



## **ONLINE VIDEO ASSESSMENT INSTRUCTIONS**

Welcome to your online video assessment. In this document you can find specified instructions on what and how to video your horse in order to get the most out of it. Please read through thoroughly and also [watch the videos on how to perform an assessment](#). You can find these under [Members → Online Support Program → Module 2 Biomechanics](#).

Video's that don't meet the requirements below will be returned to sender and cannot be assessed.

## DESCRIPTION

For a full online assessment, we need at least 3 different shots with a length of either 10 minutes' maximum per video or **25 minutes in total**.



### REQUIRED BASIC SHOTS

SHOT 1 – Full body close up → Palpation & Observation (2-5 min is enough)

SHOT 2 – Horse walking and trotting up and down in a straight line (1 one time each gait), small turns (2-4), circles (2-4 and backing-up (2 times) on preferably a harder surface than sand. If the horse can manage than please show some canter too.

Total length of video is ideal between 4-8 minutes.

SHOT 3 – Training → Either in hand, ridden, lungeing, long reigning or tack less.

## GENERAL INSTRUCTIONS

- Use a regular halter or cavesson
- Try not to influence the horse's posture in any way
- Don't film against sunlight and be aware of dark shadows
- Try to get rid as much as possible of any background noises
- Make sure to use as high quality as possible (smartphone at least)
- Make sure to film horizontal so the images fill up the entire screen

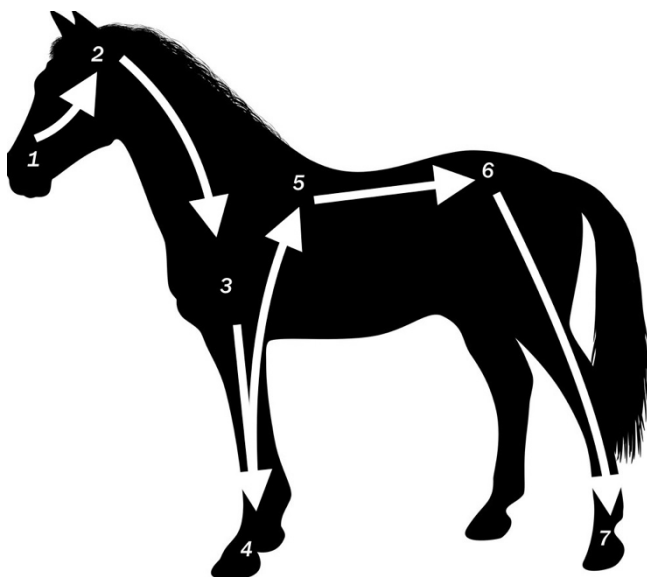
- Make sure you're not walking in front of the horse i.e. blocking the sight
- Make sure to zoom in as much as possible and film straight in front of the horse
- Tie a knot in the tail of your horse as much as possible for a better view of the legs

## SPECIFIC INSTRUCTIONS PER SHOT

### SHOT 1 – Standstill

Try to square up your horse as much as possible and then film your entire horse close up – about one meter distance - so we can see all of the body.

Please film in this order:



- 1. Start at the left side with the nose*
- 2. Go up to the ears*
- 3. Follow the neck down to the shoulder*
- 4. Follow the shoulder all the way down to the front feet*
- 5. Follow back up again to the withers*
- 6. Follow the entire length of spine*
- 7. Follow down again until the hind feet*
- 8. Turn over to the other side and return in reverse order*

### SHOT 2 – Movement

1. Walk your horse up and down in a straight line in walk for 2 times. Start with walking away from the camera. Make a small turn to the left upon returning towards the camera. For the second time, make a small turn to the right upon returning.

2. Repeat the same protocol but then in trot. You can transition to walk again to make the small turns upon returning.

3. After doing this, repeat the straight line 2 more times: 1 in walk and 1 in trot and film from a sideways perspective this time so we can see the gaits from the side as well.

4. Finally, ask your horse a couple of steps backwards, filmed from a sideways - lateral - perspective.

### SHOT 3 – Training

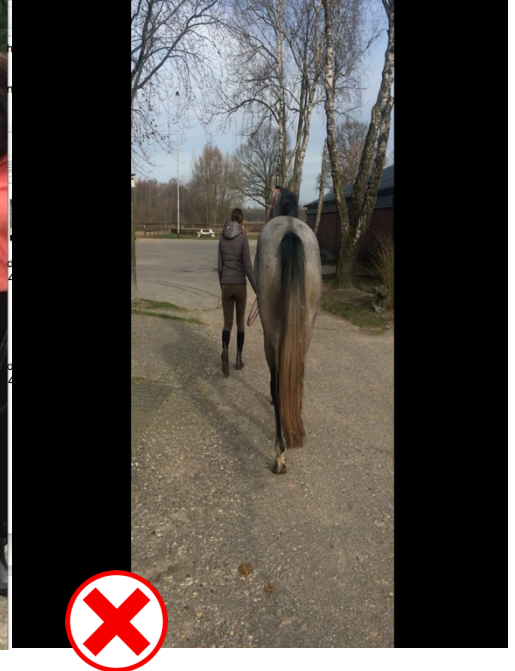
Film some of your recent training. This way, we can see how biomechanics of the horse is changing with your interaction and within a training environment. A few requirements:

1. Show your regular training on both the left and right sides. Either work on the ground, lunging or riding.

2. No special requirements for training exercises, just show what you're doing normally and what you like to show us.

3. Make sure you're also filming from warming up phase and not the end of your training so we can see your build up.

## EXAMPLES



*All screenshots were taken from videos shot with an older model iPhone!*

*ABOVE: On the left: Correct filming. walking – straight line – rear view. In the middle: Correct filming. walk – straight line – front view. On the right: Incorrect filming (vertical position camera). Horse and handler are not filling up the screen and video can therefore not be commented.*





*BELOW: On the left: Correct filming. Trot – straight line – side view. On the right: Incorrect filming (vertical position camera) and not zoomed in and walking with too much angle. Horse and handler are not filling up the screen and video can therefore not be commented.*



**GOOD LUCK, I AM LOOKING FORWARD TO RECEIVING  
YOUR ASSESSMENT SOON!!**