



*Developing the skills and knowledge  
to be a more confident competitor*

# Kicking off With Confidence

Week 4



# Look Good/Feel Good

- Nothing beats elbow grease
- Clean tack, clean horse, clean attire
- Well fitting tack and clothing
- Following equipment and attire rules
- Comfortable riding in attire
- Practice in outfit beforehand (show pads don't slip/riders boots fit comfortably/horse boots don't rub/breeches aren't slippery/horse doesn't mind braids)



# Look Good/Feel Good

- Turnout hacks
  - Dishwasher cleaning for brushes, stirrups, bits, etc...
  - Baby oil shines boots, ears, eyes, nose, lips, etc..
  - Bring lots of towels
  - Add personal touches - quarter marks, interesting braids (within rules), etc..
  - Dark hoof oil instead of hoof polish



# Horse turnout starts from within

- Horse turnout begins at home
  - Nutrition - shiny coat/good weight
  - Mane and tail management
  - Ulcer/electrolytes for travel



# Universal Horse Turnout

- Bathing horse
  - Good scrubbing
  - Clean rinsing shampoo
  - No slick sprays
  - Tail
    - Shampoo - conditioner - conditioning spray (human products)
- (if not bathing) Hot Towels/conditioning spray (no slicking sprays)
- Whites shampooed with blue/silver
- Clean hooves



# Schooling Shows

- Mostly 'informal' attire
  - Exceptions - championships, series finales
  - If questioning - ask show organizer
- Some technical equipment rules may be overlooked (horse boots, half chaps, logo on pads, etc...)
  - Listed in prizelist
  - Ask for permission
- Clean, neat, well fitting
- Rider attire - Well fitting helmet, hair contained in net, short or long sleeved shirt with collar (open), belt, breeches, tall boots or boot-like half chaps - color is personal preference (conservative)
- Horse - clean and clipped. No braiding necessary. "Creative" clip jobs acceptable.

# Recognized Shows

- Mostly 'formal' attire
  - Exceptions - opportunity classes (dressage), technically BN-Modified (eventing)
  - If questioning - ask show organizer
- Clean, neat, well fitting
- Equipment and Attire rules linked below





# Common Turnout problems

- Leaving horse boots on
- Illegal bits/nosebands
- Noseband fit (too tight)
- Whip length
- Carrying whip in championship classes (dressage)
- Spurs upside down
- Logos on saddle pads





# Horse Management

- Know rules for drugs and meds
  - Procedure for drug testing
    - Tech will follow you from the arena to stall/trailer
    - Wait a set amount of time for horse to urinate
    - Collect sample
  - Good practice - don't even have prohibited substances in horse show equipment
  - Common substances that are regulated: ashwagandha, ginger root, devil's claw, CBD, capsaicin
  - Contact USEF if any questions
  - Links below - drugs list, barcode lookup, online declaration form



# Horse Management

- Before the show
  - Know the answers to the questions of how they handle certain show situations
    - Ulcer treatment before traveling (72 hour)
    - Electrolytes?
    - Anti-inflammatories/muscle relaxers (plan with veterinarian)
    - Feed adjustments (transitioning hay (types or from grass to hay))
    - Reducing or increasing grain



# Horse Management

- At the show
  - Hand walking (length of time in trailer/length of time in stall)
  - Calming supplements
  - Stall set-up - boredom toys, haybag vs. ground feeding vs. slow feeder, water buckets, hydration supplements
  - Leg wrapping
  - Body work
  - Sheet to fan to stall guard and everything in between
  - Tie-out situation at trailer



# Horse Management

- At the show
  - Packing for the unexpected: ear plugs, chain, rope halter, lunge line, hoof packing
  - Recognize 'attention' time and 'down' time
  - Keep regular checks of TPR
  - Try to keep on as regular of schedule as possible
  - Ask neighbors to help reduce stress (feed when the earliest horse gets fed, etc...)



## Coming up next week:

**Walking courses and Warm-up-**  
understanding how to put yourself in  
the right frame of mind before entering  
the arena