

Para Dressage ABC's
Steps to get started in Para Dressage:

A. Classification

To compete in Para Dressage you will need to be classified: Classification information may be found [HERE](#).

- Apply to request a National Classification through USEF Para Equestrian Director, Lauren Johnson at lkjohnson@usef.org, 908-997-3008.
- Application must be submitted 6 weeks prior to classification event and must include:
 - a. The USEF Classification Request Form;
 - b. Completed and signed USEF Consent for Classification;
 - c. USEF Medical Diagnostic Form and any additional supporting medical documentation;
 - d. USEF VI Medical Diagnostic Form (For Visually Impaired Athletes).
- After documentation has been reviewed by chief classifier and if athlete meets eligibility criteria a classification date will be set. (If request is not approved the reason(s) will be provided)

B. Training

- Search for a barn near you
 - a. that is a designated USEF Center of Excellence (COE) to help you and your trainer. COE Directory may be found [HERE](#);
 - b. Alternatively, USEF has a list of Para Dressage coaches. Coach Directory may be found [HERE](#). > You can train at a trainer's barn of your choice;
 - c. Have current trainer attend a USEF Para Dressage Coaches Clinic.

C. Memberships (Horse & Rider)

- If you choose to compete you will need the following memberships
 - a. USEF: <https://www.usef.org/join-usef>
 - b. USDF: <https://www.usdf.org/>

D. Documentation

- a. A **USEF Dispensation / Classification Certificate** (provided by USEF once you are classified);
- b. FEI Registration for Rider and Horse, done through USEF Membership Portal, if competing in CPEDI (International level competition).

E. Available Classification Grants

- a. USEF grants: [Found HERE](#)
- b. USPEA grants: [Found HERE](#)

F. Programs to enhance your training with feedback:

- a. USEF COE Clinic's [Found HERE](#)
- b. USPEA Virtual Judging Program [Found HERE](#)