



Lunging Clinic Procedure & Agenda Suggestions

The below guidelines are to assist a lunging clinic organizer plan and know what to expect. The purpose of a lunging clinic is to demonstrate safe and appropriate lunging techniques. Organizers should allow approximately 45-60 minutes for the clinic.

- Choose an early evening or other time of the day convenient to grooms and trainers.
- Print a flyer/notice in English and Spanish and post around the show grounds as well as make PA announcements.
- Serve refreshments and/or food.
- Choose a location where there is adequate seating and appropriate footing.
- Select demonstrators – Ask a trainer and Hispanic groom who are well known and respected. One or two horses may be used.
- Consider showing appropriate adjustments in several types of lunging rigs.
- Invite a translator who speaks both English and Spanish.
- Invite a vet to attend to address the horse's welfare and physical wear, tear and stress issues related to lunging.
- Review the [USHJA Clinics Directory](#) and consider posting your lunging clinic on the Directory.
- Engage the audience during demonstrations and have questions/answer time.
- Assign a clinic moderator. Generally this is the clinic organizer.
- It is suggested to printed both the English and Spanish versions of the below agenda hand them out to everyone in attendance.

Lunging Agenda

Define lunging: to prepare the horse mentally and physically to carry a rider.

- Horses/ponies should be lunged in designated areas with proper footing and an awareness of other horses and people in the area.
- Discuss equipment including *use* of whips, horse leg boots, and the different types of lunging gear. The vet can explain how lunging effects the legs, back, and neck of the horse depending on the type of equipment used. Adjustment of equipment is important.
- Define control: unbalanced galloping and cross cantering is not productive.
- Length of exercise is relative to horse's fitness, considering temperature, type of footing, and space available.
- Excessive lunging contributes to unnecessary wear and tear of ligaments and joints. The vet will explain further issues.
- Take questions and comments from attendees.

Be courteous to your fellow exhibitor and be kind to your horse!