



### USHJA Virtual Clinic Rider Tips

Be sure to shut the arena gate (if applicable), tidy the arena, and mute the audio when filming. Whether this is your first clinic or your hundredth, here are some friendly reminders to best showcase yourself, your horse, and your farm:

- Wear a belt
- Wear clean riding gloves
- Wear breeches
- Wear a well-fitted, understated shirt with sleeves (polo, long sleeved, or similar), tucked in
- Keep jewelry to a minimum
- Don't ride with your cell phone (not in pocket, on hip, arm, or boot)
- Pick an understated saddle pad that is not distracting (preferably white)
- Use clean, properly applied polo wraps or well-fitting boots
- Select spurs, crop, martingale as necessary
- Use ear plugs, nose net, bonnet only if necessary
- Stay away from draw reins, neck stretcher, or similar gadgets
- Have your hair neatly tied back (braid, hairnet, or similar)
- [Wear a properly fitted helmet](#)
- Wear clean and polished tall boots, or clean and polished paddock boots with half-chaps
- Give your horse or pony a thorough grooming
  - No obvious dirt, debris, or stains
  - Shiny coat
  - Mane neat, appropriate length, combed (no braids necessary)
  - Tail free of tangles and debris
  - Clean, white socks
  - Hoof polish if desired
- Use clean, properly fitted
  - Stirrups adjusted and even
  - Girth snug
  - Saddle placed correctly
  - Bridle and martingale straps in keepers
  - Bit adjusted correctly

Questions about tack? Refer to the Horsemanship Quiz Challenge (HQC) Study Guide:

<http://ushja.org/hqc>