

2 HOOF Practitioners may offer small group sessions “Pad Parties“ in addition to Private Sessions

Motto: Safe, Fun, Educational

Requirements for authorization at the 2 HOOF level:

- 1) Complete 2 HOOF application online and submit application fee.
- 2) Hold a current certificate of insurance or the equivalent in the applicant's respective country.
- 3) Register on-line for a 2-Day SURE FOOT 2 HOOF Workshop or equivalent.
- 4) Complete the online prerequisite course for becoming a 2 HOOF Practitioner.
- 5) Receive recommendation by a 3 or 4 HOOF Practitioner for 2 HOOF Level.
- 6) Attend a 2-Day SURE FOOT Workshop with an authorized 4 HOOF Practitioner.
- 7) Minimum 4 pairs of different density SURE FOOT Equine Pads for the case studies.
- 8) Acknowledge, understand and demonstrate recognition of risk involved when working with horses in groups.
- 9) Acknowledge, understand and demonstrate how to stay safe around any horses i.e. best practices for horse handling skills.
- 10) Ability to remain calm and flexible around people and horses when working in groups.
- 11) Submit six case studies with a minimum of three as video case studies.
(See “How to do case studies.”)
- 12) Two case studies demonstrating the use of SURE FOOT under saddle.
- 13) Whenever possible assist a 2, 3 or 4 HOOF Practitioner with group sessions.
- 14) Complete the online course and quiz following your 2-Day SURE FOOT Workshop*.
- 15) Prior to authorization the 2 HOOF Practitioner applicant must show that she has at her disposal a set of 6 Standard SURE FOOT Pads plus a Half and Full Physiopad for small group demonstrations.
- 16) All requirements must be completed within one (1) calendar year following application.
- 17) Know how to have a good time!!

The following self-evaluation preparedness form is broken up into sections:

- Safe Environment for holding small group sessions
- Safe Practices
- Positioning Pads
- Placing Hoof on Pads
- Horse standing and moving off Pads
- Observations on and off Pads
- Working with Horse Owner
- Self-Awareness and Observation
- Stay Present in the Moment

An example of session: 3-4 horses with owner per Practitioner spread over approximately 2½ -3 hours – allow 30-45 mins per horse with ½ to 1 hour group theory (depending on the size of the group) including having the people stand on SURE FOOT Pads in a Balance Trail.

2 HOOF Practitioners need to have a solid understanding of the origins of SURE FOOT, the concept of giving the horse a choice rather than training, the benefits and contraindications for using SURE FOOT, ease when in public and ability to manage a group.

Many of the group skills needed for working with small groups are acquired with experience and it is not the intention of the SURE FOOT Workshops to teach all the skills required. The intention of the Workshop is to build the 1 HOOF Practitioner's foundation with a solid understanding of SURE FOOT and how to use the Pads in groups with unmounted and mounted horses.

It is highly recommended that there be no more than 2 horses unmounted or one horse mounted are in the arena at one time in these small groups. Use of the Balance Trail is another key component for 2 HOOF Practitioners so that people feel the differences in order to more fully understand what may be happening with the horses while on SURE FOOT Pads.

Applicants must demonstrate the following to be authorized:

Understanding of SURE FOOT Equine Stability Program

1. Know why it is called a Program and who started it.
2. Feel confident working with groups of people and horses.
3. Know the different SURE FOOT Pads by the colors, shapes and what each is suggested for.
4. Know which Pad to suggest first to an individual horse and why.
5. Know when to introduce a different Pad and how/why one would choose it.
6. Recognize when only one Pad is sufficient or why you might choose to add another Pad for an individual horse.
7. Understand proprioception and how SURE FOOT maybe influencing the horse through these receptors in simple terms.
8. Have a basic understanding of equine anatomy and physiology regarding fascia and the horse's skeleton.
9. Be comfortable discussing observations and signs that the horse's autonomic nervous system is shifting from sympathetic to parasympathetic.
10. Describe how SURE FOOT seems to improve the human connection, performance, support chronic illness, aid in rehabilitation/recovery from injury/accident, and enhance training.
11. Be able to discuss what conditions the Pads may assist with – (i.e. horse has laminitis, locking stifles, drags toes, trips, won't take a canter lead, won't trailer, is scared or scary, bucks, won't be caught, etc.
12. Be able to explain how the Pads may help an owner with their horse
13. Be comfortable when a horse will not stand on SURE FOOT Pads and be able to reassure the client that this is also good information.
14. Be able to address the owner's concerns if the horse gets worse during the session.
15. Refer clients to their veterinarian if there are any health issues before starting with the SURE FOOT Program.
16. Encourage participants to engage in social media and supportive groups such as the Fans of SURE FOOT Facebook group.
17. Provide details of where Pads can be purchase i.e. surefootequine.com follow link to country.

Purpose: It is essential for the 2 Hoof Practitioner to keep track of more than one horse and a small group of people without distraction. The ability to explain the intention of SURE FOOT, the inception and function of the SURE FOOT Pads gives confidence to the clients. The ability to answer a variety of questions while working with horses requires the Practitioner to be proficient in the use of Pads. Keeping the atmosphere light and fun is the key to learning! Working with horses under saddle requires more experience than working with horses unmounted. The ability to read the situation and ensure the safety of all participants is of utmost importance.

1. Establish safe practices

1. Control arena
2. Manage people
3. Handle horses
4. Use helper when needed
5. If owner not suitable as helper, ask the owner to stand on Pads and let them know it will be easier for them to observe if they are further away from the horse.

Purpose: The safety of all concerned should be utmost in the 2 HOOF Practitioners mind. The ability to assess a horse's response when presented with a Pad and to manage the space so that the horse has sufficient room to move is imperative to prevent accidents and/or injuries. Keeping a safe distance from the horse, moving about the horse and allowing the horse to move without obstruction. Observing the activities of the participants in their conduct around the horses and taking steps to intervene when a situation does not look safe is important. The ability to stay calm in any circumstance and give clear direction to ensure the safety of all present is the 2 HOOF Practitioner's foremost concern when working in groups.

2. Experience using SURE FOOT with a wide variety of horses

- 2.1 Mounted
- 2.2 Unmounted
- 2.3 All breeds, disciplines, activities

Purpose: Working with a wide variety of horses, riding disciplines and activities prepares the 1 HOOF Practitioner for the wide range of horses and people that may attend a small group session. Diversity and non-judgmental attitude toward different breeds and disciplines is a must for a successful outcome to any SURE FOOT experience.

3. Speaking voice

- 3.1 Able to project
- 3.2 Confidence speaking
- 3.3 Friendly tone yet firm if need be
- 3.4 Use of amplification when available
- 3.5 Control of sounds around you (participants talking, use of phones, etc.)
- 3.6 Be congruent - thoroughly knowing your subject will come through in your voice

Purpose: The ability to communicate clearly and be heard by the students attending small group sessions is important for the safety of all concerned. A confident speaking voice, especially if something goes wrong is key to maintaining control of the situation. While safety is of the utmost concern it is important to project confidence and friendly tone when working in wide variety of environments and conditions. Do not let outside influences inflect in your voice even if there is an annoying outsider attempting to disturb your session.

4. Presentation Skills

- 4.1 Comfortable with people
- 4.2 Capable of answering questions including from skeptical participants
- 4.3 Process oriented rather than goal oriented
- 4.4 Understand that there are no failures only opportunities to observe
- 4.5 Entertaining and informative for an audience
- 4.6 Aware of surroundings including audience i.e. are they interested, intrigued or is their attention drifting or the person is feeling uncomfortable and/or leaving
- 4.7 Time management
- 4.8 Engage all members of the group even if they appear disinterested
- 4.9 Adaptable such as when horses won't stand on Pads or simply don't turn up!

Purpose: The ability to handle a wide variety of questions, types of people personalities and surroundings is important to the success of small groups. Not all horses will respond to SURE FOOT right away and it's important that the 2 HOOF Practitioner is able to keep the participants focused on the process and not the outcome of the session. Gaining the attendee's interest in sensing, feeling and observing while keeping the environment light and fun is the best way to overcome a number of obstacles especially if working in a noisy or busy barn or arena.

5. Observational skills

- 5.1 Make subtleties obvious such as small muscle twitches, swaying, eye blinking
- 5.2 Nothing is "wrong", i.e. what caused the horse to step off the Pad?
- 5.3 Anything that happens provides an opportunity to learn
- 5.4 Attentive to audience and equines

Purpose: The key to engaging an audience is to help them see subtle details. Most people will miss a lot of the changes if they are not engaged in the process of observing. The ability of the 2 HOOF to point out small movements, weight shifts and explain why a horse might walk off a Pad or not want to stand on one is key to creating a positive learning environment for the participants. Verbalizing those changes, without judgement trains the participants to become objective in their observations.

6. Focus on the horse:

- 6.1 Let horse owner be involved in placing Pads – show don't tell
- 6.2 Help owner observe
- 6.3 Teach the horse owner to give the horse space
- 6.4 Be curious without judgment
- 6.5 Allow horse the choice
- 6.6 Point out repeating patterns without emotion
- 6.7 Remind the owner this is not training
- 6.8 The SURE FOOT Program is based in the Feldenkrais® Method
- 6.9 Suggest Pads for the owner to purchase
- 6.10 Encourage owner to join the Fans of SURE FOOT Equine Stability Facebook group.

Purpose: The horse's life will not change unless the owner is engaged. The 2 HOOF Practitioner has the potential for making significant improvement in the lives of the horses present in the small group but also for any other horses with whom the participants come in contact. Therefore the attitude, presentation and engagement of the participants is critical to a positive outcome for all. Helping the owners see their horse in a new way, pointing out small changes and being able to explain why the horse responds in a certain way draws the participants in. A safe, fun and educational environment is the key to success with small groups.

7. Be present for your audience

- 7.1 Pay attention to small signs of discomfort
- 7.2 Walk the horse off after a minute or two the first time
- 7.3 Do not expect results
- 7.4 Allow time and space for horse to process
- 7.5 Look for small changes
- 7.6 Be curious
- 7.7 Have the horse owner stand on Pads
- 7.8 Recognize when to let the horse stand on Pads for a longer period
- 7.9 Recognize when the horse has had enough

Purpose: The focus and engagement of the Practitioner influences the horse and participants, therefore when presenting SURE FOOT it is important to be fully present in the moment. Practitioners are expected to act professionally whenever representing SURE FOOT to an individual or small group.

Make it FUN!