

## EQUIPMENT

**Tack (noun):** The term used for the equipment put on the horse for lessons, such as saddle, saddle pad, bareback pad and surcingle.

**Tack up (verb):** put on the horse's equipment. **Untack:** take off horse's equipment



**English Saddle with pads:** Most clients ride in the English saddle. English saddles are lightweight, flatter and less bulky, so the rider can do exercises in the saddle that involve a lot of movement. English saddles use 2 saddle pads. An English saddle with a high back is also available and used as needed, per the Tack Guide.



**Western Saddle with pad:** The Western saddle helps riders with balance and trunk strength issues feel more secure, with a higher back, deeper seat and a horn in the front to hold on to. This saddle uses one thick rectangular Western pad.



**Vaulting Surcingle with Western pad:** For some riders, we use a vaulting surcingle instead of a saddle. Using a Western pad with a handled surcingle can be very beneficial. The client sits on a soft seat and their legs rest on either side of the horse - NO STIRRUPS. Clients concerned about chafing from a saddle, such as a paraplegic rider, may be more comfortable in the surcingle.

Riders with tight muscles benefit from the horse's warmth, and it allows movement without the bulk of a regular saddle. Riders feel much more of the horse's movement and it can help those that need a lot of sensory input. The surcingle is less distracting and it requires the rider to engage core muscles and correct his/her balance and posture.



**Girth:** Usually made of leather, nylon, or cotton, the girth is a wide strap that goes around the horse and buckles to the saddle to hold it in position.



**Halter:** Headgear that is used to lead a horse. It fits behind the ears and around the muzzle. LTRC horses do not use bridles.

**Lead line:** A rope used to lead the horse.



**Peacock stirrups:** All saddles are equipped with quick-release rubber band peacock stirrups that allow the rider's foot to come out quickly in case of a fall or emergency. The rubber band should always face away from the horse when the rider's foot is in the stirrup.

**Rainbow Reins:** Rainbow reins are typically used during lessons and are located by the tack room door. The colors on the reins help riders grip them at the same location on both sides and enable them to learn how to steer their horse.



**Bobby Pillow:** Used to help the rider stay balanced on the horse, bobby pillows help riders with instability or a weak core.



**Gait belt/Gait vest:** Worn around rider's waist or as a vest, handles allow sidewalkers to support the rider without pulling on clothing as they walk next to them.

