



ASFA Saddle Fitting Fact Sheet – Is it time for a Saddle Fit?

The ASFA 15 Saddle Fit Checks

To help you determine whether you're due for a saddle fit, use the following ASFA 15 Saddle Fit Checks:

5 Horse Behavioural Checks

1. Does he wince when you touch his back, or try to kick, bite or is generally not happy when you groom him or saddle him up?
2. Is he cold backed when mounted?
3. Does he generally resist your aids or does he go with [False Collection?](#)
4. Does he have muscle loss, dry spots, broken or white hairs?
5. Is he difficult to shoe or resists raising his legs?

5 Saddle Checks

1. Does your saddle tip you off balance either forwards, backwards or to one side or does the saddle just not feel right?
2. Is there less than 2 fingers clearance along saddle panels to his spine?
3. Does the saddle seem to have uneven pressure through the panels down behind your horse's shoulder or along his back?
4. Is your saddle new and has not been fitted?
5. Has it been more than 6 months since your last Saddle Fit?

5 General Checks

1. Has your horse recently come into work?
2. Has your horse's diet recently changed?
3. Has your horse recently recovered/recovering from an injury or illness?
4. Is your horse new?
5. Are you sharing a saddle with other horses?

If you have answered "Yes" to any of these questions, it's time to book an appointment with your [local ASFA Accredited Saddle Fitter](#). Your ASFA Accredited Saddle Fitter is also trained to recommend other specialists if the problem is something other than saddle fit.