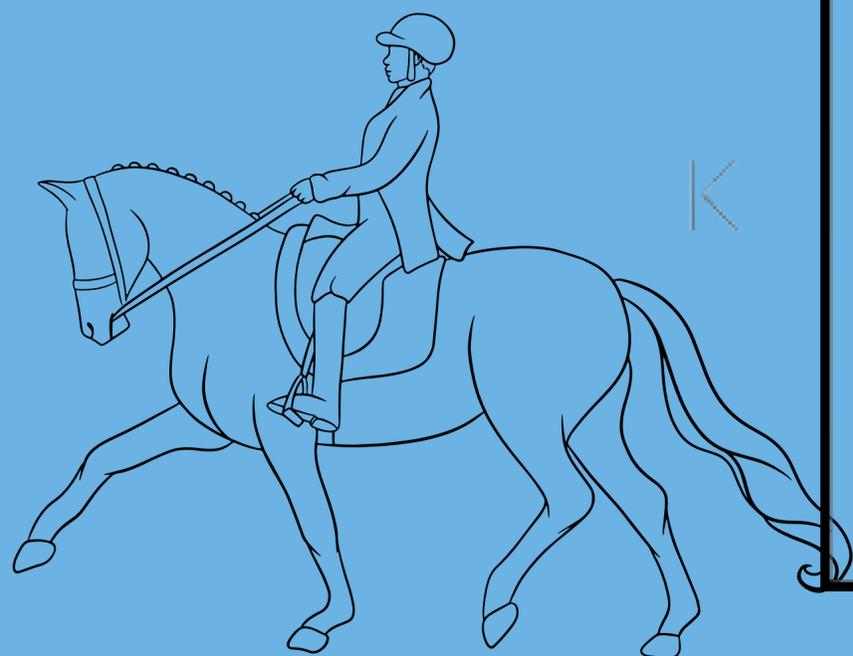


Remember: Have Fun!

DRESSAGE TIPS & HINTS

Getting through your First
Dressage Test: Some Handy
Tips on How to Prepare!



1 Ensure you learn the right test. You can have a caller if your club allows for this. A caller may be a parent, instructor, or a friend. They will stand on the long side of the arena at letters E or B and read aloud the movements of the test. You may lose a few marks for using a caller, but if you are nervous or concerned that you might forget the movements it may well be worth it! Your caller can only read out the test, they may repeat a movement if they think you have not heard them, but they cannot give you any instruction.

2 On the day, ensure you have a gear check. It is important to note that dressage has specific gear requirements. Make sure you know the correct arena that you will ride your test in. The gear checker should be able to tell you this. Being prepared and on time is a key step towards a successful and stress free test!

3 Once the rider before you exits the arena, make your way down to the judge's car. Go to the driver's side, as this is usually where the Judge will be sitting. Once you arrive, wait till the judge acknowledges you before talking as they may be writing comments for the last rider. When the judge acknowledges you say hello and give your name, number (if applicable), and your horse's name. The judge will then tell you that they will either wave a paddle, toot the horn, or ring a bell, so that you will know that you can enter the arena. From then you have 45 seconds to enter the arena, if you haven't begun your test after a further 30 seconds passes you could be eliminated.

4 If there is a halt at the beginning of the test, you must take the reins in one hand and salute (by a nod of the head). You will also need to do this at the final halt.

5 If during the test you make a mistake the judge will toot the horn or call your name and inform you of where the error has occurred. The judge will then tell you where to 'start off' again. Try to remain relaxed and just ride on from where you were told to. You are allowed to make 2 errors, as on the 3rd error you will be eliminated.

6 During your test you may be tempted to 'click' or talk to your pony whilst riding, however using your voice can cost you marks, so stay quiet. Smiling is most welcome (and highly encouraged!).

Hope this helps you get through your
first test!

Next time we will cover 'how to ride
your test'.



PONY CLUB
NEW SOUTH WALES