

O.A.T.S. Rider's Guide

Welcome to O.A.T.S.! We're glad you're here and hope you are ready to enjoy our horses. O.A.T.S. horses are very personable with calm temperaments.

You will be provided a riding helmet.

We suggest "thumbs forward" when holding your reins. The reins will have a black tape mark on each side. This is where you want your hand to be. When holding the reins correctly-there will be about a foot of reins in your lap.



Your horse will respond best to gentle movement of the rein along with leg pressure. We refer to leg pressure as "open door" / "close door". As you pick up your left rein you would press with your right leg and push your left leg out. This will turn your horse left. As you pick up your right rein you would press with your left leg and push your right leg out. This will turn your horse right. Take your time and you'll find this works very well.

You will be provided a mounting block. When asked, proceed to the third step, place your left foot into the stirrup, gather a fist full of mane in your left hand, place your right hand over the saddle and grip the other flap above the legging, and then pull yourself into the saddle swinging your right leg and foot over the back of the horse. A staff member will assist you and guide you through the steps.

Upon return, reverse these same steps with your right foot coming to rest on the top step of the mounting block.

We ask that you keep the reins in BOTH hands. Your hands should be resting on each side of the saddle horn. If your hands are above your stomach, you will be out of balance.

Use the toe of your foot in each stirrup to hold balance. When riding up a hill, lean forward slightly in your saddle. When riding down a hill, lean backward slightly in your saddle. These practices help the horse distribute weight.

Above all, RELAX! Horses reciprocate our emotions. If you are nervous and excited, your horse will respond in like manner as well as wonder why you are displaying this emotion.

If you have a question-please ask a staff member. They will be glad to explain things to you.

Have a great ride!

Raymond Bell

President-O.A.T.S.