Communicating using signs

Introduction

You can use signs to help communicate with people who are deaf or people who have communication difficulties.

Makaton is used to support spoken language. BSL is a full language used by the deaf. The signs used in Makaton are the same as those in BSL.

Its great if you can learn all the signs you need but don't worry if you cant. If you don't know a sign you can always create your own sign. So long as you and the person you are signing to understand each other then you have communicated successfully.

When I started riding my mum didn't know the signs for a lot of words related to riding. When we didn't know we made up our own signs. We still use a lot of these signs and so some of them will be included in these videos. If you know a different sign to the ones we use that's fine.

I've made these videos to help you get started. I've organised them into groups of signs so that you can learn a few at a time or go back and check if you can't remember. I've included an alphabetical list of all the signs on the videos

If there are any other signs you would like added, just let me know and I'll update the videos.

One last thing - I'm left handed. Hope that doesn't make it more difficult for all you right handed people!

Matt Dalley
RDA rider & volunteer

A few hints for when you're communicating in sign

- Stand where the person you're communicating with can easily see you. You don't necessarily have to be close. Signing can work well at a distance too
- If there is a light behind you it can be difficult to see what you are saying, so try moving to one side
- Your hands need to be visible so think about what you are wearing. Black gloves against a black coat make it much more difficult to see signs

- Try and stand where you can be seen without the rider having to turn to look at you. If they have to turn to look it will affect their riding.
- Remember if they are holding their reins they will need to let go to sign back. There can be a lot of stopping and starting in a session using sign. This might feel frustrating but it's important to communicate well.

Here are the links to the video clips which are on YouTube:

Video Clip Number	Video Clip Name	Video link
1	RDA	https://www.youtube.com/watch?v=sQelPNZXcIw&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&index=12&t=0s
2	Where to ride	https://www.youtube.com/watch?v=2QrPz11l51o&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&index=36
3	Paces	https://www.youtube.com/watch?v=0k8vVscMrzM&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&index=15
4	Riding position	https://www.youtube.com/watch?v=aMXZhZIWifk&index=10&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep
5	Countryside Challenge	https://www.youtube.com/watch?v=RJcV1T7-EAM&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&index=33
6	Dressage	https://www.youtube.com/watch?v=RJcV1T7-EAM&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&index=33
7	Show Jumping	https://www.youtube.com/watch?v=DJXZwi0YhAE&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&index=8
8	Other locations on the Yard	https://www.youtube.com/watch?v=Osz4BS6azcE&index=16&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep

9	Grooming	https://www.youtube.com/watch?v=ktVhVER-BiU&index=26&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep
10	Feeding	https://www.youtube.com/watch?v=S8UNJV3Pums&index=29&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep
11	On the Yard	https://www.youtube.com/watch?v=ltEkMWPJs94&index=17&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep
12	Saddle	https://www.youtube.com/watch?v=JZDxSiqdZUk&index=9&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep
13	Bridle	https://youtu.be/giQlKzuF_VE
14	Points of a horse	https://www.youtube.com/watch?v=vfDnl8LiYPQ&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&index=13
15	People	https://www.youtube.com/watch?v=YlQ-hAKTJZU&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&index=14
16	What to wear	https://www.youtube.com/watch?v=zWbMemBoCu4&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&index=4
17	Greetings	https://www.youtube.com/watch?v=q6PxdU_Sl-s&index=27&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep
18	Instructions	https://www.youtube.com/watch?v=k8qhYeRJqw0&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&index=25
19	More Instructions	https://www.youtube.com/watch?v=VhS6nbWaDRo&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&index=22
20	Moving around	https://www.youtube.com/watch?v=oY4Dhi5O6Y8&index=19&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep
21	Locations	https://www.youtube.com/watch?v=KyNl0vzQ_VQ&index=24&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep
22	Where to look	https://www.youtube.com/watch?v=zJx6EqAnm38&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&index=3
23	Encouragement	https://www.youtube.com/watch?v=FmHx5RPtePI&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&index=30

24	Questions	https://www.youtube.com/watch?v=AY2JG50w5K4&index=12&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep
25	Time	https://www.youtube.com/watch?v=8Fifq2fEgb0&index=6&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep
26	More Time signs	https://www.youtube.com/watch?v=PvYIqdC1jY4&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&index=21
27	Emotions	https://www.youtube.com/watch?v=fSo3N_E2CYk&index=31&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep
28	More Emotions	https://www.youtube.com/watch?v=I9atY6jM_6c&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&index=23
29	Useful descriptions	https://www.youtube.com/watch?v=1jxQ4UVqBeY&index=5&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep
30	More Useful descriptions	https://www.youtube.com/watch?v=mdK3SusexZE&index=20&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep
32	Colours	https://www.youtube.com/watch?v=6SqWbta0BOQ&index=34&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep
33	Numbers	https://www.youtube.com/watch?v=T5a7m0_i0Js&index=18&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep
34	Sign Names	https://www.youtube.com/watch?v=Asz58e-qVCM&index=7&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep
35	Changing signs	https://www.youtube.com/watch?v=lQvV2TtCdjo&list=PLj8QFTdO6wGkLK2UzCceRX4Fooxiww9ep&index=35

Sign	Video Clip Number	Video Clip Name
Accurately	30	More useful descriptions
Alphabet	31	Alphabet
Always	26	More Time signs
Apple - Apple trees	5	Countryside Challenge
Apple - Drop apple	5	Countryside Challenge
Apple - Pick apple	5	Countryside Challenge
Arena	2	Where to ride
Arena	6	Dressage
Bad	18	Instructions
Balance strap	12	Saddle
Behaviour - bad behaviour	28	More Emotions
Behaviour - good behaviour	28	More Emotions
Behind	20	Moving around
Bell	6	Dressage
Bend around obstacles	5	Countryside Challenge
Best	23	Encouragement
Better	23	Encouragement
Between	21	Location
Bigger	29	Useful descriptions
Bit	13	Bridle
Black	32	Colours
Blue	32	Colours
Body Protector	16	What to wear
Breast plate	12	Saddle
Bridge	5	Countryside Challenge
Bridle	13	Bridle
Bridle Path Sign	5	Countryside Challenge
Broom	11	On the Yard

Brow Band	13	Bridle
Brown	32	Colours
Brush	9	Grooming
Bucket	5	Countryside Challenge
Can	18	Instructions
Can’t	18	Instructions
Canter	3	Paces
Car park	8	Other locations on the Yard
Carefully	30	More useful descriptions
Carrots	10	Feeding
Carry on	19	More Instructions
Centre of jump	7	Show Jumping
Certificate	1	RDA
Change rein	21	Location
Chaps	16	What to wear
Cheek piece	13	Bridle
Circle barrel	5	Countryside Challenge
Class	15	People
Clip	9	Grooming
Coach	15	People
Coffee Shop	8	Other locations on the Yard
Colours	32	Colours
Comb	9	Grooming
Come here	20	Moving around
Competition	6	Dressage

Confident	27	Emotions
Confident	30	More useful descriptions
Corner	21	Location
Countryside Challenge	5	Countryside Challenge
Course	7	Show Jumping
Cross	7	Show Jumping
Dad	15	People
Day	26	More Time signs
Disabled	1	RDA
Don’t like	27	Emotions
Dressage	6	Dressage
Driving	1	RDA
Earlier	25	Time
Earlier	29	Useful descriptions
Ears	14	Points of a horse
Education	1	RDA
Encouragement	23	Encouragement
Endurance	1	RDA
Energetic	30	More useful descriptions
Enough	18	Instructions
Enter	20	Moving around
Family	15	People
Fantastic	23	Encouragement
Faster	29	Useful descriptions
Faster	3	Paces
Fed up	28	More Emotions

Feed room	8	Other locations on the Yard
Field	2	Where to ride
Finish	7	Show Jumping
Finish	19	More Instructions
First aider	15	People
Follow	20	Moving around
Follow in a line	20	Moving around
Forelock	14	Points of a horse
Fork	11	On the Yard
Free Walk	5	Countryside Challenge
Free walk	6	Dressage
Friend	15	People
Friendly	28	More Emotions
Frightened	27	Emotions
Frightened	30	More useful descriptions
Gallop	3	Paces
Gate	5	Countryside Challenge
Girth	12	Saddle
Gloves	16	What to wear
Go	3	Paces
Go	19	More Instructions
Go away	20	Moving around
Gold	32	Colours
Good	18	Instructions
Good	23	Encouragement
Good afternoon	17	Greetings

Good evening	17	Greetings
Good Morning	17	Greetings
Good work	23	Encouragement
Goodbye	17	Greetings
Grass	10	Feeding
Great	23	Encouragement
Green	32	Colours
Grey	32	Colours
Grooming	9	Grooming
Group	1	RDA
Halt	5	Countryside Challenge
Hands still	4	Riding position
Hard Feed	10	Feeding
Hat	16	What to wear
Hate	27	Emotions
Hay	10	Feeding
Haynet	10	Feeding
Head piece	13	Bridle
Headcollar	11	On the Yard
Heels down	4	Riding position
Hello	17	Greetings
Higher	29	Useful descriptions
Holidays	1	RDA
Hoof	14	Points of a horse
Hoof Pick	9	Grooming
Horse	1	RDA
Horse shoe	14	Points of a horse

Horsecare	1	RDA
Hour	26	More Time signs
How are you?	17	Greetings
I'm proud of you	23	Encouragement
Improve	18	Instructions
In front	20	Moving around
Indoors	2	Where to ride
Instructions	18	Instructions
Jump	3	Paces
Jump	5	Countryside Challenge
Keep going	23	Encouragement
Kitchen	8	Other locations on the Yard
Later	25	Time
Later	29	Useful descriptions
Lead rope	11	On the Yard
Leader	15	People
Left	20	Moving around
Legs - Legs forward	4	Riding position
Legs - Legs still	4	Riding position
Legs - Use legs	4	Riding position
Letter	5	Countryside Challenge
Level with	21	Location
Like	27	Emotions
Lonely	28	More Emotions
Long Boots	16	What to wear
Look at me	22	Where to look

Look down	22	Where to look
Look forward	22	Where to look
Look up	22	Where to look
Love	27	Emotions
Lower	29	Useful descriptions
Mane	14	Points of a horse
Markers	6	Dressage
Messing about	28	More Emotions
Middle	21	Location
Minute	26	More Time signs
Month	26	More Time signs
More	18	Instructions
Muck heap	8	Other locations on the Yard
Mum	15	People
Name - My name is….	17	Greetings
Name - What is your name?	17	Greetings
Names - Sign Names	35	Sign Names
Nearly	23	Encouragement
Nervous	28	More Emotions
Nervous	30	More useful descriptions
Never	26	More Time signs
Next to	21	Location
Nice to see you	17	Greetings
Nose Band	13	Bridle
Now	26	More Time signs
Numbers	33	Numbers

Office	8	Other locations on the Yard
Orange	32	Colours
Outside	2	Where to ride
Overtake	20	Moving around
Paces	3	Paces
People	15	People
Person in charge	15	People
Pink	32	Colours
Pole	5	Countryside Challenge
Pole - on ground	7	Show Jumping
Pole - Raised pole	7	Show Jumping
Polish up	18	Instructions
Pond	5	Countryside Challenge
Poorly	28	More Emotions
Position - Jump position	4	Riding position
Position - Jump position	7	Show Jumping
Position - Light position	4	Riding position
Postbox	5	Countryside Challenge
Practise	6	Dressage
Practise	19	More Instructions
Purple	32	Colours
Questions	24	Questions
Ready	19	More Instructions
Red	32	Colours
Reins	13	Bridle
Reins - Bar reins	13	Bridle

Reins - Looped reins	13	Bridle
Ride around cone	7	Show Jumping
Riding	1	RDA
Right	20	Moving around
Road	2	Where to ride
Road	5	Countryside Challenge
Rosette	6	Dressage
Rug	11	On the Yard
Sad	27	Emotions
Saddle cloth	12	Saddle
Saddle cloth	12	Saddle
Safe	30	More useful descriptions
Scoresheet	6	Dressage
See you next week	17	Greetings
Serpentine	6	Dressage
Sheep Pen	5	Countryside Challenge
Short Boots	16	What to wear
Shoulders back	4	Riding position
Show Jumping	1	RDA
Show Jumping	7	Show Jumping
Side by side	20	Moving around
Sidewalker	15	People
Silver	32	Colours
Sit down	4	Riding position
Sit up	4	Riding position
Sit up	7	Show Jumping
Sitting Trot	3	Paces

Skip	11	On the Yard
Slower	3	Paces
Slower	29	Useful descriptions
Smaller	29	Useful descriptions
Smartly	30	More useful descriptions
Soon	26	More Time signs
Sorry	28	More Emotions
Spurs	16	What to wear
Stables	8	Other locations on the Yard
Start	7	Show Jumping
Start	19	More Instructions
Stirrup irons	12	Saddle
Stirrup leathers	12	Saddle
Stirrups - Enclosed stirrups	12	Saddle
Stop	3	Paces
Stop	18	Instructions
Straight on	20	Moving around
Tack room	8	Other locations on the Yard
Tail	14	Points of a horse
Tap	8	Other locations on the Yard
Teacher	15	People
Test	6	Dressage
Thumbs on top	4	Riding position
Time	7	Show Jumping

Time	25	Time
Today	25	Time
Toilet	8	Other locations on the Yard
Tomorrow	25	Time
Track - Out on track	21	Location
Treats	10	Feeding
Trophy	6	Dressage
Trot	3	Paces
Try	19	More Instructions
Under arch	5	Countryside Challenge
Upright	7	Show Jumping
Vaulting	1	RDA
Volunteers	1	RDA
Wait	19	More Instructions
Wait	26	More Time signs
Walk	3	Paces
Wash area	8	Other locations on the Yard
Water	10	Feeding
Wear	16	What to wear
Week	26	More Time signs
Week - 2 weeks ago	25	Time
Week - In four weeks	25	Time
Week - In three weeks	25	Time
Week - In two weeks	25	Time
Week - Last week	25	Time

Week - Next week	25	Time
Week - This week	25	Time
Welcome	17	Greetings
Well done	23	Encouragement
What	24	Questions
Wheelbarrow	11	On the Yard
When	24	Questions
Where	24	Questions
Whip	16	What to wear
White	32	Colours
Why	24	Questions
Win	6	Dressage
Woods	2	Where to ride
Worried	30	More useful descriptions
Year	26	More Time signs
Yellow	32	Colours
Yesterday	25	Time

In case you're looking for a particular sign, here are all the signs and phrases covered in alphabetical order: