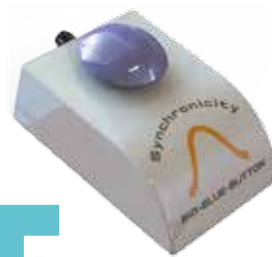




—pre-season prep—

STEPHANIE BATEMAN

Inspect a GADGET



With the competition season upon us, now's the time to iron out any problems and bring your performance up to scratch. Whether you want to perfect that showjumping round, go clear cross-country or simply ensure your horse is fit enough for his job, this selection of performance-enhancing technology is ideal for getting that competitive edge. We've something to give everyone's pre-season training the edge with our handpicked selection of 'tech support'



RACEWOOD EVENT SIMULATOR

FAKE IT TILL YOU MAKE IT...

Practice makes perfect, but we can't ride our horses all day long, so is there an alternative to the real thing?

The Eventing Simulator by Racewood utilises servo-motor technology and moves with four degrees of freedom. There are three 50inch screens in front of the rider, which enables them to ride around a dressage arena, a showjumping grid, a showjumping course or a cross-country course.

A simulator is like the best schoolmaster you've ever had. You can take away your reins, your stirrups, shut your eyes and just 'feel' what is happening in your body without fear of losing control.

It's the perfect opportunity to 'experiment' with positional changes or postural cues, and due to the sensors in the simulator, it

can tell you exactly how strong the rein contact is and where your legs are acting.

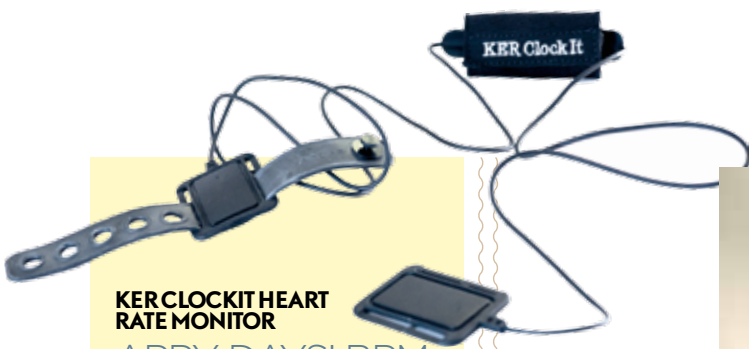
Your position on a horse is unlikely to change overnight, but through increased awareness, riders are better able to understand what their body normally does on a horse and how to modify it.

It also helps if coaches have seen their riders on the simulator as it tells them how much of what they see is down purely to the rider and how much of the rider's posture is in response to their horse.

Everyone, whatever their level of riding, can take something away from riding a simulator.

Visit: www.hartpury.ac.uk

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KER CLOCKIT HEART RATE MONITOR

APPY DAYS! BPM MONITORING VIA A PHONE!

Saracen Horse Feeds and Kentucky Equine Research (KER) have worked produced the KER ClockIt heart rate monitor and smart phone App that measures equine fitness and conditioning.

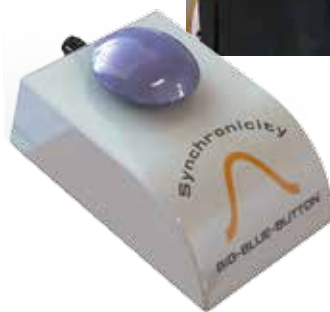
By tracking the individual horse's intensity and duration of exercise, horse owners and trainers can condition and feed each horse appropriately to their work and career aspirations.

Most riders assess the work intensity of their horses subjectively, usually by the amount of work completed and the physiological response to the work, such as breathing patterns and degree of sweating. The equine heart rate monitor works in conjunction with the App to accurately record data throughout training for the rider to assess and evaluate.

KER ClockIt offers valuable data based on fitness and recovery, coupled with nutritionally sound feed advice to support, nurture and improve performance.

Used with the associated heart rate monitor, riders can see how an individual horse's cardiovascular fitness improves over time. The useful system translates heart-rate data into an easy-to-understand visual chart.

Visit: www.kerclockit.saracenhorsefeeds.com



NEUESCHULE AVANCE

HOW BALANCED IS YOUR REIN CONTACT?

The Avance Synchronicity System measures rhythm, consistency and balance in the rein contact and can reveal areas requiring attention in horse and rider.

Specially developed reins that incorporate strain gauges are fitted to the horse's bridle, and an electronics pack is attached to the front of the saddle to capture the data.

The strain gauges record the forces placed through the reins – up to 200 readings per second – and the electronics wirelessly transmit the data to a computer.

Further analysis is undertaken through the recording and monitoring

of video taken during a dressage test. A tracking device – part of a Pixio robotic camera system – is worn on the rider's wrist and the camera follows the rider.

The film footage is then analysed, and the riders are questioned about their personal interpretation of the horse's performance. The information is collated and used as a comparison with rein-mounted strain gauge readings.

The data will show if a rider has a stronger hold on one rein than the other, as well as how consistent and balanced the contact is.

Visit: www.avance.com

SOLOSHOT3 OPTIC65

VIDEO YOURSELF IN ACTION

Do you wish you could capture every schooling session on video, but lack willing videoing volunteers?

The Soloshot3 Optic65 is a self-filming camera that pans, tilts and zooms to keep you in the shot. The rider simply wears the tag and the camera will follow them wherever they go.

Once elevated to around 2m, the camera will be able to follow a horse and rider around a showjumping course, and if the camera is near an internet connection, it will be able to live-stream to a remote

instructor, who can then offer live instruction through an internet or phone-enabled ear piece. If the tag is attached

to the horse, the camera can even record loose-schooling and lunging sessions.

Visit: www.io.uk.com



DRAGONFLY PRO DRONE COME FLY WITH ME

Capture the thrill and excitement of your hacks and cross-country rounds with a super-handry drone camera.

The Dragonfly Pro is a self-flying, auto-follow 4K camera drone that follows you and takes photos and videos, enabling you to easily capture yourself in action. Simply wear the smartwatch provided and Dragonfly will film you.

The drone comes with a transmitter, allowing a range of 1km and can be entirely



controlled using the smartphone app.

With a state-of-the-art built-in GPS system, Dragonfly remembers your take-off point and will return there if the battery is too low, or if connection with the watch is lost. If anything goes wrong, the drone will land safely at the point you started from.

Visit: www.dragonflydrone.co.uk

EQUISENSE MOTION SENSOR

SHARE DATA WITH THIS SMART MOTION SENSOR

The Equisense Motion Sensor enables you to analyse all of your training sessions in detail while monitoring your horse's locomotive health. It can follow up to four horses with the same sensor.

Placed on your horse's girth, the small sensor connects to your phone via a mobile app and gives riders access to details such as:

- Time spent at each gait
- The number of transitions
- The number of jumps
- The cadence and stride frequency
- The symmetry and symmetry trend
- Elevation

All data can easily be shared with your coach, vet and other riders. Motion Sensor helps riders to manage their horse's workload, prevent injury and lameness, and improve performance.

Visit: www.equisenseshop.com/en/1-equisense-motion



CENTAUR BIOMECHANICS RIDER ANALYSIS

ANALYSING YOUR POSITION

A rider's position can have a significant effect on the horse's performance. Poor position can result in mixed signals from the rider and undesirable behaviour from the horse, which can affect performance in the training and competition arena.

Centaur Biomechanics offers rider analysis sessions, which are designed to help evaluate the rider's position, and the effect their position has on the horse. Using state of the art technology including high speed cameras, biomechanics software and Visualise training jackets, along with instant video feedback, the rider's position can be analysed.

Riders are often not aware of their positional weaknesses. Centaur carried out a study in 2016 looking at how accurate riders were at

perceiving equal weight distribution on their seat bones when sitting on a static platform (off the horse).

Despite the rider's perception that they were equally weighting their seat bones, they did so with more weight on the left seat bone, concluding that there is a disparity between perception and reality.

The goal of the Centaur sessions is to raise awareness of any possible weaknesses. By working with the rider's trainer and physiotherapist, Centaur Biomechanics works to improve key areas that have a direct impact on position and the horse's way of going.

Rider analysis clinics run throughout the UK and are open to riders of all levels.

Visit: www.centaurbiomechanics.co.uk

