

The importance of exercise when it comes to riding

When Sabrina Jones FBHS delivered two CPD days for instructors recently it was clear that she is a stickler for the correct riding position in order to get the best out of horse rider combinations.

Sabrina who is a truly an all round Fellow of the BHS having competed at four star level eventing, represented GB in small tour dressage and ridden young horses at the dressage world championships as well as having show jumped at 1.30m.

The course, delivered at Sandyflat RDA centre in Glasgow and Fountain Equestrian in Aberdeen, was entitled Rider Biomechanics and looked at how the differing human physiques either limit or enhance our ability to ride well. Sabrina handed out many riding tips and basically said that while we can all sit on a horse as well as our physiques will allow we can use physical exercises to improve ourselves and she also gave us some interesting school exercises to improve our horses.

Over the two days fifty riding instructors and coaches attended the training. Amy Wolff of BHS Grampian said: "Sabrina delivered an excellent day of training on the subject of 'Functional Anatomy & Body Shape' which included open discussion with a truly hands on audience comprised of local instructors. Many thanks go to our wide variety of guinea pigs, BHS stage 2-4 riders, some of whom were lunged while others were discussed on the flat and over fences. Everyone had a great day and a huge thank you to Sabrina for coming north to share her knowledge and expertise."