

SPECIAL EQUIPMENT GUIDE

This is a guide to special equipment widely available and it's possible usage.

Do support your local saddler whenever you can – many suppliers will give a discount for RDA, so it's always worth asking.

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Stirrups

- Sprenger Flexible safety irons, particularly suitable for riders with arthritis in the hips or knees. – Widely available by mail order.
- Flex ride Replaces stirrup iron and Dapp, deep tread which helps people whose legs go into extension with the conventional narrower tread. Very light, used for endurance riding. Widely available by mail order.
- Toestoppers Detachable toecaps that must be the correct size for the stirrup iron and for the rider. Your local saddler may make them for you.
- GPG Stirrups Said to bring relief to both the rider's and horse's joints. There is strong spring inside the neck. Available by mail order.

Reins

- Rainbow Reins Covered with rubber in various colours to help riders to obtain correct and even length of reins. Available in most good saddlers and by mail order.
- Left/Right Reins One rein covered in red rubber, the other in yellow, to help riders (and helpers) distinguish between left and right.
- No Knots Intended for able bodied riders, but can be very useful for RDA riders. If used as a ladder rein, it is recommended that you ask for a longer 'rung' than is supplied conventionally. The supplier will do this for you.

<u>Ladder Reins</u>	There are quite a few variations on this theme available now. Measure the length of reins required, as usual, and then measure the length and position of the rungs. Adjustable ladder reins are more useful if you have several riders of different sizes wishing to use them. They provide the rider with a grasp area which will not slip through hands with poor strength. They can also be controlled with the wrist or elbow joint if hand grasp is non-functional.
<u>Looped Reins</u>	Have several loops sewn to the inside of plain leather reins. The loops are large enough for the whole hand to slip in and out easily. Reining can be done with wrist, back of hand or elbow.
<u>Bar Rein</u>	Provides a means for one handed riders to have improved contact with the horse. Also DIY or local saddler.
<u>Knobs</u>	Wooden door knobs or dowels attached to a wide plain or platted reins, provide a large and specific 'handle' for a weak hand to grasp.
<u>Padded Rein</u>	For riders with limited grip, or arthritis of the hand and fingers. DIY
<u>Elastic Reins</u>	Specially produced for RDA by Carl Hester. Hand stitched leather with elasticity to help maintain still hands and take tension away from shoulders.

Mounting Equipment

<u>Martello</u>	Portable Mounting Block. Supplied in two sizes and are light and portable. Can be used as the main mounting block and are ideal to use for the offside helper to stand on when mounting riders on bigger horses.
<u>Mounting Ramps</u>	Are most economical when made locally, but refer to National Office for advice on health and safety BEFORE building one.
<u>Hydraulic Platforms</u>	Available commercially from Sealstrike. Tel 01430 860099, or Beaver Medical Supplies Tel 01733 267662.
<u>Hoists</u>	Available from Chiltern Medical Developments (Equipment) Ltd. Tel 01869 365500, or Westhome Ltd Tel 01422 377623.

Other Equipment

Games Equipment 'Signum' equipment suppliers Tel 01926 417300
www.sportsmark.co.uk

Ropes/Rings etc Try your local pet shop.

Balance Handles Attach to front of saddle on 'D' rings. Improves balance, puts rider in a better position and safer than a neck strap.

Bean Bags and Juggling Balls are also easy to find in toy shops and are soft and easy to hold.

Useful Contacts

Derby House

Tel: 0800 048 0114

Website: www.derbyhouse.co.uk

Robinsons

Tel: 0844 573 1000

Website: www.robinsonsequestrian.com

Mulryan Saddlery

Tel: 0287 930 1578

Website: www.mulryansaddlery.co.uk

Carl Hester Fantastic Elastic

Website: www.carlhesterrein.co.uk/fantasticshop