



All About Horses

A fun and informative activity book for Canadians

INTRODUCTION

Welcome to the *All About Horses Activity Book*!

In celebration of Horse Week in Canada, Equine Canada and the provincial equestrian federations are pleased to provide you with the *All About Horses* activity book. This activity book provides you with an introduction to horses that includes educational information, fun activities and resource material.

Did you know that there are more than 54,000 stables in Canada that house more than 461,000 horses? Horseback riding is a great activity that offers many health benefits to participants of all ages. Many Canadians don't realize that it is a very accessible sport with thousands of stables and certified instructors and coaches available throughout the country to help you and your family learn to ride.

If you are interested in learning more about horses and riding please contact Equine Canada or your provincial equestrian federation. Whether you are looking for a stable, want to learn about trail riding in Canada or how to get involved competitively the equestrian federations can provide you with the tools you need to make safe and educated decisions. Please visit the back of the activity book for complete contact information for the appropriate organization in your province.

Horse Week in Canada is held during the first week of June annually to commemorate Canada's thriving horse industry. Horse events including trail rides, horse shows, open houses, demonstrations and much more are held through Canada during Horse Week. Everyone is encouraged to saddle up and learn about horses!



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BENEFITS OF HORSEBACK RIDING

Horseback riding has many great benefits for your overall health and well-being. Here are three reasons why you should go horseback riding!

RIDING MAKES YOU SWEAT

Horseback riding is a sport that has many great physical benefits. You may think that riding a horse isn't that much different than going on a ride at an amusement park. You just jump on and the horse does all the work, right? Well, not quite. A one-hour ride can burn similar calories to that of a 30-minute jog (6 mph) or cycle ride (9 mph). Therefore, all the health benefits associated with engaging in regular cardiovascular exercise are gained. After your first ride you may feel muscles that you never knew you had!

- Improved balance and muscle strength
- Improved coordination, faster reflexes and increased motor planning
- Stretching of tight or spastic muscles
- Decreased spasticity
- Increased range of motion of joints
- Improved respiration and circulation
- Stimulated sensory integration
- Improved visual-spatial perception
- Improved eye-hand coordination

RIDING MAKES YOU THINK

Horseback riding is a great activity to help exercise your mind. Controlling a large animal challenges you to pay close attention to your actions. Your horse will rely on you to make decisions and practice good judgement.

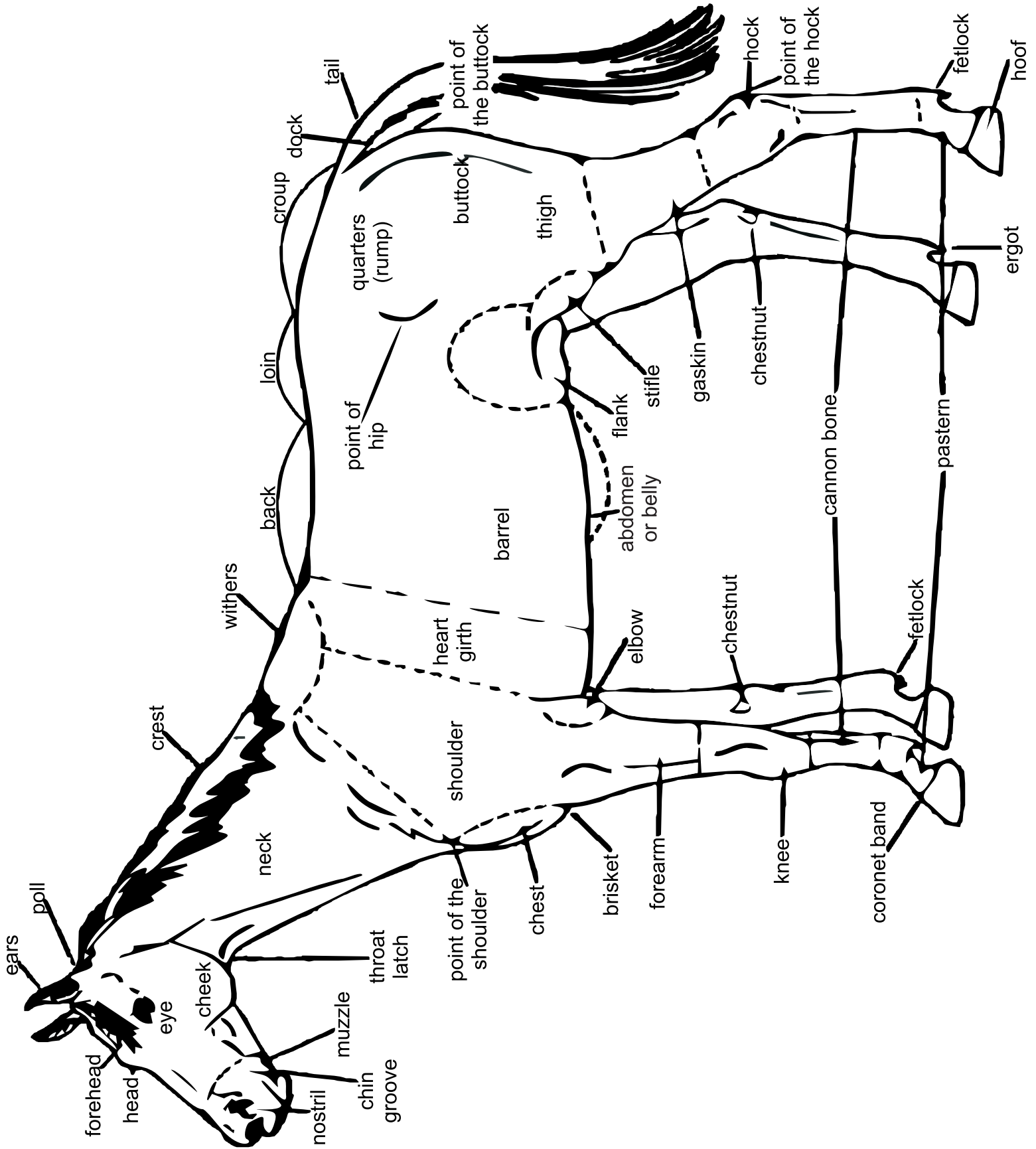
- Increased vocabulary application and recall
- Increased verbal integration and participation
- Improved attention and concentration
- Improved sequencing and planning skills
- Improved judgement and critical thinking skills
- Improved flexibility in thinking

RIDING MAKES YOU FEEL GOOD

Horseback riding is recognized as having excellent therapeutic qualities. The emotional benefits can be of equal importance as the physical benefits. Simply being outdoors and enjoying the countryside will boost your general well-being and act as a great stress buster. There is a real sense of exhalation and freedom when you ride, a feeling that is second to none. Furthermore, developing a relationship and sense of trust between yourself and your horse is highly rewarding. Learning to control and care for an animal much larger than yourself can have a profound affect on your confidence and is a great feeling.

- Improved self-confidence
- Improved assessment abilities
- Development of patience
- Improved emotional control and self-discipline
- Improved expansion of locus of control
- Development of respect and care for animals

PARTS OF A HORSE



WHAT DOES A HORSE EAT?

Horses are herbivores, meaning they eat grass and other plants. The typical diet for a normal, healthy horse is a combination of roughage (hay) and concentrates (grains).

Hay

There are several different types of hay including alfalfa, timothy, oat, Bermuda, and orchard. Hay is sold in bales made up of between 10 to 14 flakes. Hay is also sold in large round and square cube or pellet form.

Concentrates

Grains like oats, barley and corn are known as concentrates. They are often pre-packaged in combinations designed for very specific needs. For instance, there are feeds for the older horse or the competition horse.

Water

A horse needs up to 12 gallons of fresh, clean water a day.

Extras

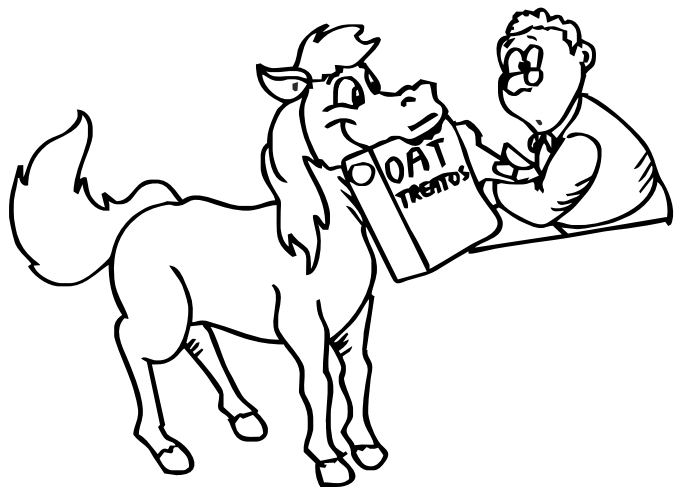
In moderation, treats like apples and carrots are not just a good idea, they're good for your horse as well.

Amount

As a rule of thumb, an active, healthy horse needs up to 2 to 2.5 pounds of feed for every 100 lbs of his weight. An average 1,000 lb horse needs 20 to 25 lbs of feed a day. A typical diet for a horse being ridden for one hour, five days a week would be 2 to 5 lbs of concentrates and 15 to 20 lbs of hay a day. Depending on the hay, that would be approximately three to four flakes a day.

Frequency

Because a horse has a small stomach relative to his size, he eats little and often. A horse kept in a stable needs their food spread out, preferably in two to three feedings a day. Horses should never go more than eight hours without food.

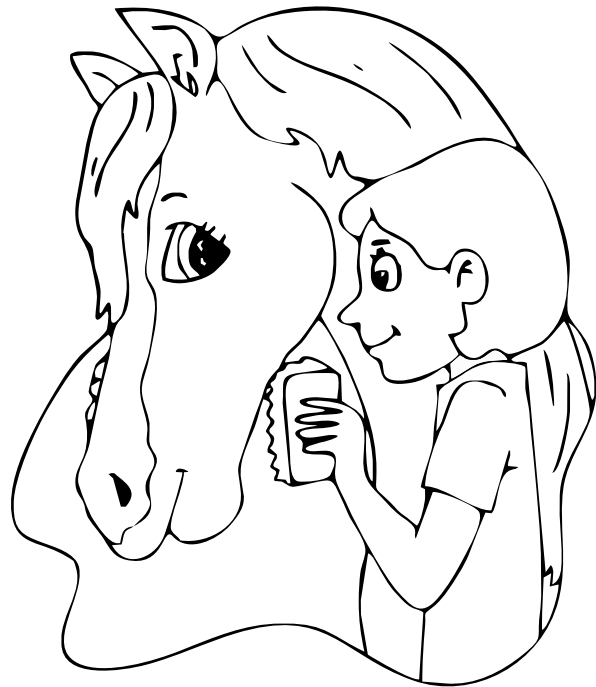


How Do I Groom A Horse?

Grooming is an activity that is enjoyable for both human and horse, and is a necessity before riding. Grit beneath a saddle or girth will be uncomfortable for the horse and could cause sores. Start grooming near the horses head and work your way towards the rear. Repeat on the other side.

BASIC GROOMING EQUIPMENT:

- A curry comb or grooming mitt.
- A body brush with fairly stiff bristles.
- A mane and tail comb. (Plastic causes less breakage than metal ones)
- A fine soft bristled finishing brush.
- A hoof pick.
- A clean sponge or soft cloth.



GROOMING INSTRUCTIONS:

1. CLEAN YOUR HORSE OR PONY'S HOOVES

Clean out all four hooves and check for signs of injury or disease. Draw the hoof pick back to front towards the toe to clean out around the frog.

2. CURRY YOUR HORSE OR PONY

Use your curry comb or grooming mitt to dislodge the dirt in your horse or pony's hair coat. Use vigorous circular sweeps, being gentle over bony areas such as shoulders, hips and legs.

3. COMB OUT THE TANGLES FROM THE MANE AND TAIL

Stand to the side while gently brushing or combing through your horse's tail. Go section by section, working your way up from the bottom, brushing downwards a few inches at a time.

4. USE THE BODY BRUSH TO WHISK AWAY DIRT

Whisk away the dirt left during currying with a stiff bristled dandy or body brush.

5. USING THE FINISHING BRUSH

The finishing brush makes your horse's coat sleek and glossy, and removes the last traces of dust and dirt. Use long sweeping strokes over the whole body and broad areas of the face.

6. CLEAN THE EARS, EYES, MUZZLE AND DOCK AREA

Gently clean around your horse or pony's eyes and muzzle with a clean, damp sponge or soft cloth and use a separate cloth to clean the dock area..

7. APPLY FINISHING TOUCHES

Apply hoof ointment to your horse or pony's hooves to maintain moisture and prevent cracking, if your farrier recommends it.



There's an old saying among horse people: "No foot, no horse." A horse's entire weight, often more than 1000 lbs, is supported by four, relatively small feet. Without healthy feet, a horse is in trouble.

ARE "FOOT" AND "HOOF" THE SAME THING?

Foot refers to the hoof and all its internal structures including bones and sensitive structures. Hoof is only the hard outside covering of the foot including the wall, the sole and the frog. The hoof has no blood supply or nerves. Inside the hoof are the sensitive structures which produce and nourish the hoof and attach it to the bones of the foot.

WHAT HOOF CARE DO I NEED TO PROVIDE FOR MY HORSE?

CLEANING

A hoofpick is probably the most important tool in a grooming kit. Always clean a horse's hooves before and after riding. Whether or not they are ridden, horses kept in stalls or confined areas should have their hooves picked out daily to prevent a bacteria infection called thrush. Horses on pasture should have their feet cleaned periodically.

TRIMMING

Like human fingernails, a horse's hooves grow continuously. They need to be trimmed every six to eight weeks to keep them properly shape.

Trimming is a job for a trained farrier. An inexperienced person can easily trim the hoof wall too short or pare too much sole, causing the horse to be sore. More importantly, the hoof must be balanced precisely to the horse's natural way of going or lameness may result. The skill required to keep a hoof properly balanced takes a lot of training and practice to develop. In the long run, it's cheaper to pay for a good farrier than risk ruining a horse.

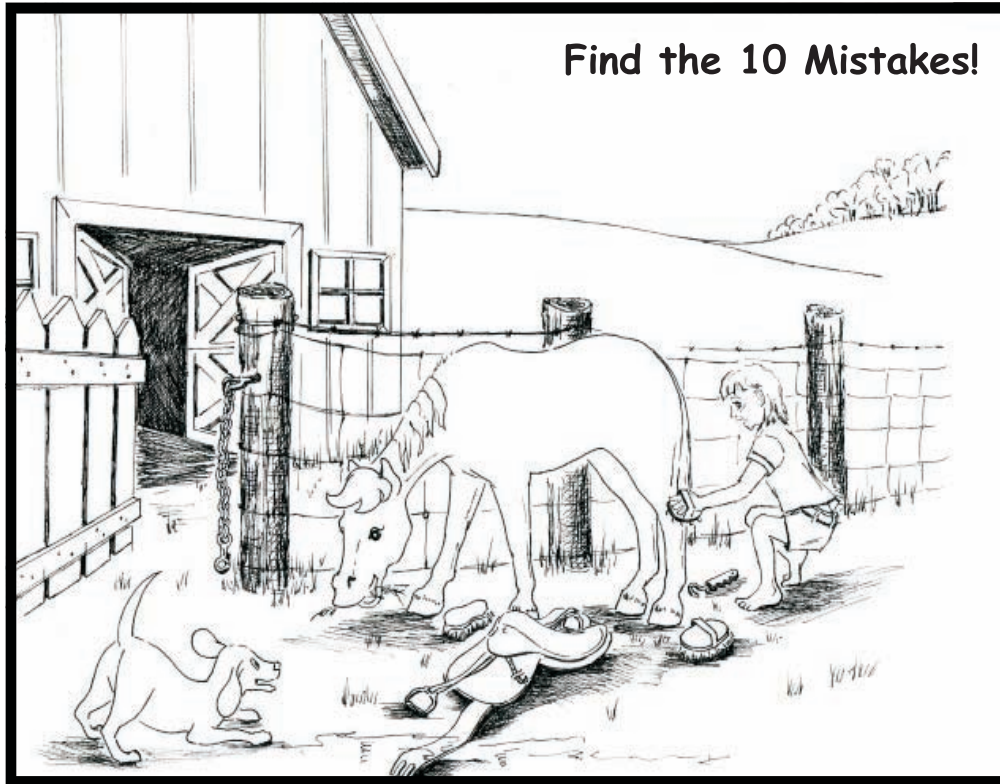
SHOEING

Horses who are doing a lot of work or being ridden on hard ground will need to be shod. Some horses with weak hoof walls, flat soles or other problems might need shoes even if they're not working. Consult a farrier or veterinarian for advice.

Shoes need to be reset every six to eight weeks. Leaving them on too long can damage the hoof. If a shoe comes loose without coming off completely, it can also injure the horse. (Never pull off a loose shoe without cutting the clinches (the part of the horseshoe nail that is visible on the outside of the horse's hoof) first.)



FIND THE MISTAKES & WORD SCRAMBLE



Horse Parts — Word Scramble

EHWSRIL

CROFOKLE

TNASEPR

ZLUMZE

THENSTCUT

KHOC

TLINSOR

NEMA

For answers, please visit www.equinecanada.ca



www.EquiMania.ca

WORD SEARCH

D A T U E V E N T I N G X Q P W J B Y F T M
R O P I N G Z L R W O F C D S E R A X E E A
E N D U R A N C E G E B H C J S A R D B A H
S D B E J C H F K A J M D P R T C R N G M J
S H K G R M S B N D P C K E G E I E H M P D
A F M P D A H J E F N T B J H R N L C K E N
G B H J G U N D M K C U T T I N G R S A N F
E N G L I S H E P A B F H D G C J A K M N H
C H F T M O U N T E D G A M E S S C N D I J
G C O M B I N E D D R I V I N G A I E P N K
D N V A U L T I N G J A G R C P D N T F G H
A J H M F X E G M D H F Y B K S D G J N C E
H K E P J T R A I L R I D I N G L M U D R G
B M G D S K F Z P L E A S U R E E A N H P M
R D X J P G A M E S I H F R K N S G Z C T J
C S E N F H A T J R N G Z B M R E P F G M D
J G S H O W J U M P I N G N A H A M R E N K
A F M N D G K C H J N T M D G P T C Y J X G
E H C J S A M R F C G G B K H E N G P O L O

English
Western
Barrel Racing
Reining
Pleasure
Cutting
Show Jumping

Dressage
Eventing
Saddle Seat
Endurance
Combined Driving
Vaulting
Polo

Hunter
Team Penning
Roping
Trail Riding
Mounted Games
Racing

DIFFERENT DISCIPLINES

Show Jumping: a jumping competition in which the combination of horse and rider is tested under various conditions over a course of obstacles. It is intended to demonstrate the horse's freedom, energy, skill, speed and obedience in jumping as well as the rider's horsemanship. Penalties occur for exceeding the time allowed, for knocking down or refusing to jump an obstacle. The winner has the least number of penalties.

Dressage: each horse and rider perform the same test, a combination of movements and gaits, designed to demonstrate the level of achievement of the horse to show a perfect understanding with his or her rider. The horse and rider achieving the highest score is the winner. In the popular Freestyle competition, the rider designs and choreographs an original test ridden to music of his or her choice.

Eventing: an english event that is an all around test of horse and rider of three distinct tests that takes place on separate days. The dressage test is followed by the cross-country, a timed test that includes a series of solid jumps set in natural terrain. Jumping is held on day three, in a stadium ring. This test is also timed and is designed to exhibit the horse's jumping ability and willingness to continue after the previous day's exertions

Reining: a judged event designed to show the athletic ability of a western type horse in a show arena. In reining, competitors are required to run one of several approved patterns. Each pattern includes small slow circles, large fast circles, flying lead changes, roll backs, 360 degree spins done in place, back ups and the exciting sliding stops that are the hallmark of the reining horse.

Barrel Racing: a rodeo event in which a horse and rider attempt to complete a clover leaf pattern around three preset barrels in the fastest time.

Cutting: a Western riding event where a horse and rider are judged on their ability to separate a calf from a cattle herd and keep it away for a short period of time.

Pole Bending: a timed Western event that features a horse and mounted rider, running a weaving or serpentine path around six poles arranged in a line.

Rodeo: a sporting event that consists of several different timed and judged events that involve cattle and horses, designed to test the skill and speed of the cowboy or cowgirl athletes.

Combined Driving: an equestrian sport involving carriage driving. The sport has three phases, and is most similar to the mounted equestrian sport of eventing. Part of the challenge of combined driving is that the drivers may only communicate to their horses using their hands and voice.

Therapeutic: therapy in which disabled individuals ride horses to relax, and develop muscle tone, coordination, confidence, and well-being.

Western Pleasure: a Western style of competition that evaluates horses on manners and the suitability of the horse for a relaxed but collected gait cadence and relatively slow speed of gait, along with calm and responsive disposition.

Saddle Seat: a style of horseback riding within the category of English riding that is designed to show off the high trotting action of certain horse breeds.

Endurance riding: an endurance ride tests the speed and endurance of the horse. To be successful, the competitor must have knowledge of pace and efficient and safe use of his or her horse across country. The competition is against the clock over a distance of 160 km with a least five compulsory stops for veterinarians to check the horse's fitness to continue. The competitor who finishes the ride in the shortest time wins.

Vaulting: the performance of gymnastic and dance-like movements to music on a moving horse.

Polo: a team sport played on horseback in which the objective is to score goals against an opposing team. Players score by driving a small white plastic or wooden ball into the opposing team's goal using a long-handled mallet. The traditional sport of polo is played at speed on a large grass field up to 300 yards in length, and each polo team consists of four riders and their mounts.

Hunter: an english style of competition where horses are judged on conformation, their ability to manoeuvre a course of jumps and on flat, temperament and manners. As a horse's ability and experience increases so does the difficulty of the course. A good show hunter must possess an excellent jumping form.

Team Penning: the object is for three team members on horses to collect three head of cattle with the same numbers on them from a herd of 30 cattle located at one end of an arena. The team then attempts to put these three head of cattle into a small pen at the other end of the arena. All this is to be done in 90 seconds or less.

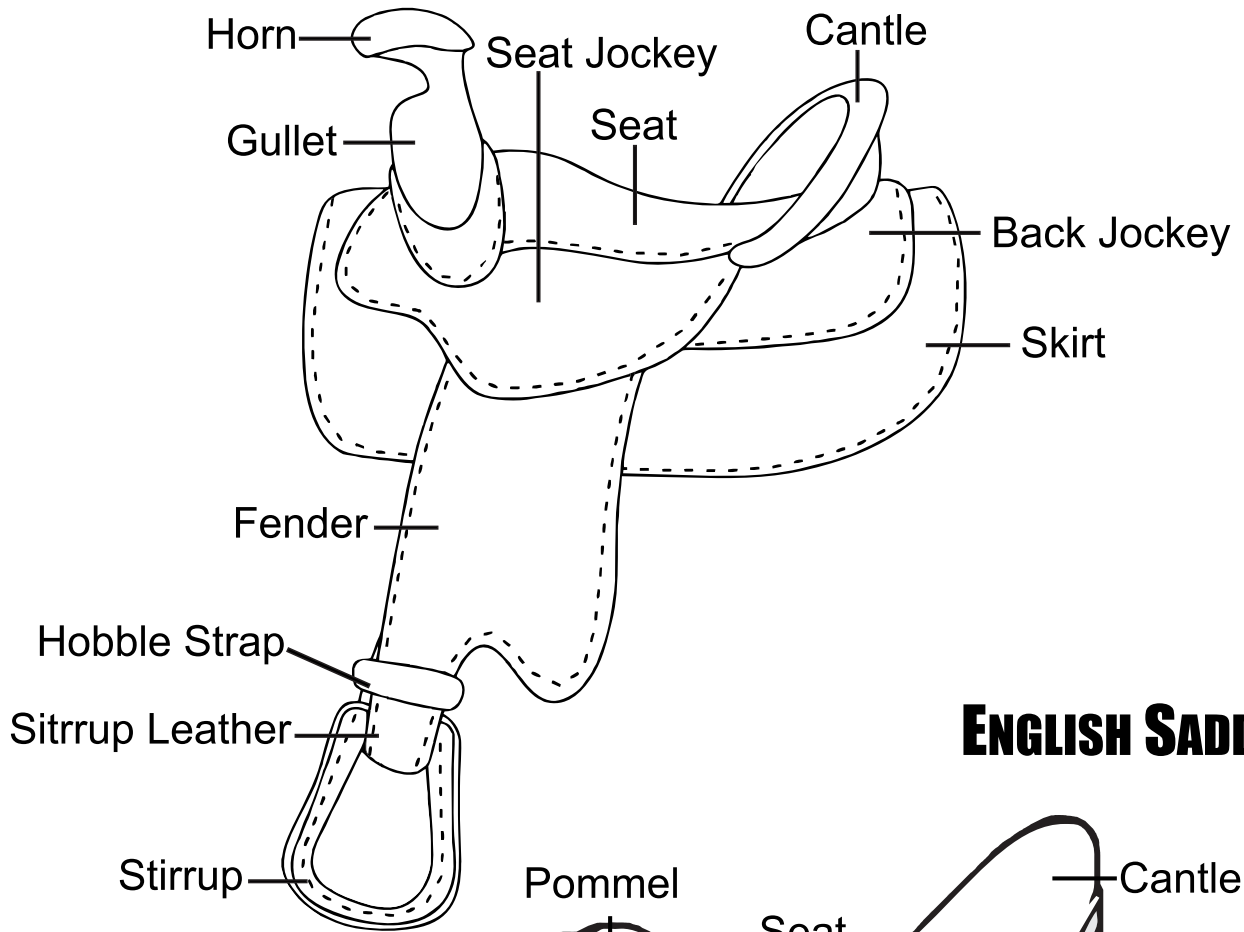
Roping: is a rodeo event that features a calf and a mounted rider. The goal of this timed event is for the rider to catch the calf by throwing a loop of rope from a lariat around its neck, dismount from the horse, run to the calf, and restrain it by tying three legs together, in as short a time as possible.

Trail riding: is riding outdoors on natural trails and roads as opposed to riding in an enclosed area, such as a riding arena. Trail rides may be informal activities of an individual or small group of people, or may be larger events organized by a club. Some trail rides may even be directed by professional guides or outfitters, particularly at guest ranches. There are competitive events, which test the horse and rider's ability to navigate obstacles commonly found on the trail, such as opening and closing gates, crossing streams, etc.

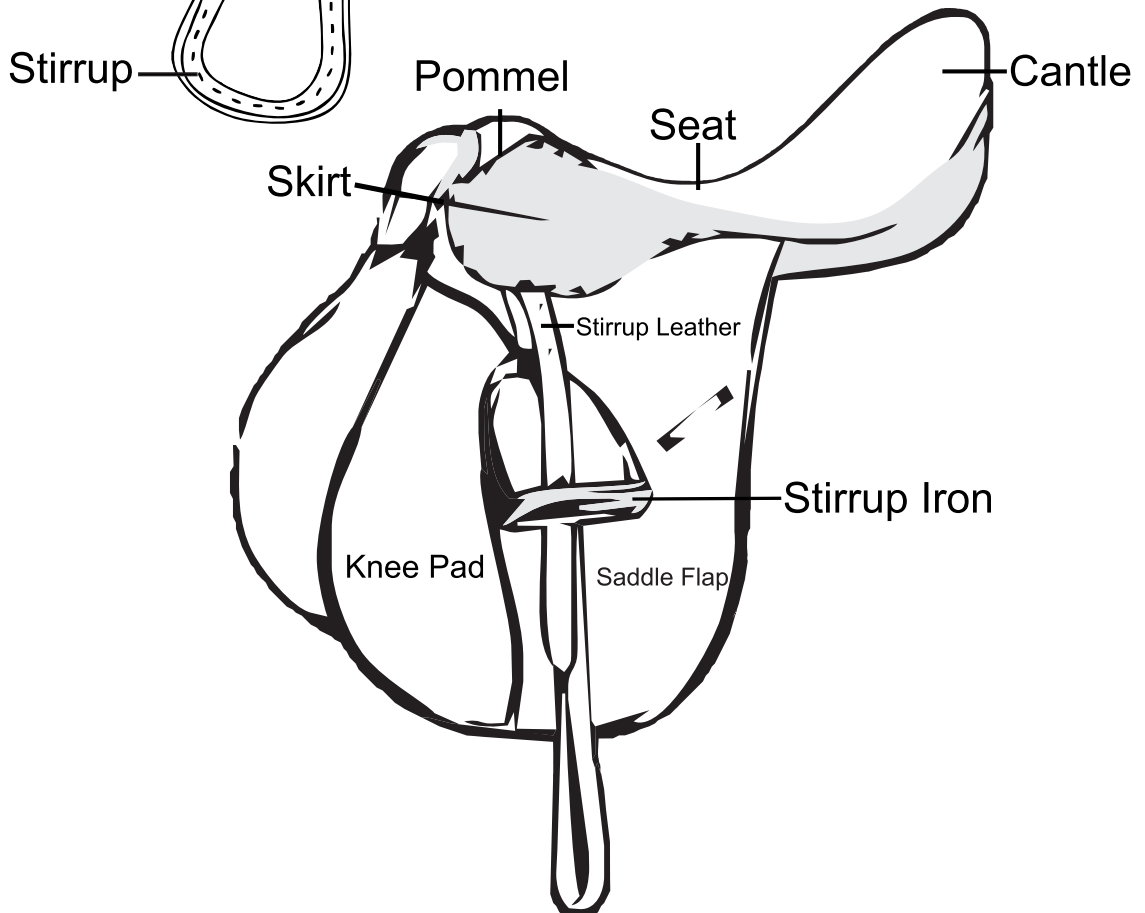
Mounted Games: is a branch of equestrian sport that involves fast games played by people of all ages on ponies up to a height of 15 hands. Riders require a high degree of athletic ability, good riding skills, hand-to-eye coordination, determination, perseverance, a competitive spirit, and the ability to work together with other riders and a willingness to help one another.

WHAT IS THE DIFFERENCE?

WESTERN SADDLE



ENGLISH SADDLE



TOP 5 REASONS WHY IT'S COOL TO WEAR A RIDING HELMET

1 Helmets Come In Different Colours & Styles
Newer helmets are more fashionable than ever! There are styles and colours for every discipline!

2 Riding Helmets Are Comfortable
Equestrian helmets are designed with materials that absorb impact of a fall or blow. They have a hard shell on the outside and impact-resistant resin or plastic on the inside, as well as headliners that are designed to keep your head dry and cool. They also have padding and ventilation for comfort.

3 Riding Helmets are Designed for Riders
Bike helmets won't cut it for horseback riding. Riding helmets are specifically designed and tested for a fall from a horse, and you want to make sure you have the right protection. Bike helmet testing mimics being dropped onto a surface like a curb, but equestrian helmets are put through a test that ensures they'll protect you if your head hits a rock, fence, or the edge of a barrel. Riding helmets also cover a larger area of your head than bike helmets, and have straps that ensure they'll stay in the right position while riding and in the event that you fall.

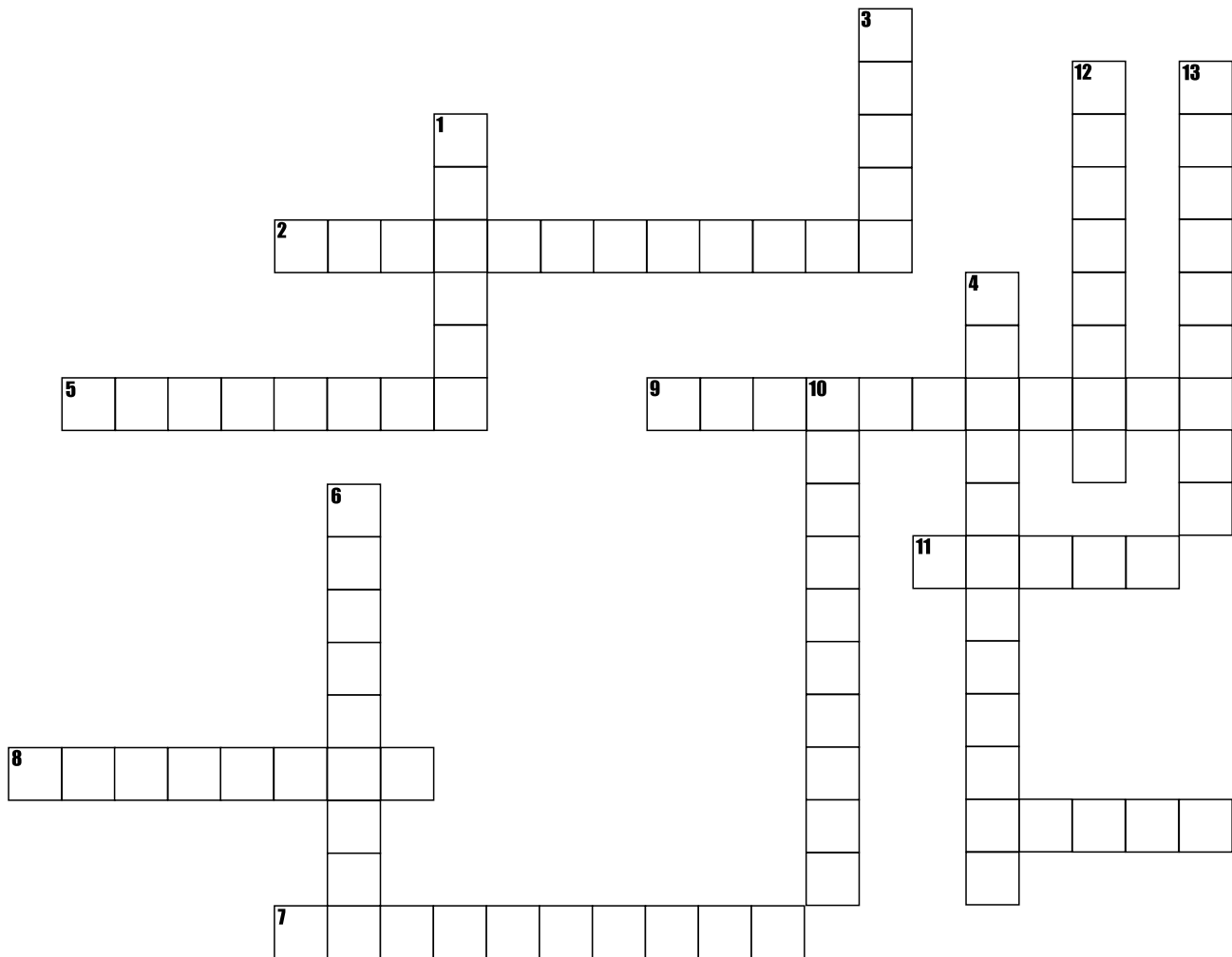
4 You'll Be A Trendsetter
You can be fashion forward and make helmets popular! Be the first to wear a helmet amongst your friends and chances are others will catch on.

5 Riding Helmets Will Save Your Life!
Horseback riding carries a higher injury rate per hour of exposure than downhill ski racing, football, hang gliding and motorcycle racing. Medical Examiner reports show that 60% or more of horse-related deaths are caused by head injuries. Helmets can reduce this possibility by 70-80%.

Did You Know it's the Law in Ontario?

Ontario's Bill 12, the Horse Riding Safety Act, requires all riders under the age of 18 years to wear an approved safety helmet at commercial riding establishments during riding lessons, training sessions, public trail riding and while riding on the road.

CROSSWORD PUZZLE



Down

1. This compact and refined breed of horse was named after Justin _____
3. A relatively small, but very strong, dun coloured horse from the mountainous regions of Western Norway
4. An American breed of horse that excels at sprinting short distances
6. The _____ is known for its preferred leopard-spotted coat pattern
10. This breed was developed in Kentucky by plantation owners and is known as the “peacock of the horse show world”
12. These ponies have heavy coats, short legs and are considered quite intelligent. They are a very strong breed used for riding, driving, and pack purposes
13. A French draft horse that stands between 16.2 and 17.3 hands tall and is usually black or gray

Across

2. Bred for speed, this horse is best known for its use in horse racing
5. This breed is black, bay, brown or chestnut in colour and was developed in Canada
7. A German warmblood horse that is very competitive in the Olympic disciplines of show jumping, dressage and eventing
8. This breed is born with a unique four beat lateral gait and its name means “fine step”
9. These horses, bred by European Gypsies, are easily recognizable by their long, flowing manes and tails, and the profusion of feathers on their legs
11. A versatile pony that is trustworthy with a friendly disposition. They are excellent mounts for both adults and children that excel at both riding and driving disciplines
14. One of the largest breeds, this powerful draught horse is known for its ability to pull heavy loads

For answers, please visit www.equinecanada.ca

QUESTIONS TO ASK WHEN LOOKING FOR A PLACE TO RIDE

1 Does the stable's riding coaches, instructors or trail guides have certification and first-aid training? There is an expectation of certification in all sports. This means that instructors and coaches in the horse industry need to recognize their responsibility to pursue certification as well as ongoing training and education to ensure that they continue to have skills necessary to meet their riders' needs.

2 Does the stable ensure that riders under the age of 18 wear approved equestrian helmets & recommend that all riders wear approved helmets? All provincial organizations recommend that *all* riders wear an approved equestrian helmet when riding because statistics prove that requiring riders to wear approved helmets reduces the number of severe head injuries.

3 Does the stable ensure that riders wear proper footwear or provide safety stirrups as an alternative? Each provincial organization recommends that all riders wear footwear appropriate for horseback riding: minimum half-inch heel, maximum two-inch heel, no platform soles. If you lack the proper footwear, ensure that the stable provides it.

4 Does the stable have a policy regarding the ratio of riders to staff? It is recommended to have a ratio of 6 students to 1 instructor (maximum 8:1) in a riding lesson and 1 guide for every 5 riders on trail rides, with a recommended minimum of 2 guides for every trail ride with 6 or more riders.

5 Does the stable have safety rules posted in a prominent area? Appropriate signage relative to important rules to abide by when around horses should be posted in a prominent area. The safety rules are to be discussed with and understood by all participants of any type of riding program.

6 Are the horses healthy, friendly, appropriately aged and trained for the level of riders? Stable owners should ensure that riders are permitted only on horses known to be safe, sound and schooled for the purpose intended, regardless of the rider's ability. No stallions, horses under five years of age, sick, lame or completely blind horses should be used by anyone participating in lessons or trail rides.

WHY CHOOSE A CERTIFIED COACH?

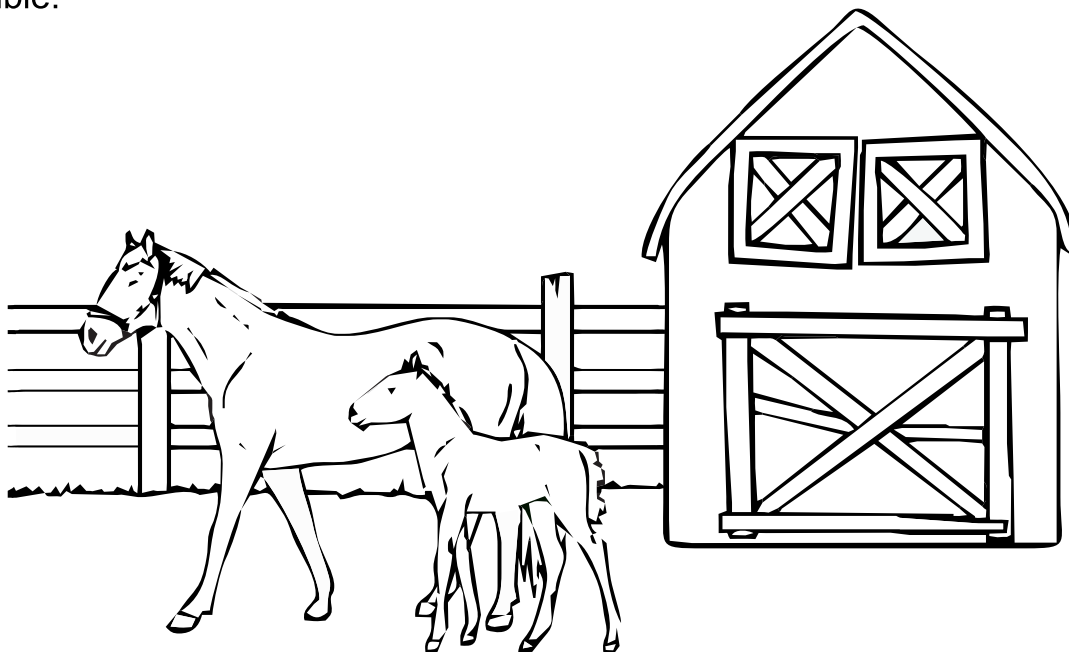
The National Coaching Certification Program (NCCP) is a government-initiated program designed to give the public safe, qualified instructors and coaches at every level of all sports.

Individuals who have achieved certification through the Equine Canada coaching programs will provide students and parents with the knowledge that they have been successfully tested against the national standard.

Teaching is a complex endeavour which carries with it significant responsibility.

With thousands of Canadian children and adults directly involved in riding lessons yearly, the stables, instructors, and coaches that service these riders have a duty to provide safe, qualified and professional service.

As there is a growing public expectation of certification in all sports, professionals in the horse industry need to recognize their importance to society and accept the responsibility to pursue certification as well as ongoing training and education ensuring that they continue to meet the needs of their riders as effectively as possible.



HOW DO I FIND A CERTIFIED COACH OR RIDING STABLE IN MY AREA?

The provincial associations listed on page 19 of this activity book are resources to help you find a certified coach or riding stable in your area. Please contact them either by phone, email or visit their website for more information.

PARENT / STUDENT CHECKLIST FOR COACHES

Here are some questions to ask yourself when evaluating a potential instructor or coach for yourself or your child:

- Is this coach certified?
- Is this coach insured?
- Does this coach recommend that the student carry insurance?
- Is this coach well respected in the community?
- Is this coach certified in first aid and are they able to use it?
- Is the safety of the student a prime concern?
- Does this coach ensure the lesson area is safe, contained and free of clutter?
- Is this coach punctual and reliable?
- Does this coach ensure you get the full lesson time?
- Does this coach constantly cancel lessons on short notice?
- Does this coach practice good business procedures?
- Does this coach provide supervision at all times?
- If there are lesson horses, are they in good health and condition?
- Are the lesson horses well-mannered and appropriate for you or your child's ability?
- Does this coach use correct, well-fitted tack, which is in good condition?
- Does this coach encourage goal setting for his/her students?
- Does this coach follow lesson plans?
- Does this coach maintain their coach status by regularly updating their knowledge?
- Does this coach understand different learning styles and teach accordingly?
- Does this coach use teaching aids, such as VCRs, blackboards, or diagrams?
- Does this coach relate well to the students with positive feedback?
- Is this coach neat, clean, and business-like?
- Is this coach able to communicate well?
- Does this coach challenge the student appropriately?
- Does this coach explain clearly what the student should do?
- Does this coach use warm-up and cool-down procedures for horse and rider?
- Has this coach produced good riders with correct skills?
- Is this coach a good role model for your child?

CONTACT INFORMATION

For further information on how you can become involved in horseback riding, please contact your provincial sport organization from the list below:



Equine Canada

2685 Queensview Dr, Ste. 100
Ottawa, ON K2B 8K2
p: 613-248-3433
tf: 1-866-282-8395
f: 613-248-3484
w: www.equinecanada.ca



Manitoba Horse Council

145 Pacific Ave
Winnipeg, MB R3C 2Z6
p: 204-925-5718
f: 204-925-5792
w: www.manitobahorsecouncil.ca
e: mhc.admin@sportmanitoba.ca



Equine Guelph

University of Guelph
Guelph, ON N1G 2W1
p: 519-824-4120 ext. 54205
f: 519-767-1081
w: www.equineguelph.ca
e: horses@uoguelph.ca



New Brunswick Equestrian Association

900 Hanwell Road, Unit 12
Fredericton, ON E3B 6A2
p: 506-454-2356
f: 506-454-2363
w: www.nbea.ca

Equine Association of Yukon

P.O. Box 20165
Whitehorse, YK Y1A 7A2
tf: 1-867-633-3012
f: 1-867-633-4153
e: advocates@northwestel.net



Ontario Equestrian Federation

9120 Leslie St, Ste. 203
Richmond Hill, ON L4B 3J9
p: 905-709-6545
tf: 1-877-441-7112
f: 905-709-1867
w: www.horse.on.ca
e: horse@horse.on.ca



Horse Council of British Columbia

27336 Fraser Hwy
Aldergrove, BC V4W 3N5
p: 604-856-4304
tf: 1-800-345-8055
f: 604-856-4302
w: www.hcbc.ca
e: reception@hcbc.ca



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aquasuede[®] palm. Superior grip wet or dry.

Machine washable.

Colors: Black & White

Sizes: 6, 7, 8, 9, 10



Hybrid[™]

Style 4200

The perfect combination of genuine cabretta leather
back and synthetic leather, aquasuede palm[®] for grip,

breathability, exceptional durability and

comfort. The best of both worlds:

Appearance & Grip

Colors: Black, White, Brown/Tan

Sizes: 6, 7, 7, 8, 9, 10

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web site for a dealer near you.

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EQUINE  HIPPIQUE

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