



**HENRY  
EQUESTRIAN**  
HEP<sup>®</sup> INSURANCE BROKERS LTD.

## **COACHING PROGRAM**

### **ENGLISH INSTRUCTOR LESSON TOPICS**

#### **Unmounted Lesson Topics**

- Fitting of helmets and safe riding attire
- Grooming Procedure
- Tack Cleaning
- Proper leading and turning of the horse
- Bridling - Proper fitting and technique
- Saddling - Proper technique and fitting, including girth and breastplate
- Fire Safety - Procedure
- Fire Safety - General
- Foot Care
- Tying a horse properly in the stall
- Blanketing and unblanketing a horse
- Fitting martingales

#### **Mounted Lesson Topics**

- the trot
- the posting trot
- the canter
- a circle
- a turn
- changing the rein
- exercises to practice eye control
- exercises at the walk to teach steering and control
- identifying the correct canter lead and how to correct the lead
- changing the leading file
- 3-point position at walk & trot
- 2-point position at walk & trot