



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

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.