work sessions.

- 3) Get help where you need it
 - a) Make appointments
 - i) Vet
 - ii) Farrier
 - iii) Order supplement
 - iv) Sign up for lessons or to attend a clinic

- 4) Think out your program. You are the coach so what is your game plan?
 - a) It can be hard to get started, so make short easy lessons to start with to build momentum.
 - b) Chip away at energy and resistance. This means going back to basics for even the finished horse to start slowly.
 - c) Build strength, connection, discipline in yourself and your horse.
 - d) Accept where you are. Let your horse build on what they know and understand to build confidence
 - e) Are there some habits your horse may have picked up since your last ride?
 - i) For example, maybe becoming more herd bound in his time away from work? You may need to “wean” them away from other horses if they have been turned out together.
- 5) Schedule your work sessions in your planner. Make realistic goals to yourself so it is easy to gain positive momentum and success.
- 6) Work your plan
 - a) Track your progress
 - b) Follow through
 - c) Keep your word to yourself.
- 7) Celebrate your progress & Enjoy the journey! This is supposed to be fun after all.

