

02



Regard for the nature of horses

- Ensure welfare needs: lengthy daily foraging, equine company, freedom to move around
- Avoid aversive management practices (e.g. whisker-trimming, ear-twitching)
- Avoid assuming a role for dominance in human/horse interactions
- Recognise signs of pain
- Respect the social nature of horses (e.g. importance of touch, effects of separation)
- Avoid movements horses may perceive as threatening (e.g jerky, rushing movements)

04



Regard for current emotional states

- Ensure trained responses and reinforcements are consistent
- Avoid the use of pain/constant discomfort in training
- Avoid triggering flight/fight/freeze reactions
- Maintain minimum arousal for the task during training
- Encourage the horse to adopt relaxed postures as part of training (e.g. head lowering, free rein)
- Avoid high arousal when using tactile or food motivators
- Don't underestimate horse's capacity to suffer
- Encourage positive emotional states in training

05



Correct use of habituation /desensitisation calming methods

- Gradually approach objects that the horse is afraid of or, if possible, gradually bring such aversive objects closer to the horse (systematic desensitization)
- Gain control of the horse's limb movements (e.g step the horse back) while aversive objects are maintained at a safe distance and gradually brought closer (overshadowing)
- Associate aversive stimuli with pleasant outcomes by giving food treats when the horse perceives the scary object (counter-conditioning)
- Ignore undesirable behaviours and reinforce desirable alternative responses (differential reinforcement)
- Avoid flooding techniques (forcing the horse to endure aversive stimuli)

06



Correct use of Operant Conditioning

- Understand how operant conditioning works: i.e. performance of behaviours become more or less likely as a result of their consequences.
- Tactile pressures (e.g. from the bit, leg, spur or whip) *must be removed* at the onset of the correct response
- Minimise delays in reinforcement because they are ineffective and unethical
- Use combined reinforcement (amplify pressure-release rewards with tactile or food rewards where appropriate)
- Avoid punishment

10



Regard for Self-carriage

- Aim for self-carriage in all methods and at all levels of training
- Train the horse to maintain:
 - gait
 - tempo
 - stride length
 - direction
 - head and neck carriage
 - body posture
- Avoid forcing any posture
- Avoid nagging with legs, spurs or reins i.e. avoid trying to maintain responses with relentless pressure