



## Activity: Lungeing



*An alternative to long-lining for less mobile but capable participants – or a good activity for volunteers to help bring the horses on.*

- Lungeing involves working the horse from the ground with one rein, attached to the horse via the bridle or a lunge cavesson.

**Before any activity starts the group must complete and send in their Covid-19 risk assessment and trustee checklist to National Office for sign-off to recommence RDA activities.**

### The Benefits

- Not as energetic for the participant as long-lining.
- Improves equine muscle tone and suppleness.
- You can observe the equine's way of going and how they carry themselves.
- You can assess the equine's gait and soundness.
- It is a good way to build rapport with the equine and affirm the use of voice aids.
- You can identify weaknesses that could be causing trouble under saddle.

### Do you have all the resources to run?

- Coach to lead sessions.
- Volunteers to support.
- First Aider.
- Suitable ponies.
- Suitable, safe space and surface.
- Participants.
- Equipment; Saddle or lunge roller with pad, lunge cavesson or bridle, lunge line & whip.

*Anyone taking part will be required to sign a consent form accepting the terms of their return.*



Lungeing when Vaulting; pre Covid

### Set up

- Horses must be of a suitable temperament; has it been lunged before? If not introduce this activity slowly with an experienced coach and volunteer before deciding if you open up the activity..
- Are your volunteers suitably experienced to support?
- Consider participant's fitness and mobility. This could be an activity you offer your volunteers to help increase horse fitness. Suitable individuals must be selected.
- Select a suitable area to carry out the activity, be aware of the going under foot; deep or loose arena surfaces can be a trip hazard, be aware of volunteer and participant fitness and mobility.

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### The session

- Participant arrives and follows normal covid safety procedures for the group.
- The lead volunteer brings the equine to the area tacked up ready to go.
- It is advised that the coach warms the equine up/demonstrates
- The coach hands over the lunge rein to the participant.
- Coach remains with the participant to lead the session. (You may want to mark a circle for the participant to remain in place allowing the coach to easily maintain a 2m distance)
- To finish the participant hands the rein back to the coach.
- The coach would be looking after the participant and initially a volunteer could walk with the horse on the outside of the circle.
- Hat and gloves must be worn.
- Gloves should be used when handling the equipment.
- This exercise has the potential not only to give participants and volunteers another activity but also to help with bringing the equines back into work.

### Developing the session

- Take time to reflect on the session and consider ways to improve and engage with the participant.
- Lungeing over poles is a great way to build the equines strength.



### Remember

- Your risk assessment must cover the session from the participant arriving to departing.
- You must have a qualified first aider who is comfortable to administer first aid if required.
- Make it clear to participants what will be required of them and anyone who accompanies them.
- Be guided by what your participants want and need, be clear what aspects are non-negotiable for example for health and safety reasons.
- Not all equines will be suitable for this activity – select them carefully.
- Have a run through with the equines and a few volunteers beforehand to highlight anything that may not have been picked up on in planning.
- Give yourself time to make changes following the run through if necessary.
- Start small with just a couple of sessions at a time and learn from each session how things can be done to better suit your situation, volunteers, equines and participants.