



Training for falling off a horse has been forgotten in the training for riders. Fall training should not only be for beginners in riding instruction, but should be repeated throughout one's development as a rider. Well-structured in-depth exercises increase security and balance in the saddle, agility for a flexible seat and the development of protective behavior. These exercises can help the rider to significantly minimize the risk of a fall and injury.

The best security training does not replace proper training of both horse and rider! Accident prevention gear must not be ignored: A crash helmet can save lives! Sturdy shoes and gloves should be mandatory whilst on the horse.

### **First line of protection against injuries: warm up before riding**

The warm-up phase, in which the horse is prepared for the riding lesson, is used to loosen the horse's muscles and make the ligaments, tendons and joints flexible. Many riders do not remember to warm up their own body before riding. The consequences of not doing a proper warm-up can result in serious injuries from falls and painful hyperextension or strain if the rider suddenly has to recover from slipping off the saddle.

### **Warm-up: an important prerequisite for the exercise of riding**

In every sport warming up is an integral part of the training program and practice. In equestrian sport, where a high demand is placed on body control, warming up is very rare! The better the warm up the more agile and supple the body becomes. This not only protects us from injury, but allows us to finely tune how we sit on the horse. This also supports the interaction between rider and horse.