



## The BALANCE Saddling System Consultation Information and Form

The people who formed the BALANCE organisation began researching what the ridden horse needs from its saddle, back in the late 1980's. As a result of their findings they went on to develop an approach to saddling which is quite different to the 'conventional' method of fitting saddles that you are probably most familiar with. When used as intended, the BALANCE approach, now called the 'BALANCE Saddling System' enables ridden horses to move with less restriction to their bodies. This in turn creates the potential for better performance with less stress on the limbs, joint, feet etc. If you are interested in finding out whether this could help you and your horse to achieve a higher level of performance, soundness and health and/or a more enjoyable riding partnership, we would recommend that you have a saddle consultation with one of the BALANCE registered Saddle Consultants (*also referred to as BrSC.*)

The consultation is designed to enable you to gather information and try the saddles without fear of being pressurised into purchasing anything! In the mid 1990's, the Consultants all underwent several years of training, having had at least a years previous experience using the BALANCE Saddling System on their own horses. They therefore understand the issues from both sides of the fence! They work with riders of all levels and disciplines in ways which achieve great results.

It is essential to emphasise that the BALANCE saddle cannot be expected to solve all equine and rider problems. However, it is true to say that many cases of unsoundness, poor performance, behavioural problems and general ill health have a direct connection with the way that the ridden horse tries to cope with the restrictions and discomfort of the saddle.

If there are no obvious 'problems' with your horse, you may still be amazed to discover how much better he/she can move in a different kind of saddle. However, if you have been experiencing a specific problem with your horse, the consultation will help to determine whether your current saddle is contributing or not.

***The BALANCE Saddling System is designed to respect and support the needs of the horse that is moving in a bio-mechanically efficient and \*engaged state.***

*\* For the horse to be carrying weight whilst in a disengaged state subjects it to stress and damage on physical, mental and emotional levels and is difficult to justify at a time when few people need to ride for anything other than their own pleasure and entertainment.*

### **Information about the content/format of the saddle consultation.**

#### **Time to allow:**

You will need to allow at least two, and preferably three, uninterrupted hours of your time for the consultation.

#### **A Suitable Venue:**

You will need to have access to a suitable place to ride e.g. indoor school (almost an essential in the winter in order to avoid problems with the weather) otherwise, an outdoor arena or field with good footing. You do not normally need to do more than walk and trot during the consultation, although if it is appropriate you can canter, jump etc.

#### **Topics covered during the consultation:**

- ① The anatomy and bio-mechanics of the horse as they relate both directly and indirectly with saddle design features and fitting methods.
- ② Looking at your horse's current posture and muscle development.
- ③ Discussing the way that specific design features in any saddle fit the criteria required for a ridden horse to move in comfort (*this information is very useful even if you decide not to purchase a BALANCE saddle and can help you to make a more informed choice on behalf of your horse*).
- ④ An assessment of your current saddle and then a comparison of your horse's movement in its own saddle and a variety of BALANCE saddles. (*If the BrSC can see ways of improving the way your current saddle is working for your horse, she will be happy to make suggestions*)
- ⑤ Use of the feedback provided by your horse, used in conjunction with the 'feels' interpreted by the rider and observation of the horses movement by the Consultant, in order to assess whether one of the BALANCE saddles would be appropriate.

**Costs involved:****Fee for one horse £70 plus travel at 50p per mile.**

*\*Groups maybe eligible for a discount please contact me for rates :  
I have a 25m x 60m arena at Adversane, Billingshurst West Sussex RH14 9JG you are welcome to use.*

*\*Please note that in order to qualify for a group rate, you need to be able to comply with the following conditions. That all the horses' owners/riders are able to be present for the first 1hr of the appointment in order that they all hear the theory behind the System. Thereafter, that they be seen individually throughout the time available, so that each horse and rider gets enough time spent with them during the riding section and has time to go through any paperwork necessary. ALL HORSES MUST BE AT THE SAME LOCATION*

**An 'Whole-istic Way forward...**

For some horses, unnatural patterns of movement, muscle development or posture have been created by past discomfort and restriction from saddles. Sometimes the horse is capable of sorting the problems out as soon as he no longer has to wear the 'old' saddle. However, some need the additional support of a Vet, Chiropractor, Osteopath or other therapist. If appropriate, this can be discussed during the Consultation. *Please remember that in the UK, you are currently required to obtain Veterinary permission to have most 'therapists' work with your horse.*

**Purchasing a BALANCE Saddle.**

At the conclusion of the consultation, your registered Saddle Consultant will leave you with several documents. The **Consultation Summary** sheet, which will remind you of what you and she discussed about your horse, your current saddle and which of the BALANCE Saddles and Pad arrangements seemed to be most appropriate on that day. An **Order Form and Payment Details** form, should you need it immediately or at some time in the future.

BALANCE does not normally get involved with second hand saddles, but the **BrSC's** have permission from BALANCE to trade direct with clients with second hand BALANCE saddles, so you can certainly ask if she has the kind of saddle you are interested in. She can network with other consultants in the UK to see if they have a second hand saddle that would be suitable. However, if the saddle is only available as new, you will need to fill out the **Order Form and Payment Details** sheet and scan and email, FAX or post them to the BALANCE office in the UK.

**Support from your BrSC after ordering/purchasing a saddle.**

Normally, if you order a saddle from BALANCE it will be delivered direct to you in the form of a 'System' which consists of: the saddle, a full set of pads and an Instruction Manual. However, if you would like to have some help with your first ride in it, you can make an appointment with your **BrSC** to have her present as soon after it arrives as possible. In addition, you may want to get into the habit of arranging a 6 to 12 monthly re-assessment visit. However, this is entirely up to you. Your **BrSC** will supply you with information about her charges.

**Your BALANCE registered Saddle Consultant's contact details are as follows:**

**Judy Fry,  
Well Farm,  
Adversane,  
Billingshurst,  
West Sussex, RH14 9JG**

**Mobile: 07710 659085**

Please fill in the attached form, (sides 3 & 4) cut it off so you can keep this half of the document and send the form to the contact details provided. On receipt of your form, you will be contacted as soon as possible to discuss an appointment and any other questions you might have.

Please complete this form and return to the BALANCE registered Saddle Consultant that you are dealing with. Details at the bottom of page 2.

BACS payments or cash will be excepted on the day of Consultation, please ask if you need payment details in advance.

## BALANCE Saddling System Horse & Rider Details Form

<b>How did you hear about BALANCE?</b>				
<b>Details of the Owner of the Horse</b>				
<b>Name:</b>				
<b>Address:</b>				
<b>Post Code:</b>				
<b>Daytime Phone No:</b>		<b>Evening Phone No:</b>		
<b>Email:</b>		<b>Mobile/other:</b>		
<b>Details of the horse</b>				
<b>Name:</b>	<b>Age:</b>	<b>Height:</b>	<b>Sex:</b>	<b>Breed:</b>
<b>Type of work the horse does:</b>				
<b>Current level of health and fitness:</b>				
<b>Are you aware of current saddle related problems? YES/NO (if yes, please enlarge on separate sheet)</b>				
If there are other issues or complications with the horse, please enlarge on a separate sheet.				
<b>Location of horse if at a different address to owner.</b>				
<b>Contact name at yard:</b>		<b>Contact phone no:</b>		
<b>Facilities available at venue: Indoor school YES/NO Outdoor school YES/NO Flat Field YES/NO</b>				
<b>Arena/Schooling area has lights YES/NO</b>				
<b>Current Saddle Details</b>				
<b>Make:</b>	<b>Width:</b>	<b>Length:</b>	<b>Style:</b>	
<b>Rider's Details*</b>				
<b>Height:</b>	<b>Weight:</b>	<b>Adult (Y/N):</b>	<b>Child (Age):</b>	
<b>*If the horse is ridden by other riders, please supply their details and ensure that they are present at the consultation.</b>				
<b>Which Style of Saddle are You Most Interested In?</b>				
<b>General Purpose/flatwork (GPD)</b>	<input type="checkbox"/>	<b>Jumping/X-Country</b>	<input type="checkbox"/>	
<b>General Purpose/jumping (GPJ)</b>	<input type="checkbox"/>	<b>Dressage</b>	<input type="checkbox"/>	

I have read the accompanying information sheet regarding the format of the BALANCE Saddling System consultation. I agree to pay the BALANCE registered Saddle Consultant her consultation fee and travel expenses on conclusion of the consultation. I also agree to pay the full consultation fee if I cancel the appointment with less than 48hrs notice. (Where the appointment is simply delayed due to injury of the horse or rider, the late cancellation fee can be set against a future appointment at the discretion of the BrSC)

I accept that I must take full responsibility for my own safety and that of my horse during the consultation.

I agree that the information on this form, may be held by BALANCE and/or the BALANCE registered Saddle Consultant I am dealing with for use in connection with providing a saddle and any follow up service. (These details will not be passed on to any other company without your written permission.)

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Please also print your name:**

**Please use this side of the form to write directions to the location of where your horse will be for the Consultation.**



**Please provide clear, accurate and up-to-date information regarding road numbers etc. from the nearest Motorway, 'A' road or town.**

**A simple diagram of the immediate area around the venue, may be useful in addition to written instructions.**

**Written directions to venue.**

**SatNav will be used so please advise if your address details won't help me to arrive at the correct venue!**

**Simple diagram of area immediately around venue.**