



Saddle Fit Checklist for the Rider

If the saddle doesn't fit the rider, the rider's pain, discomfort and imbalance will be translated down to the horse and can negatively impact the fit to the horse. This checklist will help you determine if the saddle fits you.

Yes No

- 1 Can you achieve shoulder-hip-heel alignment?
- 2 Can you feel your seat bones in the saddle?
- 3 Do you move with the horse (as opposed to behind the movement)?
- 4 Can you comfortably sit the trot and canter?
- 5 Do your toes point Forward with your feet in the stirrups?
- 6 Are your hips comfortable and free of tension/soreness?
- 7 Do your legs naturally fall comfortably beneath you?
- 8 Does your saddle allow you to sit upright (w/o feeling leaned/tilted)?
- 9 Is the saddle comfortable for your pubic region?
- 10 Do the thigh-blocks allow you room to move freely?
- 11 Does your seat and back move freely with the horse at a walk?
- 12 Is the saddle comfortable for your tailbone?

If you answered NO to any of the questions, it's time to call a CEE or CSE. Contact us on Facebook to find a certified fitter in your area.