

# Catching a Loose Horse

and

## Managing a Horse in Flight Response

COACHING ADVISORY COMMITTEE RECOMMENDATIONS

<b>How to manage horse exhibiting flight response (bolting, bucking, rearing, shying)</b>	<b>Guideline to catching a Loose Horse</b>
<ul style="list-style-type: none"><li>• Remain alert</li><li>• Aim to stop, halt or slow to retain control<ul style="list-style-type: none"><li>○ Relaxation</li><li>○ Breathing</li><li>○ Talking to rider to change mindset and remove fear/fright/retain good position</li></ul></li><li>• Depending on response will influence the following<ul style="list-style-type: none"><li>○ Position in the saddle<ul style="list-style-type: none"><li>▪ Remain balanced</li><li>▪ Seat deep</li><li>▪ Feet forward</li><li>▪ Use core strength – lean forward/upright (rearing) or back (buck/bolt)</li></ul></li><li>○ Holding of reins</li><li>○ Provide focus to horse and rider by circling, serpentine, turns etc</li></ul></li><li>• Smooth safe dismount if required.</li><li>• Reins over the head and implement ground handling e.g. park and head down.</li></ul>	<ol style="list-style-type: none"><li>1. Alert other riders with Emergency Stop protocol</li><li>2. Always be aware of one's own safety</li><li>3. Halt riders and if safe to do – dismount riders or have assistance to establish control of horses in the group.</li><li>4. Alert public with an announcement – radio, phone, PA etc.</li><li>5. Never stand in front of the horse to stop or slow it down</li><li>6. Step back assess situation – don't overreact and cause more flight response.</li><li>7. Allow experienced person to lead the control of the situation.</li><li>8. Alert and ensure gates are closed</li><li>9. Close gates well before horse gets there</li><li>10. Allow horse to return to float/yard/other horses if there is an open pathway</li><li>11. One person to approach horse quietly from the side using a calm soothing voice</li><li>12. Carry a lead rope/halter</li><li><b>13. PCA GAMES – have their own rules for a loose horse in the arena in Games Rules</b></li></ol>