

SIDE HELPING AND HELPING THE RIDER

The duties of the side helper include:

ASSISTING THE RIDER IN PREPARATION FOR THE SESSION

1. To check the rider is correctly attired.
 - The hat should have been correctly fitted and be done up.
 - Suitable trousers are worn.
 - Any shirts should ideally have long sleeves and not be flapping
 - The footwear is suitable, with a heel to prevent the foot slipping through the stirrup or use safety adaptations (Devonshire boots, toe stoppers etc.).
 - No sharp objects are in the pockets.
2. Directing and assisting the rider to the mounting block / ramp / platform.
3. Making sure girth is checked.
4. Adjusting the stirrup lengths.
5. Encourage and help the rider during the session.
6. Help the rider to understand and respond to the Instructor's commands.
7. Give as little physical support as possible.
8. Allow the rider as much independence as possible.
9. Be patient, allow the riders to work to achieve.
10. If help is needed, it should be done with kindness and dignity.
11. If you need to halt, ask the leader to come off the outer track.
12. Prior to the lesson, be interested in and get to know and understand the rider.

Concentrate at all times.

Be alert.

Write up progress report on the rider.

**AT ALL TIMES ASSIST THE INSTRUCTOR TO
MAINTAIN HIGH STANDARDS**