



## Laura's Safety Demo

Equus Coaching Session



### **Goal: Keep you safe**

- Horses are large animals, but without intent to harm you. We need to be self-aware and monitor the horse's energy too
  - If at any time you are uncomfortable, the coach can step into the round pen ("arm/arm"), or you can step out
- Three zones of learning – comfort, stretch/learning, panic
  - Important to follow directions from the coach – observing client and horse intently. Can pick up on global cues:
    - "Take a step back"
    - "Create some space"
  - No halters or control devices because this is not "work" - training, ranching, etc. We are "just being" with them and building a connection.
  - You will have the use of this long line. It can help you express your energy – turn up the volume, create space

- The long line is a soft, nylon rope. It won't hurt you or the horse. However, the snap can hurt both of you.
- Demo on how to hold the long line/snap
- Let's review the horse a little closer
  - Teeth – explore with their mouth. Keep your hands flat. Some horses may not like their muzzle touched...
  - Eyes – Blind spots; monocular and binocular vision; Pressure on the horse with eye contact; Sunglasses
  - Ears – Tell you a story about how they are feeling (mad, inquisitive, alert, etc.)
  - Feet – Stomping for flies; keep your feet under yourself; closed toe shoes
  - Front half versus back half (top of rump to hoof x 2)

**Do you have any questions? Are you comfortable proceeding?**