**History:**

- Equines (Horses) were one of the earliest domesticated animals (domesticated around 4000 BC), and were used for transportation and war. Equines were also a common tool for agricultural development. ([http://www.equineheritageinstitute.org/horses-in-history/](http://www.equineheritageinstitute.org/horses-in-history/))

- Men have always rode astride (one leg on each side of the equine). This was for optimum control of the animal, which was needed especially in battle.

- Women have been seen riding astride in illustrations of the middle ages, but it was not encouraged; It was more proper for the woman to sit behind a male rider with her legs together, or aside the horse. In the Late Middle Ages, saddles for riding aside were developed into a platform or chair-shaped box for a woman to sit in - this box necessitated a handler, as there was no real control between the rider and horse in this saddle. In the Late 1500s-1600s, a side saddle of sorts was used - the side-saddles used today are largely a Victorian invention. ([https://www.janeausten.co.uk/the-history-of-side-saddles/](https://www.janeausten.co.uk/the-history-of-side-saddles/)) ([https://truewestmagazine.com/the-scandalous-saddle/](https://truewestmagazine.com/the-scandalous-saddle/)) ([http://ilaria.velttri.tripod.com/sidesaddle.html](http://ilaria.velttri.tripod.com/sidesaddle.html) - Ilaria Veltri degli Ansari is the author of this article)

- Equines were not really classified by breeds, they were mostly classified by what they could accomplish. If you want to know more about this, please refer to the references, and: ([http://www.historyforkids.net/medieval-war-horses.html](http://www.historyforkids.net/medieval-war-horses.html)) More general, but no listed references. ([https://en.wikipedia.org/wiki/Horses_in_the_Middle_Ages](https://en.wikipedia.org/wiki/Horses_in_the_Middle_Ages)) More in depth with references. (Lady Isabel’s ‘History of the Horse’ class also reviews this topic)

- Equines eligible to participate in SCA activities include: _____________________________________________. Each animal excels at different tasks - you will likely see __________ participate the most in equine activities in the SCA.

- If you go to an event, and believe you will be interacting with equines (________________________________________________) Make sure you sign an Equine Insurance Waiver - this reassures the SCA that you know the risks of being around equines.

  With this class, you will understand the risks more fully, and be even more prepared to have a positive and safe experience in your SCA equine community.

**Equine Psychology:**

Equines communicate mostly with their 1) _______________ 2) _______________

Other ways of communication include: ____________________________________________

How to tell if the equine is relaxed: (picture 1)
How to tell if the equine is attentive or nervous: (picture 2)

How to tell if the horse is aggressive: (picture 3)

**SAFETY:**

**Rule #1:** ALWAYS ASK PERMISSION from ______________.
NEVER approach an equine without asking first. Here are the reasons why:

a) The Owner :

b) The Equine :

c) You :

**Rule #2:** ALWAYS be visible to the equine.
Equines have a wide range of vision, but there are two blind spots:

1) _________________________ and 2) ________________________________

If you approach them without letting them see you, this is dangerous! It may result in you or the equine getting injured.

Here is the correct way to navigate around equines, as approved by the Equine Specialists at Utah State University (Draw acceptable paths of travel):
The rules which complement this:

1) NEVER _____________________________________________________

2) NEVER _____________________________________________________

**Rule #3:** NEVER FEED an equine without __________________________.
Here’s why:

If you are allowed to, here’s how to do it: _______________________________. A closed palm around food could result in your hand or fingers getting bitten. (If their teeth can bite through a carrot, they can bite through your fingers.

**Rule #4:** Before riding an equine, get to know them ___________________.
Here’s why:

**Rule #5:** NEVER leave children alone with an equine.
ESPECIALLY if they are: ________________________________________________

This is a hospital trip waiting to happen - “Children under 5” should always be with their parents, but if you must leave them, keep them in your campsite ___________________ to supervise.

REMEMBER: Equines are a child magnet, and equine owners are not responsible for your offspring. ALWAYS keep your attention on your child when around equines.

**Rule #6:** NEVER bring your dog to equine activities.
Even if your ‘Fluffy’ doesn’t even look at other people or animals, this does not mean the equine will know that.

Equines are _______ animals - Dogs are _____________ animals. These two will not mix in new company.

If you plan to visit the equine site, leave your dog with someone who will watch it. Dogs need as much supervision as a __________________, because that is the level of their intelligence.

**Rule #7:** Be Courteous to the equine.
Use the Golden rule - would I like to be treated this way?

Equines have feelings, and they get tired. Be courteous.
**Riding:**

These rules are meant for those who have never ridden an equine before - if you have ridden before, these are good guidelines on how to make riding more enjoyable.

**Rule #1:** Again, obtain permission first.
Most owners will let you brush, feed, or even tack up (put riding gear on) the equine. Riding however, is a different story.

Owners may say:

a) _________________________________________________________________________
___________________________________________________________________________

b) _________________________________________________________________________
___________________________________________________________________________

Owners may not give reasons for refusal. Please be respectful if they refuse entirely.

* Most owners will spilt travel and feed costs to willing participants. This will get you a better chance to ride!

**Rule #2:** LISTEN to the Owner.
They know the equine better than you do. Even if you’ve ridden before, there are MULTIPLE ways to ride equines, and they are not all the same.

This is especially true with the tack: (see pictures 4 & 5)

Ask if they have a helmet! Some people will not let you on a horse without one.

**Rule #3:** Wear durable clothing!
Riding equines gets dirty, sweaty & exhausting. You should feel comfortable under saddle.

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SCA Rules:
“Per Society Rules, minors must be 5 years or older in order to Authorize in Equestrian. For equine interactions and activities that do not require an authorization, the Society does not prohibit children under 5 years of age… Marshals always retain the right to stop any activity that endangers others or the SCA…”

[http://www.sca.org/officers/equestrian/policy.html#int](http://www.sca.org/officers/equestrian/policy.html#int)
What You Should Wear:
1. Shirt: ________________, and one you wouldn’t mind getting ________.

2. Pants: (same as above); No ______ , because ______________________________.

3. Dress: (same as above); __________________________________________________.

It is not recommended to wear a dress for ______________________________________.
Some equines may not be used to fabric swirling behind their head, and may spook as a result.

For more advanced riders and equines:

4. Shoes: ________________________________. No sandals, no tennis shoes.

**Rule #4:** Start out slow.
No one was “born to ride” - it's ok if you need extra time to get acquainted with riding, ________________.

**Tacking Up a Horse:**

You have been given permission to tack up the horse - now what?
The steps involved in tacking up are the following:

First: ______________________________________________________________
Second: ______________________________________________________________
Third: ______________________________________________________________
Fourth: ______________________________________________________________
Fifth: ______________________________________________________________
Sixth: ______________________________________________________________
Seventh: ______________________________________________________________

There are several different kinds of saddles and bridles - there are some pictures of commonly used tack at the back of this lesson. Refer to the owner for instructions on how to apply the tack.

**Reference Videos for Tying a Horse:** https://youtu.be/ks-c4aktxE0
This is the safest option for tying a horse, according to Utah State University.
A second variation has been found that could be simpler to use: https://youtu.be/IG6LiX10hlU
Riding Basics:

1. Begin with riding astride.
   If it’s your first time, DO NOT ride side saddle. Here’s why:

   You will have _______________________________ if you are astride; should something go wrong, you will be in a better position to dismount from the equine if you need to.

   Start with riding astride. Once you get comfortable with that, THEN you can move on to side saddle (if there are any available).

   You may need someone to hold the equine while you mount. When you mount, you start on the equine’s ____________, by placing your ________ into the stirrup. Swing your __________ over.

2. RELAX! :D
   The equines you are riding are accustomed to people riding them. The owners will NEVER put a new rider on a challenging equine.

   Equines can also ‘smell fear’; nervous person = nervous equine.
   Relax and get to know the equine before you get on; before you start moving, relax in the saddle - it’s ok to ask someone to hold the equine while you do this.

3. Start out by walking. This is why:

   Not everyone uses the same cues -

4. Make sure the horse understands your commands, both Verbal and Physical.

   Verbal:

   Physical:
   _______________________________________________________________________
   _______________________________________________________________________
   **Your opposite hand should be ____________, so the horse can move it's head in the direction you want it to go.

   With leg cues, there are _______________________________ to apply leg pressure (not just a kick); along with, or instead of reign signals, you can do either at the direction of the horse owner:
   a) Apply pressure with your left foot towards the _____________ of the equine to go left, and the right foot for the equine to go right.
b) Apply pressure towards the ______________ of the equine with your __________ for the horse to go ________, and the ______________ for the horse to go ________.

**Your opposite leg should be _________ to allow the horse to move.

Pull back with ____________ (not too much) to stop or slow down. Loosen the reigns and give leg pressure to get going.

Remember _______________________ ! Be patient, and listen to the owner or ask for help if the horse is not doing what you are asking. We want to make sure you and the equine will be safe.

5. Increasing Speed: The faster your equine goes, the smoother the ride - PLEASE ASK FIRST THOUGH!
This is why:

a)

b)

**Closing thoughts:**

Practice getting off the Equine. Why? ____________________________

**Accidents can happen; don’t assume nothing will happen!**

Also remember:
Other Sources for Safety:

https://equusmagazine.com/behavior/horse-body-language - more in-depth psychology of the equine.

http://donwenna.homestead.com/SafetyTips_Rentals.html - explains movement and leg cue (b) more fully.

![Relaxed Horse](image1)

![Alert Horse](image2)

![Aggressive Horse](image3)

![Saddles](image4)