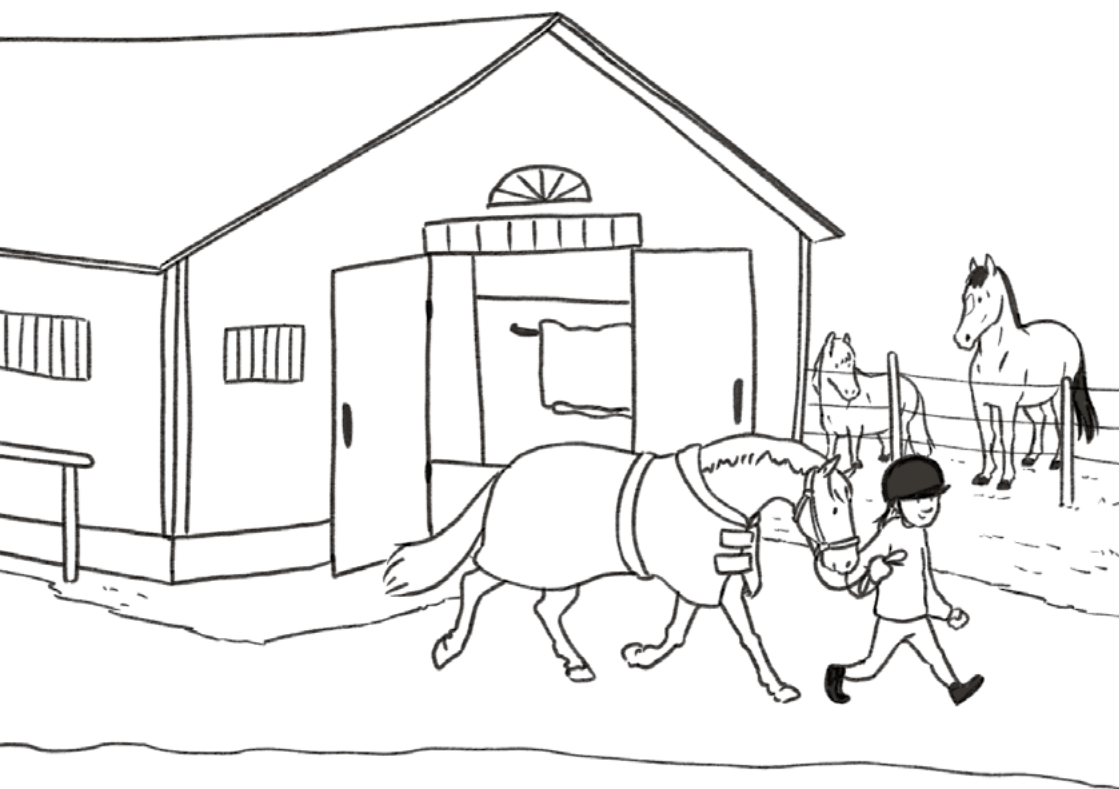


# Small Guide to Horsemanship



# STABLE

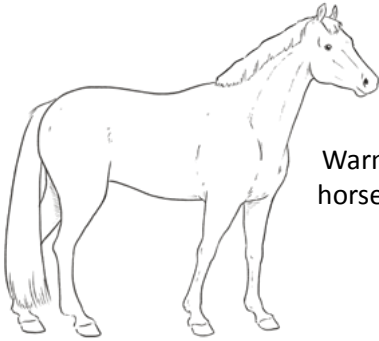
Horses live in a stable or in an open stable. Each horse has its own box in the stable. Horses are outside in the paddock during the day. The stable area usually also includes a riding arena and an indoor arena. The actual stable building may also have a tack room, a feed room, a muck heap, a toilet and an office. There may even be a coffee shop and facilities for dressing and washing in the indoor arena. Grooms take care of the horses. The stable master is responsible for the operation of the stable. Riding instructors give riding lessons in riding schools. In addition to the horses used by the riding school, the stables may also offer livery to privately owned horses. There is usually a sign on the stable wall stating the visiting hours. You are not allowed to enter the stable at other times.

## HORSE IN THE STABLE

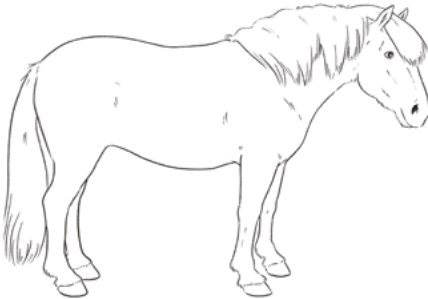
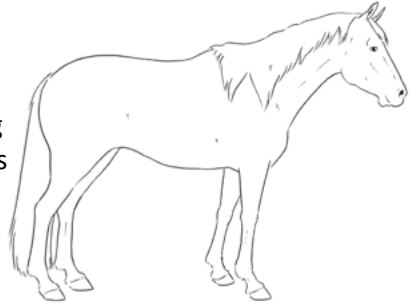
The box is the horse's home. Respect the horse's peace. Walk at a slow pace in the stable and in the entire stable area. Use a normal speaking voice. You should not shout in the stable. All visitors must observe the instructions posted on the wall of the stable. Box doors may not be opened without the permission of stable personnel.

# HORSES

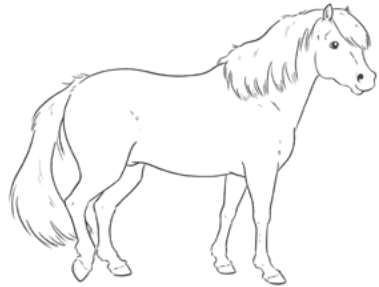
Horses come in different sizes, shapes and colours.



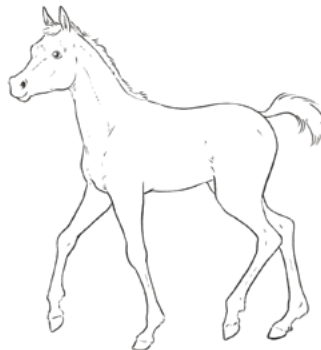
Warmblood riding horses and trotters



Coldblood horses, e.g. Finnhorses



Small horses are called ponies.



A young horse is a foal.

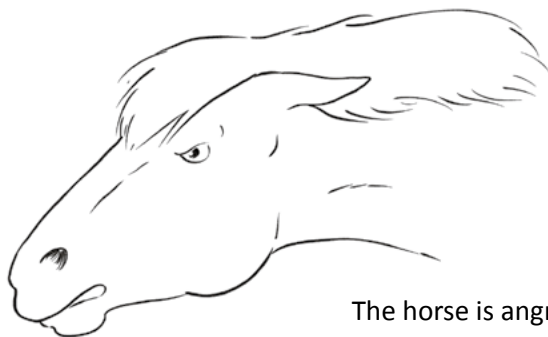
Horses are usually very friendly. Approach a horse calmly. You can also talk to a horse. Horses may get startled by loud sounds and sudden movements. Always ask for permission if you want to get more familiar with a horse or pony. Horses, even ponies, are always very strong. When you are getting to know a horse, you must always be accompanied by someone who knows the horse. You may pet the horse's neck, but don't poke it with your fingers. Some horses do not like to be touched. The horse's ears tell you how it is feeling at any moment.



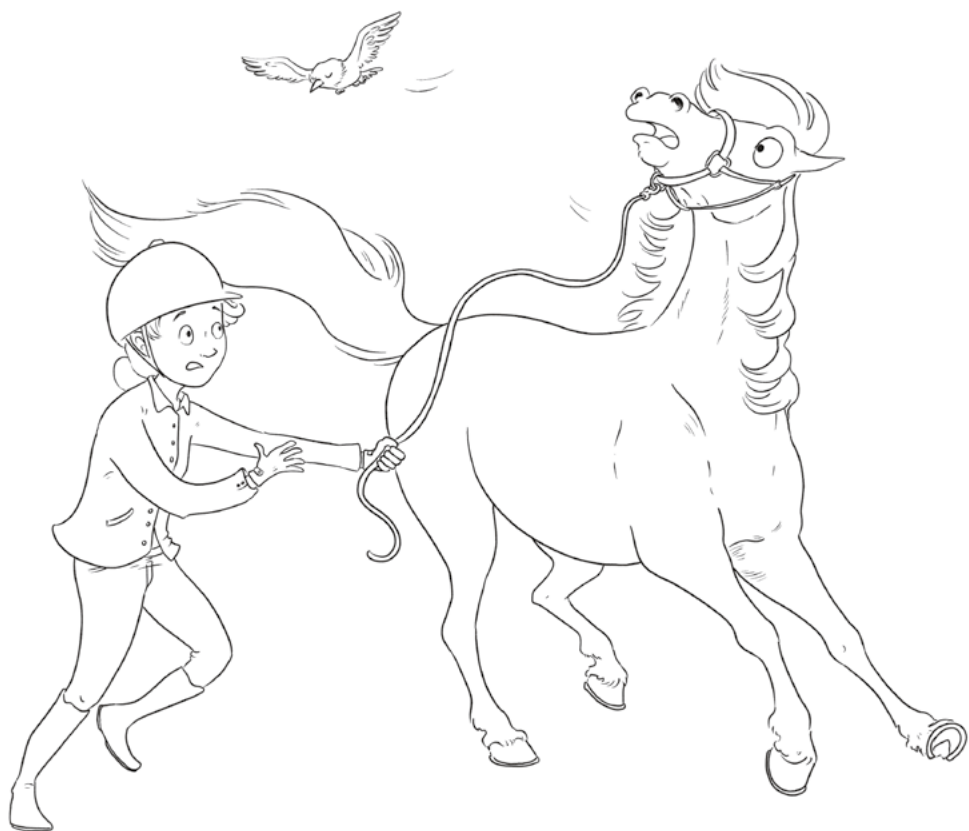
The horse is observing.



The horse is calm.

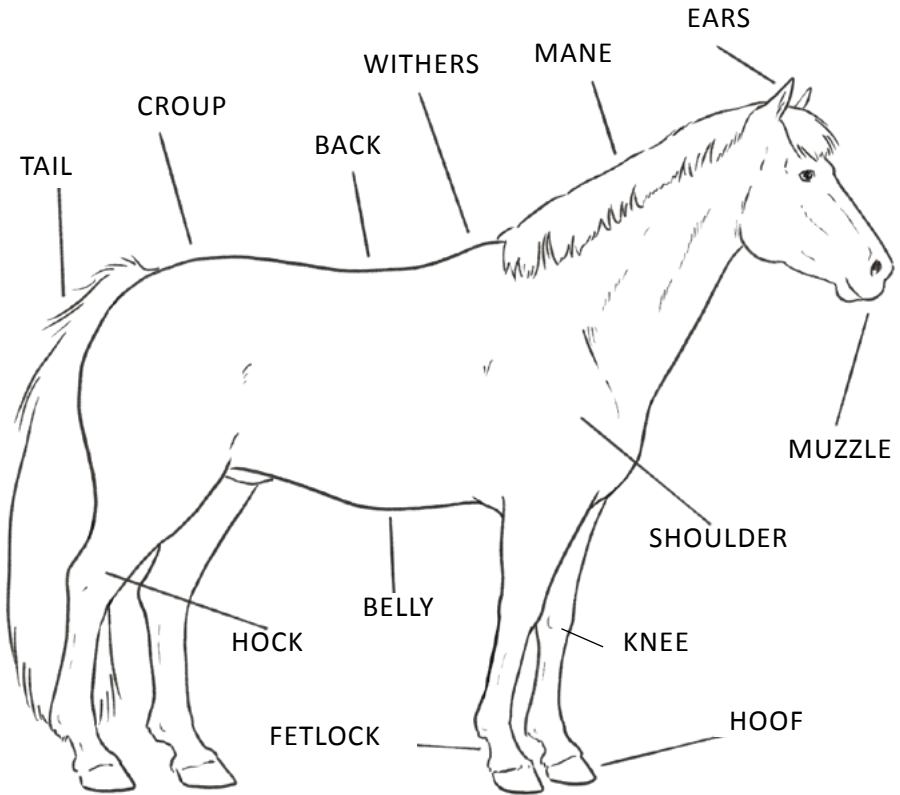


The horse is angry.

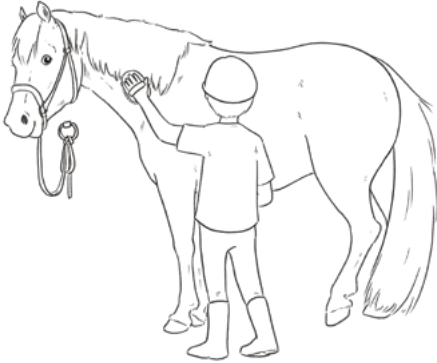


Horses are herd and flight-response animals that react to new and surprising things with their behaviour. They may get startled by sudden movements and sounds. When a horse gets startled, it may jump, run away or even kick. Horses have a good memory. They may remember frightening and comfortable situations and how they have been treated. If you remain calm, the horse will feel safe with you.

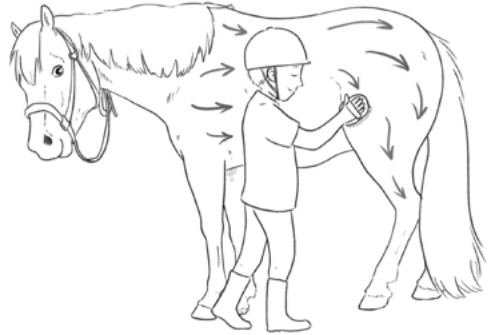
# HORSE ANATOMY



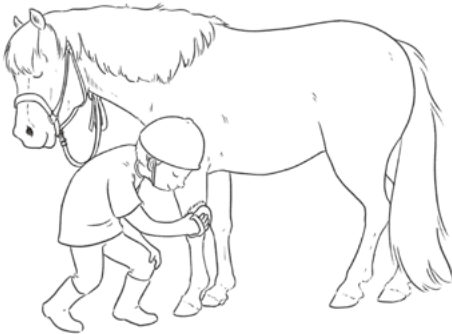
# HOW TO BRUSH A HORSE



Start brushing at the neck. Brush in the direction of the hair.



Then brush the shoulder, back, side and belly.



Brush the horse's croups and all legs.



Finally, clean the horse's hooves with the hoof pick.





## HOW TO FEED A HORSE

Horses are fed several times a day. Horses eat a lot of hay and drink many buckets of water. Horses must be allowed to eat in peace and quiet.

The staff feed the horses and you can ask them about the feeding of the horses. A horse may have an allergy and get sick if it gets the wrong food. You may not give the horse any treats without permission.



## HOW TO CARE FOR A HORSE

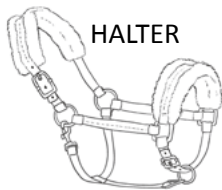
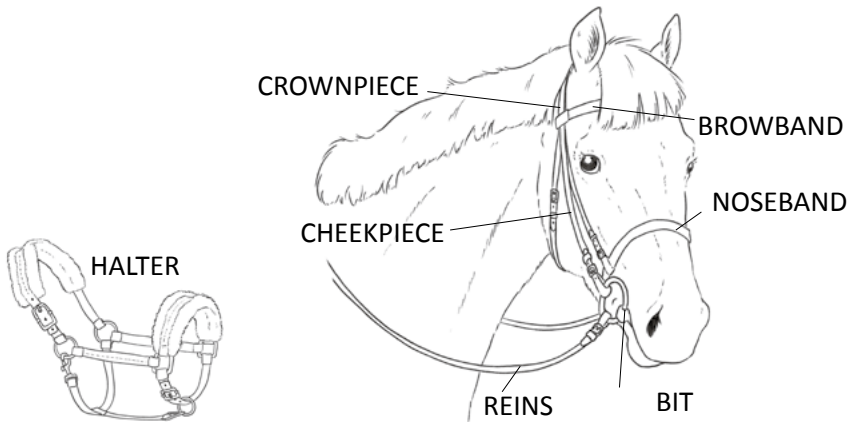
The horse's box and open stable are cleaned regularly. The stable and its surroundings are kept tidy. After use, the items are returned to their own places and everyone cleans up after themselves.

Horses often wear shoes which protect their hooves from wear and tear. A farrier shoes the horses about every six weeks.

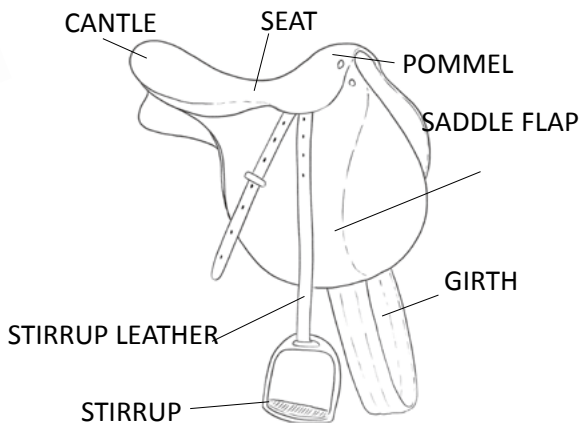
# TACK

A halter is put on the horse's head when caring for the horse or leading it in the stable area. Attach a lead rope to the halter to lead the horse.

A saddle and a bridle are used when riding. There are different types of these.



LEAD ROPE



Tack should always be cleaned after use. Bits are washed with water, and specific cleaning products are used for leather tack.

A horse may wear a rug when it is outside in cold weather. The rug protects the horse from cold, rain and insects. Many horses do well outdoors even without a rug. If the horse is sweaty after a ride, a cooler may be used to dry the sweat. Some horses also have rugs when they are in the stable.





## A HEALTHY HORSE

A horse does well when it gets food, water, exercise, rest and the company of other horses every day. Everyone can influence the well-being of a horse through their own actions and behaviour.







Finnish Equestrian Federation  
Valimotie 10, 00380 Helsinki, Finland  
tel. +358 9 229 4510

[ratsastus@ratsastus.fi](mailto:ratsastus@ratsastus.fi)  
[www.ratsastus.fi](http://www.ratsastus.fi)