

## EMERGENCY DISMOUNT AT THE WALK

**Instructor** \_\_\_\_\_  
**Club/Center** \_\_\_\_\_ **Region** \_\_\_\_\_ **Year** \_\_\_\_\_

<b>Topic:</b> Perform an emergency dismount at the walk	<b>Certification Level:</b> D-2
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<b>Class Size:</b> 2-6 <b>Arena Size Needed:</b> At least a small dressage ring, enclosed	<b>Time:</b> 20 min
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**Objective:** D-2 Riding: Demonstrate emergency dismount at the walk

<b>Equipment Needed:</b> Assistant is optional	<b>References:</b> USPC D Manual, 2 <sup>nd</sup> Edition, pp 58-59
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<p><b>Safety Concerns:</b> Calm experienced pony, confident student with no prior scary incident</p>	<p><b>Safety Check:</b> Medical armband/bracelet. Before riding: bridle fit/safety, girth tight/stitching, leathers stitching/bars, helmet fit/approved, horse boots fit/attachments. For a more complete list refer to the USPC D Manual, 2<sup>nd</sup> Edition, p. 27 and 277-278, Pony Club Safety Book, and Pony Club Horse Management Handbook</p>
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### Lesson Procedure

**1. Introduction of Self/Students**

*“Hello, my name is \_\_\_\_\_ and I am \_\_\_\_\_ member from \_\_\_\_\_ Pony Club or Riding Center. Let’s go around the room and you can tell me your name, certification, and your horse’s name.”* Allow the students to do this and give each one a name tag. (Do Safety check. Everyone should be lined up in the middle, facing you.)

**2. Verbalize Objective of Lesson**

*“Today we are going to learn how to do an emergency dismount at the walk and why they are such an important skill.”*

**3. Ask Prior Knowledge of Topic**

*“Can anyone tell me why you should know how to perform and practice doing an emergency dismount? Has anyone ever done one before?”*

#### **4. Demonstration/Discussion:**

*“An emergency dismount is the fastest safe way to get off a pony. You could use it in an emergency, any time you need to get off quickly, or just for fun and practice. Can you think of a time you would need to use an emergency dismount? (piece of tack broke, like a rein; your horse won’t stop; your horse is misbehaving; your horse is stuck or injured or stops at a fence; or you are about to fall off)*

*Here’s how to do the emergency dismount (you could pretend to be on a horse and demonstrate this as you state the steps):*

- 1. Take both feet out of the stirrups. Why both? (safe, so you don’t get stuck or dragged)*
- 2. Put both hands on your pony’s withers, lean forward, and swing your legs back and up to clear the saddle and the pony’s rump.*
- 3. As you swing off, turn so that your side is next to the saddle (not your stomach) and you are facing forward beside your pony. If you don’t, you could lose your balance and sit down when you land.*
- 4. Land with your knees bent, holding the reins in one hand.*

*Do I have a volunteer that can help me demonstrate this at the halt?” (Have the volunteer come forward and be perpendicular to the group so that everyone can see. Then have them slowly go through the steps as you state them. Hold their pony.)*

*“Great. Does anyone have any questions?”*

*Now I would like to give everyone the chance to practice the emergency dismount at the halt, as I come around and hold each pony for you. Remember, drop both stirrups first, swing your right leg high over their rump, land facing forward and hang on to the reins. (Do this with each rider)*

*Now, I would like to have everyone mount back up? Does anyone need help? (help or hold horses if needed).*

*Does anyone have any comments or questions?”*

#### **5. Application of the activity:**

*“I would like \_\_\_\_\_ and \_\_\_\_\_ to go out to the rail, tracking to the left (so they dismount to the center of the ring and not next to the wall) and walk their ponies. We will do this two at a time so that I can see both of you, and then we will do two more. What do we need to remember to do first? (drop both stirrups). Great. I will tell you when to dismount. DISMOUNT. (Provide any assistance, corrections or comments.) Good, now bring your ponies back to the center of the ring and mount back up. (offer any help) Now \_\_\_\_\_ and \_\_\_\_\_ walk your ponies out to the rail and walk tracking to the left. What do we need to do first? (drop both stirrups). I will tell you when to dismount. DISMOUNT. (Provide any assistance, corrections or comments).”*

*If there is time, have them all go out to the rail, walking to the left, and dismount as a group, walking.*

*“It is important to remember that just because you have learned emergency dismounts, don’t try to jump off your pony whenever things go wrong. It is usually best to try to stay on and get back in*

*control. Emergency dismounts are for dismounting quickly on purpose.”*

**6. Additional Ideas if time allows:**

Continue to practice as above.

Do a little lesson at the walk and surprise with emergency dismount.

A D-3 performs this at the trot, so you could discuss and practice if they are really good and confident, or maybe just some of them are ready.

**7. Conclusion:**

*“Who can tell me some reasons why we might do an emergency dismount? (piece of tack broke, like a rein; your horse won’t stop; your horse is misbehaving; your horse is stuck or injured or stops at a fence; or you are about to fall off).*

*What is the first thing you need to do when performing an emergency dismount? (drop both stirrups).*

*Do you need to hang onto the reins? (yes)*

*Which way should you face when you dismount? (forward)*

*You all did a great job. This is a good activity to practice at home, at the walk. Thank you for coming today.”*