



Wherever possible, in order to mount in a way that is most comfortable for the horse, use a mounting block or a leg-up. If this is not possible, use an assistant to counterbalance the saddle by holding the stirrup on the other side.

Where necessary, mounting from the ground can be easily achieved if the correct technique is used. The stirrup should be long enough so that it can be easily reached and the toe is not pushed into the horse's barrel.

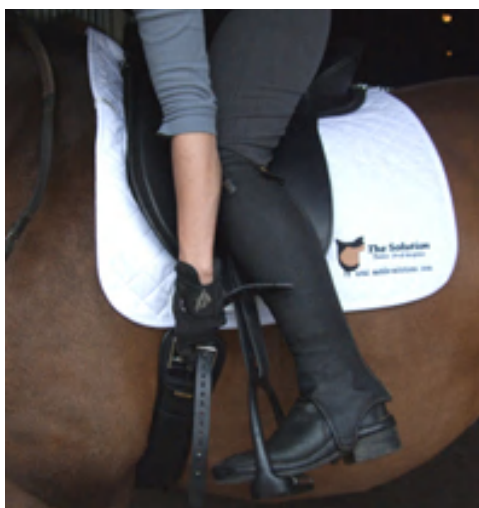
Ensure that the girth is securely tightened.



Springing from the right foot vigorously will ensure that the arms are not overused to pull the rider's weight up. The right hand should be used to push down on the right side of the saddle, either on the skirt or kneeflap. Maintain balance on the left stirrup while the right knee is raised and swung upwards and forwards.



The upper body is used to counterbalance the saddle and keep it straight on the horse's back. The right leg is carefully swung forward to align the hips before sitting gently into the seat.



The weight of the rider in the flexible saddle will allow it to mould around the barrel, with the effect of loosening the girth.

For this reason, the girth should always be re-tightened before moving off.