

PRACTISING YOUR TROT UP

Practice makes confident vettings



At an EGB National Ride, every horse is required to trot up in front of a vet before and after the ride – even pleasure ride entries.

If you've dabbled in showing, you and your horse may already be familiar with what's involved. If not, our biggest tip is simple... practise!

Practise at home by standing your horse up, trotting away, turning your horse away from you, trotting back towards the vet and stopping again

We know the atmosphere at a ride is very different, but practising at home really helps your horse understand what's being asked.

The trot up at a ride is done without tack or boots - (hoof boots are fine if your horse is barefoot). If your horse can be a bit strong, it's absolutely fine to trot up in a bridle rather than a headcollar.

HELPFUL TROT UP TIPS:

- Make your horse trot forward positively – get them used to moving off when you ask
- Bring your horse back to walk when you turn away at the end, then ask for trot again
- Try to trot in a straight line
- When trotting back, aim straight towards the vet
- Allow enough space to stop
- Don't hold the lead rein or reins too short – allow your horse's head and neck to move freely
- If you're unable to trot up your own horse, someone else can do it for you

HEART RATE CHECKS

If you're entering a competitive ride, the vet will also take your horse's heart rate before and after the ride. It's a great idea to practise this at home and ask different people to do it.

Some horses learn to associate a stethoscope with vets (and possibly injections), so helping them relax with it beforehand can make a big difference on the day.

A little practice goes a long way towards a calm, confident trot up