

SIDE-SADDLE RIDER SUITABILITY for COURSES organized by A.E.M.A.

All the courses organized by A.E.M.A. are carried out for the promotion and in favor of side-saddle riding in Spain, to promote and provide the knowledge of this type of riding to riders throughout the national territory.

The growing awareness of horse welfare and safety in the practice of horseback riding leads to taking into account the essential aspects that affect both the horse and the rider.

Given that it is impossible to conduct a prior assessment of the riding level of those who attend an AEMA course, and that some have never ridden side-saddle, it is understood that those who enroll and attend the course do so because they believe they have the capacity and the necessary riding skills to carry out the activities on horseback.

Basics to be considered for riding side-saddle

In AEMA courses, riders will be required to perform some tasks, so it is advisable that they already have experience, at least astride, in the following skills:

- properly tacking up and untacking the horse (saddle and bridle),
- placing the saddle, tightening the girth, and putting on and adjusting the bridle,
- dexterity in mounting from the ground and dismounting,
- capably performing walk, trot, and canter gaits on both reins.

The practice of horseback riding requires additional body control, balance, and mastering the side-saddle position on the moving horse, as well as a good sense of proprioception.

The amount of weight and the size of the saddle placed on a horse's back is an essential factor to take into consideration, which, while important when astride, is even more so when riding side-saddle, due to the characteristics of the position and the larger size of the saddle, which is longer and heavier than one astride.

The variables of the rider's weight and the fit of the saddle can affect the horse, his comfort and functionality, and can, in some cases, hinder the reasonable practice of horseback riding.

No special physical preparation is required for riding a horse, although a minimum amount of agility and horsemanship is required, therefore, in some cases, size and weight of the rider may hinder its practice.

Height

The rider's height is an important factor, as the taller the rider, the longer the saddle needed, and consequently, a larger horse with a back that accommodates the saddle's length.

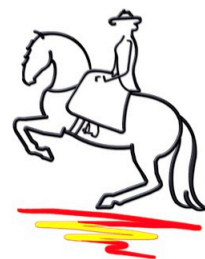
Our association does not have saddles for people over 178 cm tall.

The horses used in the courses are usually from the riding center where the course is held, and are generally medium-sized horses, so they may not be large enough to accept long saddles for tall riders.

This also applies for riders who bring their own horse and do not have a side-saddle so they need to use a saddle provided by AEMA.

Weight

The amount of weight and the size of the saddle placed on a horse's back is an essential factor to take into consideration, which, while important when astride, is even more so when riding side-saddle, due to the characteristics of the position and the larger size of the saddle, which is longer and heavier than an astride one.



The weight of a rider must be in relation to the horse's carrying capacity so as not to affect his functionality.

Likewise, a heavier rider will have more difficulty mastering her position and balance in the saddle.

It is estimated that to be able to practice horseback riding with a certain degree of skill and balance, it is advisable not to exceed a BMI (Body Mass Index) of 22.5.

Please consult the following guideline table.

150cm	50kg	BMI 22.22
155cm	54kg	BMI 22.48
160cm	57kg	BMI 22.27
165cm	61kg	BMI 22.41
170cm	65kg	BMI 22.49
175cm	68kg	BMI 22.22
180cm	72kg	BMI 22.22

Special Conditions

For all these reasons, AEMA cannot commit to providing horses and/or saddles for riders weighing more than 70 kg, exceeding a BMI (Body Mass Index) of 22.5 kg, or measuring more than 178 cm in our courses. In certain courses, these measurements may be reduced depending on the type and size of the horses available.

Side-saddle riders who exceed any of these measurements and wish to attend an AEMA course for practical training must indicate this at the time of registration and well in advance of the course, so as to try to provide a horse and saddle appropriate to their needs, if possible.

Likewise, riders who wish to practice and have any limited ability or mobility must state this at the time of registration and well in advance of the course, so that we can try to provide them with the appropriate equipment for their condition, if possible.

Use of an AEMA side-saddle with own horse

Riders taking an AEMA course riding their own horse and needing an AEMA side-saddle, if they have never attended a course before, are asked to state this in the corresponding section of their registration, indicating:

- the saddle size they need
- if they don't know, indicate their height and their horse's girth circumference, both in centimeters
- send photos of both sides of the horse without a saddle
- send photos of both sides with the saddle you normally use for riding astride to the email aema.asociacion@gmail.com or to the phone number +34 692 192777