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:

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| --- | --- | --- |
| 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>  |

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| --- | --- | --- |
| 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: