Over the past 20 years that I have been responsible for the TTEAM newsletter I have published several articles on horse trailering. This combines some of that information plus more ideas, as we are always learning.

According to the horse insurance agencies accidents related to trailering are the most common source of horse and handler injury. Many of the injuries occur when loading and unloading, commonly with horses who refuse to get into the trailer. Unfortunately when a horse refuses to load people often escalate their requests and sometimes, otherwise very sensible horsemen, really lose their cool usually due to frustration, time constraints or pressure felt from bystanders. As Xenophen said "When knowledge ends violence begins" – therefore the more options you have the less likely this will happen.

While people wouldn't consider taking a horse to a show that was not trained for the required discipline it is not uncommon to wait until the day of departure to start teaching a horse to load.

Unless Linda is in attendance giving demonstrations most of the methods I see taught at Horse Expos are about making the outside of the trailer more unpleasant than the inside. Even though some of the work is done away from the trailer it is still mostly about getting the horse's attention and 'respect'. The pressure is constantly escalated until the horse does as demanded. In my experience, these are not techniques suitable for the average horse person. The use of pressure halters or rope halters with strategically placed knots which act as a nerve line, is a very primitive and potentially unsafe tool, in my opinion.

There are two major reasons the TTEAM approach is effective for training a young horse or re-training one with problems. First, methods that use a horse trailer can be dangerous because space is limited and everyone involved, including the horse can be seriously injured. Second, the trailer does not allow you to "chunk" down the loading process into smaller parts so you can identify and work with aspects that are a problem for your horse.

Understand your horse's response

The fact that horses will go into a trailer at all is amazing to me. We are asking them to go into an enclosed space with no escape – certainly not where they would go instinctively. Add a human on the end of the rope getting upset and the horse's concern is validated. Any creature faced with a fearful situation responds in one of five ways: flight, fight, freeze, faint or fool-around. Throughout years of domestication, horses have been discouraged from fight and flight in particular. Therefore, when confused or frightened, more and more horses go into freeze, which is often interpreted as stubborn or stupid.

A horse may go from freeze to faint if the pressure becomes too extreme. When stressed beyond endurance, a horse may collapse or just lie down.

A horse that does not seem to be afraid (at least outwardly) may cope by "fooling-around" or "fidgeting" which is often labelled as disrespectful or "dominant" behavior.

Indicators of concern about trailering: Refusing to go in; jumping in very quickly; standing 'frozen' after loading, scrambling while the trailer is moving or arriving at the destination sweating.

A common belief in the horse world, and in my experience untrue, is that if you quit when you don't get the result you want, you will teach the horse that

- He is the leader
- Stronger than you are
- He doesn't have to obey
- He has 'won'

In my opinion, if you just keep applying more pressure you show the horse you are inflexible, untrustworthy and, in this case, the trailer must be a dangerous place.

There are many ways to get a horse to load into a trailer that work, there is no one tool that will work all the time safely, so the more options you have the more likely you are to succeed.

The important thing to remember is that if what you are doing is not working stop doing it! You can try something else and if you and/or the horse is getting upset put the horse away and give yourself a break. Stay calm, remember to breathe and keep it safe for both horse and handler.

TTEAM tools

Start with: • A good fitting nylon or leather halter

• A six-foot lead with a 30-inch chain or zephyr soft lead

- A wand stiff 4 foot whip
- Bodywrap

The chain is used over the noseband of the halter to give you more influence with very light, precise signals. This helps balance the horse and transfers the pressure to the noseband of the halter rather than the sensitive cartilage on the nose or the nerves in the poll. Giving a signal from the side of the halter, rather than under the horse's chin, encourages the horse to lower his head from a signal rather than raise it.

In some cases a Zephyr soft lead is more appropriate. The nosepiece is marine rope instead of chain and can either be used over the noseband of the halter or with a young or sensitive horse – up the side of the halter or around the side cheekpiece.



Drawing left: If a horse is having trouble extending his nose as the head is lowered try running the line up the side of the halter or around the outside cheekpiece of the halter.

The wand acts as an extension of your arm to teach a horse focus, improved balance, awareness, self-control and concentration. Be sure to stroke with enough pressure so the wand is slightly flexed to avoid tickling.

Trailer loading exercises:

Teach the horse to: Lower his head

Dingo

Back up – The Dance

Playground of Higher Learning – platform,

plastic

Clicker training: can be added to any portion of these exercises. The clicker can help a horse look for a 'yes', refocus, and keep the handler thinking about what they want the horse to do.

Lower the head

When considering tension patterns in horses, high-headed is one of the most obvious. High-headed, high-strung often goes hand-in-hand and when any horse is anxious or confused the head goes up, the body tightens and the flight instinct may be triggered.

Lowering the head so the poll is just below the withers goes a long way towards overriding the flight instinct. It shows the horse how to overcome instinct and teaches him to act instead of react. Teaching the horse to lower his head from a signal has been an important starting point of the TTEAM work for 30 years.

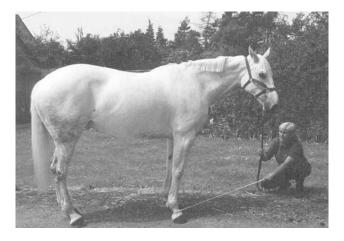


Photo 1: One major reason for lowering the head is that when a horse's head is up and he is braced at the base of the neck it is very difficult for him to step forward. Stroking the under-

side of the neck and chest with the wand and asking the head to lower with a stroking motion on the lead helps to change the posture and allows the horse to step forward. Use the chain or soft lead up the side of the halter if the horse is tight in the poll.



Photo 2: With one hand holding the noseband of the halter use the other hand to do Clouded Leopard TTouches on the neck.

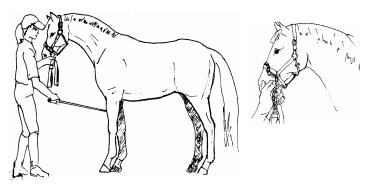
Teach your horse to back.

Besides teaching your horse to go forward from a signal, it is also important that a horse knows how to back. It is not uncommon for a horse to go into a trailer and have no idea how to back out. Imagine if you were asked to back down off the edge of something when you couldn't see where you were going. I think that can be the cause of some horses going into the trailer fine a few times and then suddenly refusing to go in – they are concerned about getting out.

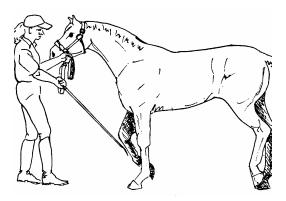
In many trailers you can turn a horse around and walk him out front wards but if a horse is out of balance that can be dangerous if the horse scrambles while turning around, or if the horse rushes out. Horses of all ages benefit from the Cha Cha (Dance) which is one of the TTEAM leading exercises that improves balance and coordination and teaches horses how to:

- Wait for a signal
- Back from a variety of signals on various parts of the body
- Take only one step at a time
- Focus on diagonal pairs
- Take the same length of step with both front and hind feet
- Vary the length of stride

TTEAM exercises teach horses to perform small precise movements, like Tai Chi for people, which helps improve fine motor control, improves athleticism as well as the necessary balance, coordination, self-confidence and self-control for top performance. Exercises that teach a horse to stop and think, how to move and take one step at a time are important lessons for horses to learn for loading and unloading.



The Dance: With one hand holding the lead, right up near the halter and the wand in the other hand, stroke firmly with the wand from the chest to the hooves. Think about the stroke as coming from your feet through your body rather than just from your arm. Stroking on an exhale often helps.



Drawing 2: To ask for a step backward give a signal with the lead, think up and back starting the movement from your feet, and after stroking the leg use a tap, tap signal with the wand and pause. This gives the horse a chance to process the information and respond. The signal can be given from the chest, front of forearm, front of cannon bone or on the coronary band.

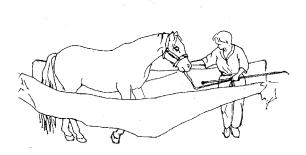
Ideally the horse will back in diagonal steps. If not stroke the front and back of the front leg, the belly and the front of the hind leg.

As soon as the horse lifts his leg to back stroke the front leg to indicate that you just want one step. This will help with unloading to prevent rushing backwards.

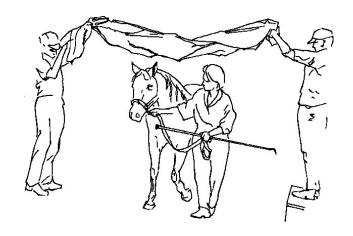
The TTEAM Playground for Higher Learning using various leading positions will improve eye and hoof coordination so the horse can calmly walk on unfamiliar surfaces; be comfortable moving through and standing in narrow spaces and lower his head to negotiate low obstacles. This also helps give new proprioceptive input and improves vestibular balance because of movement of the head and eyes.

The Playground allows you to simulate many of the skills required for loading and gives you the opportunity to "chunk" them down to make it easier for the horse to be successful. Negotiating the obstacles without fear or pressure, a horse learns new ways to problem solve that will manifest in other areas of training.

Plastic



Drawing 3: Walking between plastic sheets helps simulate the trailer walls. Depending on how much help you have, you can either have four people hold the corners of the plastic or lay the plastic over poles between standards, barrels or bales. If you are outdoors, it helps to hold the bottom of the plastic in place with wood. If you use barrels, you can put a little grain on the top of each one.

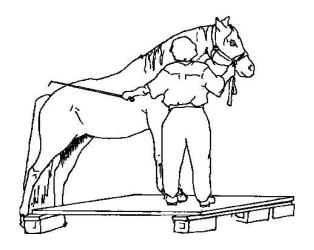


Drawing 4: Walking under plastic is a good step in preparing your horse for trailering. Note the handler's position; lead line in both hands, with the wand in the left (outside) hand and the body even with the horse's head.

Walk the horse up to the plastic and stop in front of it. Slide out so you are on the other side of the plastic while the horse waits in front. Ask the horse to walk through and then stop on the other side, keeping the horse straight ahead.

Some horses are nervous about things behind them and if that is the case then teach your horse to turn just his head to look back. To teach this lesson it is ideal to have a person walk up from the back of the horse towards his shoulder and have him turn his head back to take a piece of food.

If the horse is nervous of the plastic you can roll it into a narrower piece or use two wands or bamboo garden stakes to make an archway to walk through.



Drawing 5: Stepping onto a platform is ideal as a pre-loading exercise. This drawing shows the use of the Dingo to step onto the platform from the narrow side. This is a way of "chunking down" the exercise if walking over the plywood or platform length is too difficult. The body wrap is a useful tool when doing this exercise. It gives the horse a better connection to his hindquarters.

The horse in this drawing is too strung out and this would be a perfect opportunity to ask the horse to back off the platform. Starting by backing just two feet at a time helps with trailering process.

If you don't have a platform you can use plywood sitting on the ground; a large cardboard box cut open and laid flat or 1" x 6" boards laid next to each other.



Drawing 6: After walking over the platform a few times and backing off of it in stages, see if the horse can stand on the platform and quietly eat a bit of food. Stroking the legs along with Python lifts can help nervous horses.

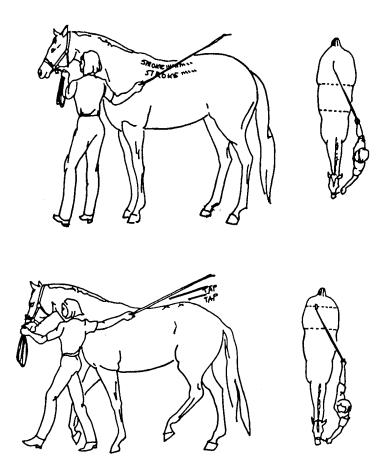
In my experience, getting a horse to the point that he is relaxed stepping on, backing off and standing quietly on the platform improves balance and confidence in the trailer.

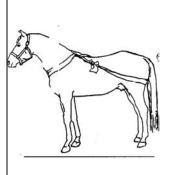
You could also add the alleyway of plastic to the platform to further simulate the trailering experience.

The Dingo

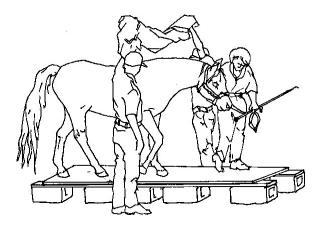
The purpose of the Dingo is to teach the horse to come forward from a signal. To be really effect and clear with this exercise use the following four steps.

- Steady the horse back with the chain the hand should be held close to the halter.
- 2. Stroke two or three times with the wand from the horse's wither, across the back and over the croup.
- 3. Signal forward with the lead, (It is extremely important to be clear with this step.)
- 4. Using a forward scooping motion of the wand using your wrist, two or three times, on the croup as you step forward.





Bodywrap: Two elastic bandages tied together to make a figure 8 around the horse can give the horse a sense of security, spatial awareness and improved balance when practicing the exercises and when loading in the trailer



Drawing 7: You can also combine the platform with the overhead plastic. Some horses may be concerned about the noise a trailer floor makes when they step on it. Having them walk on a platform or a piece of plywood helps prepare for this sound.

Be sure to teach your horse to back off the platform or piece of wood. Start by asking him to step onto the platform with his front feet, stop and back off. Then step on with three feet and off and finally all four feet and repeat the exercise.

Prepare to Load

For your safety, as well as your horse's, never practice loading onto a trailer that is not hitched to a vehicle. The weight of a horse can easily cause some trailers to tip. Be sure to put on the parking brake of the towing vehicle to prevent the trailer from shifting slightly when the horse steps onto it.

Position the trailer so the interior is as light as possible. Open the escape doors and make the inside as spacious feeling as possible.

The location of the trailer can make a difference, a open field is less than ideal... Whenever possible situate the trailer so it gives the horse some natural parameters, a fence on one side or if the weather is inclement backing the trailer up to a barn aisle can make the experience more pleasant and conducive for the handler remaining patient and dry.

Your attitude is crucial. Horses can read subtle shifts in a person's facial expression and body language. If you find yourself tensing up in anticipation of loading, stop and audibly take a breath and exhale. Chances are, a few moments later your horse will relax and do the same.

Bring On the Horse

Most people walk a horse up to a trailer and expect him to march straight in. Some horses do this with ease but if I feel the horse start to hesitate, or if a horse has never been on a trailer before, I like to ask the horse to stop, take a moment to consider the situation and wait for the next instruction. Just as I would with any of the Playground obstacles. If the horse is hesitant to walk in when I ask for a forward signal I have several choices. I may place tiny piles of grain on the floor or ramp of the trailer so the horse will put his

head down and investigate. If they don't have their attention on the inside of the trailer it is not likely they will load.

Some people think that using food is bribing the horse or rewarding bad behavior but we look at it in a different way. It is the Parasympathetic Nervous System (PNS) that triggers relaxation and one of its triggers is the mouth and salivary glands, therefore, chewing helps it activate. Food also replaces a scary situation with a pleasant one and encourages the horse to breathe.

Sometimes horses will not be able to eat, which in itself lets you know the horse is probably in freeze. However some horses have the opposite response and gobble food when they are nervous - they may be just as concerned as the horse that won't eat but simply have a different way of expressing it. In this situation do some TTEAM mouthwork to release tension.

Once your horse is standing quietly in front of the trailer use the Dingo to signal the horse to step forward. Steady the horse back with the lead; stroke firmly along the horse's back; signal lightly forward with the lead and tap 2-3 times on the croup. Be sure to give the horse a chance to move forward from the signal.

This is a situation where I have found the clicker useful. I ask for a forward movement with the Dingo and as the horse steps forward I click and treat. This combines the signal of the Dingo with the 'yes' of the clicker as the horse responds. It takes the focus off of just getting into the trailer and onto small steps.

The first time your horse loads, offer him a bit of grain from a flat pan held at chest and let him stand in the trailer eating.

More Options

What happens if you have a situation where the horse has not had a chance to do the Playground exercises or what you are doing is not working? In my experience, the more tools you have the less frustrated you will become.

Driving lines down either side of the trailer - these help keep a horse straight in line with the trailer rather than moving from side to side. We don't use them to push the horse into the trailer but just as a parameter. I use them as if the horse was being ground driven. As long as the horse is not afraid of the lines you can stroke the horses side with one line and then ask with a sideways motion with the line for the horse to step forward. The person at the horse's head only keeps the horse's head straight and does not apply any forward pressure, the signal comes from behind.

If you have extra people and some poles you can use them to make a more solid parameter. Linda and I have used this successfully with a number of horses. These should not be used with horses who are panicky of have shown any tendency to kick.

If a horse is standing in front of the trailer and appears stuck or what some people call stubborn remember it is likely just his way of coping, and safer than running side to side or backwards. If the horse is standing and you feel safe doing so, tailwork can be very beneficial at this point. You may find the tail extremely tight and moving the tail out of the tail groove and doing small circles of the tail while holding the hair on top of the tailbone really helps "stuck" horses.

Asking a horse in freeze to simply pick up a hoof and put it down also helps.

Some horses, especially young ones, have trouble stepping up into a step-in trailer. Some trailers are quite high so if you can place the wheels in a low spot it can help to lower the back of the trailer or you



can place a platform behind the trailer to make the entry more gradual. I have seen horses stand in front of the trailer and lean forward with the upper body while the legs stayed stuck outside.

At this point you can do the obvious and ask the horse to pick up a foot and put it inside the trailer. Be sure that the foot is not placed too far inside and that the other feet are in a balanced place - otherwise it is like they are standing on a drum. If the horse takes his foot out of the trailer repeat the request but this time ask him to lift the other foot, if possible. This will give your horse more options to organize himself.

If this still does not work you can take the horse away from the trailer and walk him over a pole placed at different heights. This is helpful with horses who may not have negotiated uneven terrain.

Pay attention To your Driving Techniques

Once your horse has loaded you want to drive so he will want to travel again. Before hauling horses be sure to practice driving an empty trailer, an empty parking lot is a good place to practice backing. Taking a short ride in an empty trailer will give you a sense of the importance of smooth driving and the amount of noise your trailer makes.

If you start off very slowly and smoothly; the horse can adjust before you pull into traffic. All starts and stops should be done slowly, easing up on the brake as you halt to avoid a jerk. The wheelbase and stability of a gooseneck trailer makes it possible to drive at speed, but the configuration and suspension of most two-horse front facing trailers require you to take a conservative approach.

Obey speed limits. On secondary paved roads, do not exceed 50 mph (80 km) and on highways that are rutted and seamed, do not exceed 60 mph (100 km). Most important of all, let the other traffic wait and turn all corners slowly, never more than 15 mph (20 km) when pulling away from intersections.

Do not accelerate until the trailer has come around the corner and is again lined up with the tow vehicle. Impatient driving may cause the horse's hip to hit the wall, giving him the sensation he is falling over. If he is reluctant to load to go home, perhaps you gave him a 'bad turn' getting there.

Once you arrive

Upon arrival, untie your horse and put on a lead rope before opening the back door. If your horse is anxious to unload and you open the back door while still tied he may try to come out in spite of the butt bar or chain and this could be dangerous. You might give him something special to eat while waiting to unload, it will change his expectation of the trailer stopping.

If there is room, ask your horse to step forward even if it is just a step. This gets him thinking forward and overcomes the tendency to rush off.

Until the horse is accustomed to your routine, it is easier to do this standing in front of the horse and have someone else release the butt bar when you are ready. The horse learns to wait in this forward position as long as you require, before you ask him to back up, one step at a time.

If he comes off more quickly than you'd like, realize that once he starts moving nothing is going to stop him. Go with the flow. Your horse will not feel restrained and will come off more calmly the next time. It will also avoid the possibility of the horse hitting his head on the roof if you pull on the lead.

After unloading

Since horses have 60% of their body weight on the front end, front-facing trailers cause horses to brace with their neck and shoulders and carry tension right through to the hindquarters while traveling. Slant-load trailers force more weight on the left hind leg when the horse is facing forward. The result is that the horse may arrive in an unsuitable condition for physical activity.

TTEAM exercises and bodywork take only a few minutes to loosen up your horse. Use **Python Lifts** and **Octopus TTouches** on the horse's legs during a long trip or upon arrival, as well as a few minutes of ear work to help encourage him to eat and drink. The TTouches help restore circulation and gut function, and improve coordination and range of motion. They improve your horse's focus and cut your warm-up time in half.

How to know if what you are doing is working

No matter what method you are using the question to ask is: Is your horse getting easier to load each time? How is he unloading – quietly, sweating, or nervous? As long as your horse is getting easier and less stressed then you are dealing with his issues. If not I would suggest going back and repeating some of the Playground exercises and really pay attention to your horse's response.

Is The Trailer Horse Friendly?

Does it provide an inviting environment for the horse? Horses generate a great deal of heat, especially when nervous. Any of the following will increase the temperature inside the trailer: dark colours, poor ventilation, lack of insulation.

Noise: Rattling doors and chains, together with vibration, can unnerve even an experienced equine traveler. Reduce noise with insulation strips and rubber-covered 'door-stops'.

Trailer ties: If you tie these should be long enough to allow a horse to safely lower his head and to get to the back of the trailer bar. (You may need to be careful with a trailer with a solid chest piece – if a horse gets his head down and the trailer is a bit short, he may not be able to get his head back up.)

While safety release snaps can be helpful there are a couple of new products on the market that provide a release should the horse fall down or pull really hard on the rope. The Blocker (www.blockerranch.com) is a great tool for trailering and general tieing.

Horse partitions: A solid panel separating horses heads can be frightening to some animals. Bars are better, keeping occupants apart yet able to see each other and allowing more light and air circulation.

Center partition: A full partition prevents a horse from spreading his feet to balance and can cause scrambling. Cutting out the lower half of the center partition can have an amazing effect in the horse's attitude and security on board.

Configuration – For a single horse, you can swing the partition over and secure it, allowing the horse to see behind and, more importantly the ability to choose how they stand. In fact, most horses, when not tied and traveling in a large enough trailer, will choose to ride backwards or backwards at a slant. Studies have shown that horses traveling facing backwards are less stressed than front facing.

While slant load trailers have become very popular, and are easier for most horses loading and traveling than straight loads, there are a couple of things to consider. The length a horse has to stand in may actually be shorter than a large straight load – be sure the trailer length has been measured from the center of the front of the stall to the center of the back of the stall (some manufacturers measure from corner to diagonal corner making it appear as if the horse has more room). On a long haul a horse will have more stress on the left hind leg than any other due to the direction most trailer slant. Ideally you would be able to alternate with the horse facing to the front and then facing backwards at a slant.

When it is safe and possible for a horse to ride loose in a stock or slant load trailer we find they arrive more rested.

Ramp versus step-in: There are pros and cons for each. When a horse steps up into a step-in his head tends to go down; when stepping up on a ramp the head tends to go up. One consequence of the head going up is that you need a much taller trailer or a tall horse may feel there is not enough

room.

A step-in allows you to get the horse much closer to the trailer before having to get in. If a horse is moving side-to-side there can be more danger with a ramp as the horse can fall off the side making it seem a scarier situation. If the ramp is not sitting on the level or solidly there is an unsafe feeling for the horse stepping on it.

I have seen some horses that could not stand flat-footed on a ramp – they literally stand on their toes – these horses have all been difficult loaders – no wonder.

The positive side of ramps is they can be easier to back out of because there is less of a drop and if the ramp is a nice wide solid one it can be easier with horses who have trouble organizing themselves to step up into the trailer. It makes a more

Before Travelling

Be sure your trailer is serviced regularly. Money spent on trailer maintenance is a good investment. Periodically inspect the floor under the mats for rot and loose boards, especially along the edges where the floor rests on the frame, and check the body for signs of corrosion. Periodic mechanical inspections will prevent breakdowns and help insure safety.

Rubber mats prevent slipping when the horse is loading. If you are traveling more than a couple of hours absorbent bedding makes a more pleasant and safer ride for your horse. The bedding absorbs urine instead of it splashing back on your horse and prevents the floor from becoming slippery. If you travel long distances with your horse there is a product called Pro-Cushion (www.pro-cushion.com) that goes under the rubber mats that reduces road heat, makes the floor more shock absorbent and reduces the sound. We have used it for about 3 years and wouldn't go without it.

Before loading, check that the brakes on both the tow vehicle and trailer are in good working condition.

- Lights and turn signals work
- · Tires are in good condition and inflated correctly
- You have a spare tire
- Safety chains are crossed under the hitch on a bumper pull.
- Breakaway chain and battery are in place
- Horse equipment is loaded, including spare halter and lead rope.

If your horse normally loads fairly well and suddenly refuses to go in the trailer, check the hitch; the floorboards and the axels to be sure that something is not amiss. I have had several experiences where horses suddenly refused to load and when we decided to check the underneath of the trailer saw loose floorboards; a broken spring and a hitch that was about to fall off the trailer. Horses can feel when something is different as they go on the trailer or something may have happened during the last trip.

The Octopus TTouch

What is the difference between the Octopus and the Python Lift? Both start at the top of the leg and end at the hoof. The only way to explain the difference is to feel it. The Octopus has some of the same benefits of the Python Lift— it increase circulation, awareness, balance and is revitalizing for tired legs. We use it with horses that have difficulties with the farrier; after trailering a long distance; at rest stops on endurance rides; for horses that are nervous and lack self-confidence and to improve balance.

Octopus TTouch

Start with your hands around the horse's foreleg, a few inches below the elbow, with your thumbs pointing at a 45-degree angle towards each other. Rotate your hands as you slide your thumbs three to four inches down the leg. Push the skin upward about six inches and slide each hand, with the thumbs on top, to the inside of the leg. At the top of the lift, slide your thumbs away from each other around to the inside of the forearm. As your hands come around the inside of the leg, rotate and set one hand on top of the other.

Slide your crossed hands lightly down the inside of the horse's leg to just below his knee. Pause for a few seconds and then move your hands back up the inside of the leg to where you started. Rotate your hands so your palms and fingers make contact with the inside of the leg and slide your hands around the leg toward you.

As your hands come on the outside of the leg, rotate your hands so your baby fingers are on top, your hands will cross and one wrist will be resting on top of the other. Maintain contact with the inside of your hands-fingers on inside of the leg and the thumbs on the outside pointing downward. Slide all the way down to the ground, giving a squeeze on the hoof.

Repeat the movement starting on four different places on the horse's leg - upper forearm, just above the knee, a few inches below the knee and a little about the fetlock.

Python Lifts

Used to relieve and release muscular tension and spasm. It helps relax nervous horses and improves balance and circulation. Great for people and dogs.

How to: The whole hand is placed around the leg with just enough pressure to gently support the tissue up about 1/2" - 1"; pause for a few seconds and then maintain the support as you slowly return the tissue to the starting point. If your horse tenses or moves away lift less and change your pressure.

Variation: Use the Coiled Python - making an Abalone TTouch with one hand and then do a lift with both hands; pause and slowly support the tissue back to the starting place.

