

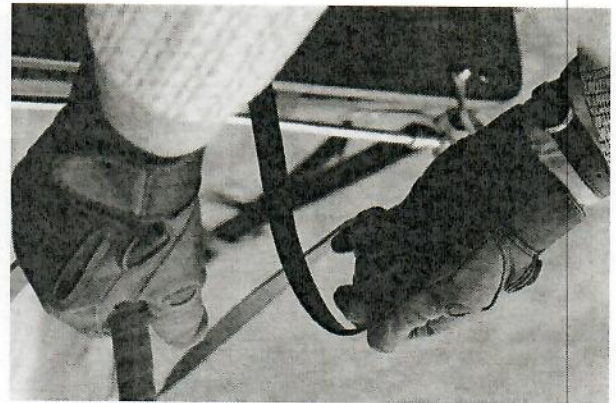
Rein Handling

There are different methods of rein handling and you can feel free to choose the method that works best for you.

- Two handed Driving
- Achenbach Method
- Hungarian Method

The 3 Aids used in driving are:

- Reins - to communicate, direct and support the equine through the bit
- Voice - to direct, encourage, calm and praise the equine
- Whip - to aid us in turning and bending the equine as well as encouraging forward movement.



The whip is the driver's equivalent to the rider's leg.

Remember you always need to carry a whip in hand while driving in your lesson, and if you need to whip, it is recommended to put the reins in one hand and use the whip with your free hands.

Whats, Hows, and Whys

The use of Whats, Hows, and Whys make the difference between effective and ineffective teaching.

What: What the instructor is going to teach (ex: making a right turn). What will the participant do? (ex: make a right turn at letter E)

How: How to perform a skill are the steps an instructor teaches a participant to successfully execute a skill. A task analysis defines the steps needed to perform a skill. For example: How will the participant make a turn?

Why: Effective teaching includes the reason or why a skill or task is performed. It answers questions why it's relevant for a participant to learn a task or perform a skill. An instructor's knowledge of the subject matter makes it easier to explain the whys. (Ex: turns are necessary to go around obstacles when driving outside an arena).

An example of a what, how and why:

Stopping the equine:	
What: At the letter E, stop your equine.	
How: Signal your equine that you want to stop by closing your fingers around the reins and pull back gently while using the voice command "Whoa". When the equine stops, slowly release pulling on the reins.	
Why: Using your hands gently on the reins will not hurt the equine's mouth. If you pull hard or sharply, he can become uncooperative. When the equine stops, releasing the contact on the reins rewards the equine.	

It is easy for an instructor to fall into the routine of simply telling the driving participant what to do. This is similar to a traffic cop giving orders. The instructor should always strive to include the hows and whys in every lesson.

Often the difference between a good driving instructor and a poor instructor is determined by the use of effective hows and whys.

"The mediocre teacher tells. The good teacher explains."
Levine (1989)

Task Analysis

Task analysis is the breaking down of a task or skill into components or elements.

Howell, Kaplan, and O'Connell (1979) define task analysis as the process of isolating, sequencing and describing all of the essential components of a task.

The better the instructor understands the task or skill, the easier it is to determine the appropriate components. For example, if the instructor does not know how to drive a figure 8, then task analysis cannot be successfully completed. If the instructor has never evaluated how to perform a serpentine, then it will be difficult to break the skill down into helpful components. If an important component is left out, then the task or skill may not be successfully accomplished.

Why use task analysis?

1. Allows consistency in teaching which might be particularly helpful for participants with specific types of disabilities.
2. Provides same steps for volunteers and/or participants to follow (example: harnessing)
3. Teaches a new skill in smaller tasks
4. If unsuccessful with the new skill, it can be used to modify a skill by solving smaller problems and providing solutions.

It is not necessary to write a task analysis for every driving skill, but instructors should perform a task analysis in their heads every time they teach skills. Task analysis helps the instructor look at the components of the skill with a critical eye and helps identify and correct driver problems.

In order to learn a skill, it is often necessary to break down the skill into small parts with each part building towards a whole concept. Participants with learning challenges may need the skill broken down into very minute details.

They might also benefit from the following levels of assistance:

- Physical prompt - a physical demonstration
- Gestural prompt - pointing to something, show correct body position
- Hand-over-Hand Guidance - can be used by able-bodied whip
- Verbal prompt - queuing verbally, "what comes next"
- Tactile prompt - something with feeling such as fuzzy material on reins
- Independent - the goal

Task analysis can be used to help in writing objectives for the lesson. For example, "participant will complete a right turn with eyes up and looking toward the direction of the turn 95% of the time."

Breaking the skill down into components helps the instructor understand and correct problems.

Finding the Therapeutic Driving Equine

By Corie Brooks

We all know how difficult it can be to obtain that great therapeutic riding equine for our program. It is often even more complicated to find the right therapeutic driving equine, especially for the newer driving program. Questions often come up about where to look for and how to evaluate a potential equine for a PATH Intl. driving program.

What kind of equine

As with most things PATH Intl., the first place to start is with the standards, in this case guidelines. In the guidelines, the qualifications listed for equines are:

- 5 years of age or older
- No stallions
- Sound condition with good temperament and good driving manners
- Have at least 2 years of varied driving experience alone and in company
- Be reliable and obedient under all conditions
- Stand still for harnessing, putting to, loading and unloading of wheelchairs and when instructed
- Have no objection to being overtaken from the rear or having vehicles in front or passing

So, we know we are looking for a mare or gelding 5 years or older with 2 or more years of varied driving experience and impeccable manners. In addition, the most versatile equines or ponies are between 12 and 15.2 hands and can be ridden. There are always exceptions to this. A center in California used minis exclusively

in their successful driving program. Several centers have great luck with drafts and some see no benefit for their program in being able to ride their driving equine. Generally though, an equine that can be ridden can be kept conditioned and working under a variety of circumstances. An equine or pony between 12-15.2 hh can, depending on terrain and footing, pull a cart or vehicle with two adults without being overfaced. Unlike some draft harnesses, the equipment for an equine this size can be managed and lifted by moderately abled participants.

In picking the equine for a therapeutic driving program with beginner driving participants err on the side of dull in temperament. The joke is that you want to have to carry a mirror in your spares kits to hold up to your equine's nostrils to be sure they are still breathing!

Where to find it

So we know what we are looking for, but where to find this paragon? It is important to know a driving equine's history, so we start close to home. Some of the most successful therapeutic driving equines have been known or even driven by the instructor for years before they are candidates for therapeutic driving. Tell your driving friends and local boarding barn managers what you're seeking. Join your local driving club and advertise in their publication and the newsletters of other nearby clubs. Go to local driving events and talk to everyone. One center found a flyer posted at a combined driving event advertising a beloved CDE campaigner for sale for \$5,000. After leaving their business card on the flyer the center eventually talked the owner into donating what turned out to be a near perfect therapy equine.

This process is not quick, but your patience can pay off. Eventually, your center can end up with an equine of a known background from an owner you trust. The safety rewards are well worth the research time.

PATH Intl. Driving Program Volunteer Staffing Requirements

In order to be compliant with the PATH Intl. Driving Standards, each one of the following positions should be filled by qualified/knowledgeable volunteers:

Instructor - The instructor is generally a paid position, overseeing and responsible for the following volunteer positions. The instructor is responsible for all lesson plans and all events taking place in the arena during the course of the lesson (the lesson plan should be reviewed with volunteers prior to the lesson). The instructor is also responsible for the safety of the volunteers, participants and the equine/pony.

Able-Bodied Whip (ABW) - The ABW is a knowledgeable and capable driver. The Able-Bodied Whip is responsible for the harnessing and putting to of the equine/pony prior to the lesson. The ABW ensures that all necessary equipment for the lesson is in the vehicle. The ABW performs the warmup of the equine/pony prior to the lesson. With the assistance of the header, the ABW positions the equine/pony for the Participant's entry and remains seated with reins in hand while the Participant is assisted into the vehicle. The ABW assists the instructor with the lesson, acting as emergency control if needed. The ABW never leaves the vehicle, for any reason, while a Participant is in the vehicle. At the conclusion of the lesson, the ABW remains seated with reins in hand, while the Participant is assisted out of the vehicle.

Horse Handler (HH) - The HH assists the ABW with preparation of the equine/pony and vehicles for the lesson. While the vehicle is being entered or exited, the HH stands at the head of the equine/pony with lead attached. When told by the instructor, the HH unhooks his/her lead rope and moves to the center of the arena for the duration of the lesson (always alert and prepared to assist in the event of an emergency). The HH works with only one turnout at all times, at the direction of the instructor and/or the ABW.

Wheelchair Attendant (WCA) - The WCA is to be completely familiar with the functions and hardware of the assigned participant's wheelchair and the attachment of the wheelchair to the vehicle. The WCA ensures that the participant is properly equipped for the lesson (i.e. helmet, etc). The WCA assists the instructor and ABW with the entry and exit of the Participant from the vehicle.

Assistant Instructor (AI) - It is recommended that an AI is present when a group lesson is taking place. This is to ensure the safety of all Participants and to assist the instructor with the lesson plan. The AI should be on hand and alert in case of an emergency.

Sidewalker/Spotter - This volunteer is available to help any turnout needing additional assistance. They should always carry a lead rope. They should walk alongside the vehicle or position themselves appropriately in the arena (at the direction of the instructor). They should be comfortable around any turnout in order to be as useful as possible, particularly in the event of an emergency.

Vehicle Maintenance Personnel (VMP) - There should be at least one volunteer in each program who is knowledgeable in the care and maintenance of any vehicles used in the PATH Intl. driving program. VMP should routinely check each vehicle for safety and be able to train other volunteers in daily vehicle checks. VMP should have the necessary tools on hand to accomplish this and have trained the daily volunteers in the use of these tools.

Dressage Driving for the Single Horse

by Sandy Rabinowitz

Dressage Training

If you take dressage seriously and practice regularly, your horse's way of going and his musculature will improve. In addition, you will develop a stronger mental rapport with your horse. His sensitivity to your aids and his willingness to respond will improve with dressage training. Most horses are resistant to your aids when they find it physically difficult to respond. Since dressage training gradually limbers and strengthens the horse's muscles, he will become a more willing performer as a result of his dressage work.

Through consistent practice you and your horse will benefit. Don't expect miraculous changes overnight. It may take months for your horse to understand exactly what you want of him. However, in the long run dressage training will help you and your horse in all phases of driving—pleasure driving, obstacle course and marathon, as well as in dressage tests.

All that you need for practicing dressage driving is a simple, sturdy harness which fits your horse well, a solid but lightweight vehicle, gloves and a driving whip.

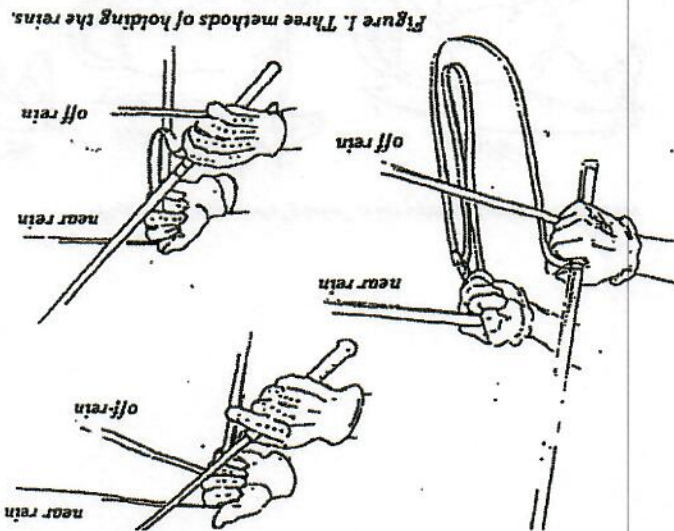
Do not use an overcheck or martingale, but a side check rein is permissible. The check rein should not be used to hold your horse's head up artificially and should be long enough to allow the horse to stretch its head and neck at the walk.

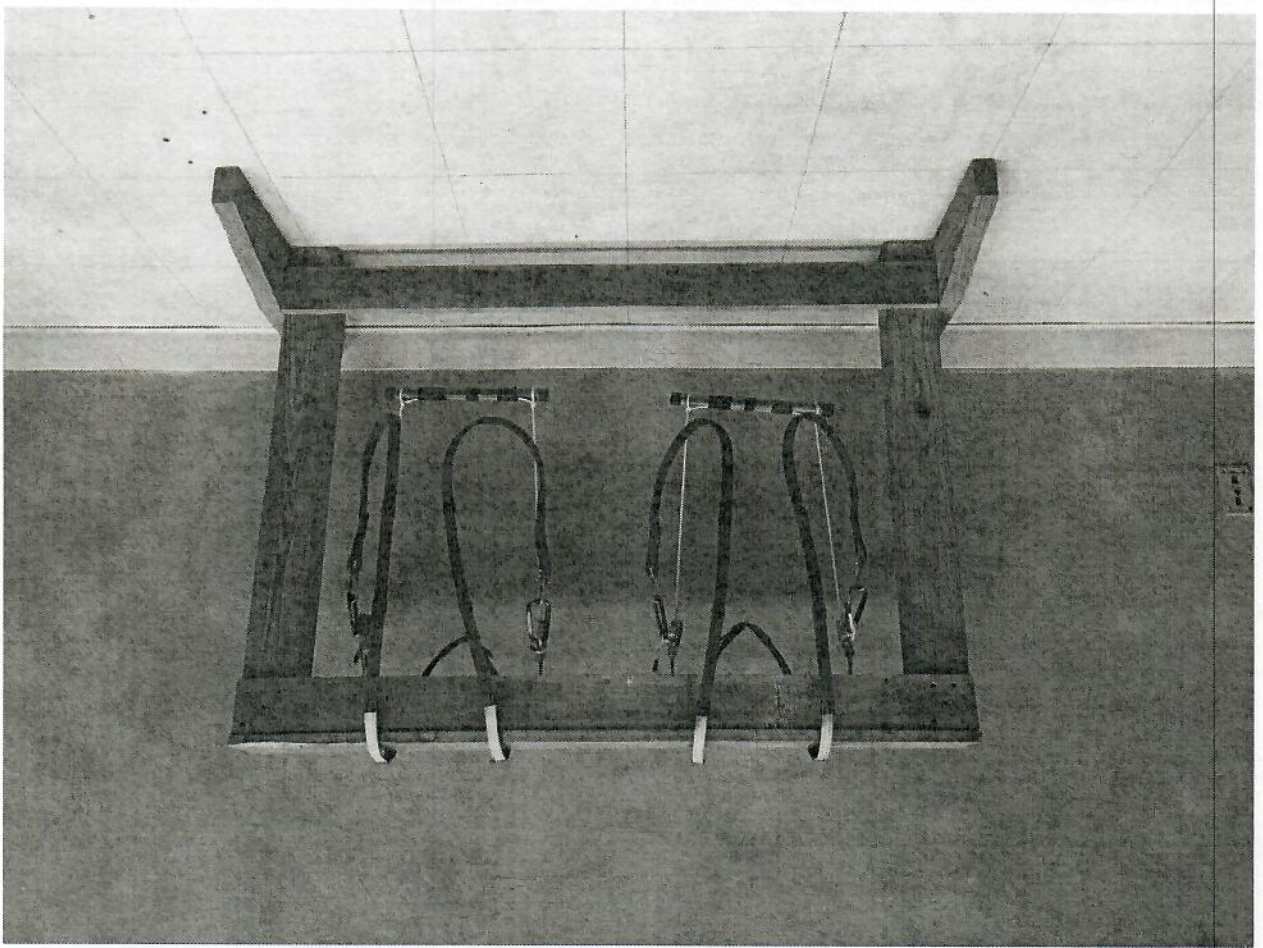
The driving whip should be long enough to easily reach the horse's shoulder from your seat on the vehicle. The whip is rarely used for punishment. It is used to urge the horse on and to direct him, in the way a rider uses his legs to cue the horse. Some horses are afraid of the whip because their only previous association with it was punitive. If your horse is whip-shy, you must re-educate him to the proper use of the whip. Use your whip frequently, but very gently, to direct and drive the horse forward, soothing with your voice to reassure him that you are not punishing him.

Choose a driving bit which is both comfortable for the horse and effective for you to use.

Because the dressage aids require a firm contact with the reins, select a mild bit, or a mild setting on a bit with multiple settings, to avoid hurting the horse's mouth.

Any method of holding the reins is acceptable for driven dressage. Therefore, use the method or combination of methods which gives you the most effective and sensitive means of communication with your horse (figure 1).





- Sit in proper driving position; back a comfortable distance from the rein board with the weights about one foot off the ground.
- Practice picking up the reins, picking up the bit, turning right and left, halting, shortening and lengthening the reins etc., first without the whip, then with it.
- A good way to practice driving and to start a new participant
- To practice the 2 natural aids: Hands, Voice and the whip is the 3rd driving aid
- Saves the equine the stress of excess rein action as the driving participant develops the ability to hold the reins and the whip.
- Gives the driving participant the opportunity to practice rein and whip management without the additional movement from the equine and the vehicle.
- Provides the AB Whip and the driving participant time to practice alternative hand positions and whip positions in a safe and supportive environment.
- A great place to practice 3 Styles of Driving: Two handed, Achenbach and Hungarian. But any method of holding the reins is acceptable for PATH Int. Driving program. Therefore, use the method or combination of methods which gives you the most effective and sensitive means of communication with your equine.

For more information about how to set up and use a rein board, see the article on page 237.

A rein board can be used to teach beginning riders or drivers how little tension is needed to make a bit move.



Constructing a Rein Board

The device is not difficult to construct. With a few hand tools and some carpentry skills, one can be built in a few hours or less. Below are plans for two different styles. One can be attached to the wall of the barn while the other is portable and is made to slip over a fence rail. All use a similar setup consisting of a metal bar and screw eyes or pulleys to which the reins attach. Most, if not all, of the materials can be obtained at a local lumber yard or hardware store. Many stores will cut the lumber, if given the measurements. Using pulleys will provide a very smooth operating rein board. The wood can be painted, stained or left natural. The use of treated lumber is optional.

Wall Mounted Rein Board

The material list is for a single participant. Double the materials for a two-participant board. Building costs are about \$20.

- One 1" X 6" X 24" pine board
- Two 30" pieces of white (or any color) parachute cord
- Two 3/4" (#6) screw eyes
- Two 2" carabiners (lightweight)
- Three 3/8" X 12" threaded rod (usually has blue ends)
- One roll of black electrical tape

Start with the pine board. Measure six inches in from each end and down 2 3/4 inches and make a pencil mark. At the mark, screw in a screw eye. Do not go so deep that the point goes through the board or your finger. Fasten the board to a flat wall in the barn (low traffic area) and mount it with screws, three feet up from the floor.

Take the three metal rods and place two on the bottom and one on top of the others and tape them tightly together using the electrical tape. Use a wrap on each end and three or more wraps equally spaced along the bar. This will hold them securely together and provide some weather-proofing.

Take one piece of the parachute cord and tie it securely to one end of the metal bar. Use a double knot and pull it tight. Take the second piece of parachute cord and tie it to the other end of the bar. The loose ends of the knot can be taped to the bar to make it nice and neat.

Hold the metal bar with the two cords below the board, run one cord straight up through one of the eye screws and tie off a carabiner with a very tight double knot. Run the cord up through the second eye screw and tie off the second carabiner. Be careful to make sure the metal bar hangs level when the carabiners are tied off. Attach a set of rainbow reins to the carabiners using snaps on the rein ends or buckles to make it easy to take the reins on and off.

Portable Rein Board

This board has a top, front and back so it can be slipped over a wood or plastic fence rail. It is very light and easy to carry. The material list, except as noted below, and basic construction is the same as the wall-mounted rein board and is for a single participant. Double the materials for a two-participant board. Building costs are approximately \$25.

- Two 1" X 6" X 24" pine boards

Follow the plans and construct a wall-mounted rein board. This will be the front. Stand the board you just made on a flat surface. Take one of the 24-inch pieces and stand it up in back of the front piece. Place the other 24-inch piece on top of the two others, like a roof. Even up the edges and ends to make a pocket to slip over a fence rail. Once everything is even, screw them together, putting at least five screws along each edge.

Driving subcommittee. He is certified through the Equine Assisted Growth and Learning Association (EAGALA) as a Level Two Equine Specialist in Equine Facilitated Mental Health and Learning (EFMHL). He is a Special Olympics Equestrian Coach and is a licensed New York City Carriage Driver. In addition, he is a member of the Veterans Task Force and Operation Horsepower at Horse Power at Touchstone Farm, a PATH Intl. Premier Accredited Center in Temple, NH. He can be reached at majorgwp@aol.com.

the saddle or the carriage. Horses will be happier and respond better with novice riders and drivers who have already begun cultivating soft, quiet hands. Although beginners still have a long way to go in developing confidence in the use of their seat, legs, heels and whip technique, they will have already acquired more responsive hands and will be off to a good start thanks to the rein board. Major George W. Paffendorf, U.S. Army, Retired, has more than 23 years of military service. After the Army, he worked in New Jersey with youth who are at-risk and retired as the state director, youth programs and special initiatives. A lifelong horseman, he is a PATH Intl. Certified Registered Instructor, Driving Instructor, Equine Specialist in Mental Health and Learning and Mentor and serves on the PATH Intl.

- Shortening, lengthening and adjusting the reins
- Understanding how to direct rein
- Halt and half-halting
- Practicing turning—watching where the horse is going, looking into turns and checking for obstacles
- Along with rein board aids, beginning riders can practice the use of voice commands (walk-on, trot and whoa) and handling emergencies.

Using a rein board can augment a center's riding and driving programs and benefit participants and horses. Good habits develop through repetition and form more easily when they are practiced correctly. Understanding basic rein handling and contact before riding or driving increases a participant's knowledge and confidence and accelerates the learning process. Mistakes are worked out on the rein board, not in