



## **SIDE SADDLE RIDER SUITABILITY for COURSES organized by A.E.M.A.**

All the courses organized by AEMA are carried out to promote and support side saddle riding in Spain, to provide the knowledge and bring side saddle riding closer to the enthusiast throughout the national territory.

The growing awareness of horse welfare and safety in the practice of horse riding leads to adjust the essential aspects that affect both the horse and the rider.

As it is impossible to make a prior assessment of the level of horse riding of those who attend an AEMA course and that some have never ridden aside, it is understood that those who register and attend the course do so because they consider themselves capable of doing so and they possess the necessary horsemanship skills to carry out the side saddle activities on horseback.

### **ELEMENTS TO CONSIDER WHEN RIDING SIDE SADDLE**

During AEMA courses, the rider will be required to perform certain tasks, so it is advisable that she already has expertise, at least astride, to perform the following skills:

- tacking-up and untacking the horse correctly (saddle and bridle),
- placing the saddle, tightening the girth, putting on the bridle and adjusting it,
- sufficient agility to mount from the ground,
- performing the gaits walk, trot and canter on both reins with skill.

The practice of side saddle riding requires additional body control, balance and expertise of the side-ways position on the horse in motion and a good sense of body movement awareness.

The weight and size of the saddle placed on the horse's back is an essential factor to consider, which, while important when riding astride, is much more so when riding side saddle, due to the characteristics of the position and the larger size of the saddle, which is longer than an astride saddle.

The variables of the rider's weight and the fit of the saddle can affect the horse, his comfort and functionality, as well as hinder, in some cases, the reasonable practice of horse riding.

No special physical preparation is required for side saddle riding, although a minimum level of agility and skill on horseback is required, in which height and weight can, in some cases, condition its practice.

### **HEIGHT**

The height of the rider is a variable to consider. The taller the rider, the longer the saddle she will need and, consequently, a larger horse with a back to accommodate the length of the saddle.

Our association does not have saddles for people who are taller than 178 cm.

The horses used in the courses are usually from the centre where the course is held, and are generally medium-sized horses, so they may not be large enough to accept larger saddles for tall riders.



## **WEIGHT**

The amount of weight placed on a horse's back is an essential factor to consider, which, while important when riding astride, is much more important when riding aside, due to the characteristics of the position and the larger size of the saddle.

The weight of a rider must be in relation to the horse's carrying capacity so as not to hinder his functionality.

Likewise, a heavier rider will have more difficulty in mastering her position and balance in the saddle.

It is estimated that in order to practice riding aside with a certain degree of agility and control of balance, it is advisable not to exceed 22.5 BMI (Body Mass Index).

Please consult the following guide table.

150cm	50kg	BMI 22.22
155cm	54kg	BMI 22.48
160cm	57kg	BMI 22.27
165cm	61kg	BMI 22.41
170cm	65kg	BMI 22.49
175cm	68kg	BMI 22.22
180cm	72kg	BMI 22.22

## **SPECIAL CONDITIONS**

For all the above reasons, AEMA cannot commit to providing horses and saddles for riders who weigh more than 70kg, exceed 22.5 BMI (Body Mass Index) or are taller than 178cm. In certain courses, these measurements may be reduced depending on the type and size of the horses available.

Riders who exceed any of the measurements and wish to attend an AEMA course to practice riding must indicate this at the time of registration and well in advance of the course, in order to try to provide a horse and saddle that meets their needs.

Likewise, riders who wish to practice riding and have any capacity or movement limitations must state this at the time of registration and with sufficient advance notice, so as to attempt to provide them with the appropriate means for their condition.