

# Equipment and arenas

Top hat and tails are synonymous with dressage attire, although a normal riding hat and jacket are worn for the lower levels. The dressage saddle is shaped to allow the rider to ride with a long leg and, in competition, the more advanced horses are ridden in a double bridle, which has two bits: a snaffle bridle and a curb. Dressage is performed in an arena that is marked with letters to help guide the rider through the various movements.

## The rider's equipment

The top hat, tailcoat, and spurs worn for formal dressage are largely decorative, unlike the clothes worn for other disciplines, which tend to be functional. The tailcoat is worn either with a waistcoat, or with a mock waistcoat attached to the front of the coat. At the lower levels of competition, it is normal to wear a standard riding jacket and riding hat. These are usually black, although some riders wear blue or brown. A helmet is worn for safety but is not usually compulsory, but it is recommended for general use and for all novice riders in competition. The breeches must be white and need to be comfortable so they are usually made from stretch cotton. A dressage whip is often carried in training – this is disallowed in the arena. The whip is approximately 100 cm (33 in) long and, like the spurs and double bridle, should be used to aid humane communication, rather than to physically manipulate the horse.

## Snaffle bridle

The snaffle bridle is commonly used in international dressage, with an English-influenced snaffle. The part in the middle allows the bit to sit comfortably and gives the rider independent use of each rein. Also, the headstall is a deep headstall fitted with the front strap that a horse's mouth sits on the mouth.



The double bridle has two bits. The upper bit sits against the corner of the mouth. The curb sits behind the snaffle, and the curb chain sitting in the side groove behind the mouth.

**Dressage helmet** All riders look elegant in top hat and tails. The riding boots are as long as possible so they sit on each side of the saddle flap. Goggles and spurs are compulsory, but the heavily leg bandages are for training or demonstration purposes. The horse's mane is usually plaited.



## The horse's equipment

A dressage saddle is shaped so that the rider carries the greatest proportion of their weight in the seat rather than in the leg and elbows. For this reason, the centre of a dressage saddle is a little further towards the rear than that of a jumping saddle (see pp 168-69). Since dressage requires you to ride with a long leg, the saddle flap is not straight. However, you must be careful that the flaps are not so straight in the front that you ride too long with your leg bowed back, because this will lessen lower leg contact. The girth straps on the saddle are longer than normal so that the buckles of the short dressage girth can fasten near the horse's elbows. The allows a closer contact of the rider's leg. The straps are a little longer than normal to keep them hanging down.

## Dressage bandaging

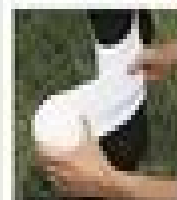
Dressage bandages are usually used when riding, although in the lower levels it is wrong, when boots are just on, however, they are not used in competition. These roll bandages are similar to girth straps and can be used by themselves or with a cotton Terry undershirt. Their purpose is to complete circulation, prevent sagging of the joint tendons, and prevent from swelling. They must be applied carefully to avoid pressure points.



**STEP 1** Start just below the knee. Turn the end of the bandage roll behind the outside knee, and wrap it around.



**STEP 2** Starting just in front of each hock, do the same thing, being a second wrap to meet the end.



**STEP 3** Holding the bandage in a slight angle, wrap your new bandage around both in each knee and join the band to meet in between.



**STEP 4** Before you reach the back of the bottom joint, wrap the bandage almost straight. The roll ends in "Y" at the back.



**STEP 5** After making the "Y", go around the leg once more before ending your leg back up with uniform turns and even pressure.



**STEP 6** A finish where you started. The bandage should follow on the outside of the leg. Holding backwards.

# The Complete Horse

**Jennifer Baker**



## **The Complete Horse:**

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