**Session Plan for:** Riding Out Safely

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| Name |  | Level | Platinum |
| Topic | Riding Out Safely | Lesson | 1 |
| Subject | Ride and lead – reins in one hand | Location | Arena |
| Resources & Requirements | Suitable horses, enclosed arena, poles, cones | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Welcome  Safety information  Introduce subject for today – riding with reins in one hand  \*Participants will have completed the Ride Safe Award so will be familiar with riding with the reins in one hand |
| *60 mins* | **ACTIVITIES:**  **Ridden activity**   1. Warm horses up 2. Discuss reasons why might need to ride with reins in one hand 3. Demonstrate how to hold reins and include position of whip 4. Discuss/demonstrate aids– use of body position 5. Participants to practice walk and halt transitions going large 6. Introduce simple turns to make changes of rein 7. Introduce work in trot and canter if appropriate 8. Cool down   **Exercise ideas:**   1. Make a halt at each letter around the arena 2. Place cones or poles to help guide horse around turn 3. Simple school figures with cones or poles to help guide horse, gradually remove cones/poles as the rider becomes more confident 4. Place a line of cones on ¾ line for participant to weave in and out 5. Set up simulated road with junctions – participant to practice making right and left turns |
| *10 mins* | SUMMARY  Give feedback to each rider |
| PROGRESSION  Practise riding with reins in one hand  Ride and lead | |

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| Name |  | Level | Platinum |
| Topic | Riding Out Safely | Lesson | 2 |
| Subject | Ride and lead – preparing to ride and lead | Location | Arena |
| Resources & Requirements | Suitable horses, enclosed arena, tack and equipment for ride and lead | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Welcome  Safety information  Introduce subject for today – introduction to ride and lead |
| *90 mins* | **ACTIVITIES:**  **On yard:**   1. Discuss how to pair horses for ride and lead 2. Discuss the equipment required for ride and lead 3. Demonstrate how to tack up for ride and lead, including how to attach lead rope or thread reins through bit   **In the arena:**   1. Demonstrate ride and lead including: mounting, position of horses, voice aids, turning, transitions, dismounting 2. Allocate pair of horses to a pair of participants 3. Participants to lead horses to arena and check tack 4. Lead horses held by participants 5. Participants mount ridden horses 6. Warm horses up and practice riding with reins on one hand 7. Lead horses to be handed to riders, coach support to ensure positioning correct 8. Recap on voice aids and positioning 9. Participants to ride and lead in walk going large around arena 10. Talk through how to change the rein and ask participants to make simple turn across the arena to change direction 11. Practice walk to halt transitions 12. Discuss how to dismount and recap on positioning 13. With assistance from participants on ground, riders to dismount 14. Swap riders and repeat |
| *20 mins* | SUMMARY  Give feedback to each rider  Group discussion |
| PROGRESSION  Practise ride and lead | |

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| Name |  | Level | Platinum |
| Topic | Riding Out Safely | Lesson | 3 |
| Subject | Ride and lead – preparing to ride and lead | Location | Arena |
| Resources & Requirements | Suitable horses, enclosed arena, tack and equipment for ride and lead | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Welcome  Safety information  Introduce subject for today – introduction to ride and lead |
| *90 mins* | **ACTIVITIES:**  **On yard:**   1. Revise tacking up for ride and lead 2. Demonstrate how to mount up holding both horses and dismount 3. If required demonstrate ride and lead technique   **In the arena**   1. Allocate pair of horses to a pair of participants 2. Participants to lead horses to arena and check tack 3. Participants to mount up holding both horses with assistance from coach 4. Recap on voice aids and positioning 5. Participants to practice ride and lead, make sure riders leave enough room for both horses 6. Recap on how to dismount and recap on positioning 7. With assistance riders dismount 8. Swap riders and repeat   Exercise ideas:   1. Simple walk and halt transitions 2. Simple changes of rein focusing on the position of lead horse, ensuring leave enough room to turn. 3. Basic school figures 4. As riders become more practiced introduce cones for rider to steer through 5. Introduce short bursts of trot in straight lines |
| *20 mins* | SUMMARY  Give feedback to each rider  Group discussion |
| PROGRESSION  Practise ride and lead | |

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| Name |  | Level | Platinum |
| Topic | Riding Out Safely | Lesson | 4 |
| Subject | Ride and lead –ride and lead | Location | Arena |
| Resources & Requirements | Suitable horses, enclosed arena, tack and equipment for ride and lead, simulated road route | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Welcome  Safety information  Introduce subject for today –ride and lead on simulated road route   * Participants will have already achieved their Ride Safe Award so will be familiar with the rules of riding on the road |
| *90 mins* | **ACTIVITIES:**  **In the arena**   1. Pair participants up and ask them to walk the road route on foot in their pair, as if they were ride and leading 2. Recap on the rules of riding on the road and encourage them to think about: positioning on the road, how much room they need, hazards on the kerb side such as drain covers, turning safely, signalling 3. Tack up horses for ride and lead and mount up 4. Warm horses up by going large and practicing signalling 5. Practice left turns 6. Practice right turns 7. Focus on positioning at junctions 8. Dismount with assistance 9. Swap riders if required |
| *20 mins* | SUMMARY  Give feedback to each rider  Group discussion |
| PROGRESSION  Practice ride and lead outside an arena | |

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| Name |  | Level | Platinum |
| Topic | Riding Out Safely | Lesson | 5 |
| Subject | Organised rides | Location | Classroom and yard |
| Resources & Requirements | Flip chart, pens, access to items, online access to find local rides or printed maps of larger well known rides | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Welcome  Safety information  Introduce subject for today – organised rides |
| *90 mins* | **ACTIVITIES:**  **In the classroom**   1. Discuss what the participants know about an organised ride 2. Print out a map of a ride and discuss the route. Identify and discuss any potential hazards 3. Discuss the horses they ride regularly and whether they would be suitable to take on the ride 4. Discuss fitness levels required for horse and rider 5. Create a fitness programme for the horses and riders to follow if they were planning to go on an organised ride   **On the yard:**   1. Ask participants to find equipment or write down items not available to take with them 2. Discuss the equipment and any potential items missed 3. Look at the tack and check for safety. Discuss any extra equipment you might use 4. Check and discuss the fit of the tack on the horse 5. Discuss the condition of the horse’s shoes/feet 6. Discuss any other health checks you could make |
| *20 mins* | SUMMARY  Group discussion  Questions |
| PROGRESSION  Riding as a group | |

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| Name |  | Level | Platinum |
| Topic | Riding Out Safely | Lesson | 6 |
| Subject | Riding as group | Location | Field |
| Resources & Requirements | Horses and ponies suitable for riding in a field, field suitable for riding in walk, trot and canter | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Welcome  Safety information  Allocate suitable horses to riders and check tack and mount up in arena or on yard if suitable |
| *90 mins* | **ACTIVITIES:**   1. Walk riders to field 2. Warm up ride in closed order, remind them what to be aware of when riding on grass 3. Discuss the different horse personalities and suitable pairings of horses and riders 4. Discuss suitable intervals to leave between horses and set riders off in their pairs in walk around the field 5. Riders to assess the route for suitability to trot and canter 6. Discuss their findings 7. Riders to practice trotting and cantering in pairs. Riders can be side by side or one behind the other 8. Discuss any issues that arise and suitability of pairings 9. Send pairs in opposite directions so they will have to pass each other. Discuss how to pass other horses safely 10. Join groups together and discuss a suitable order for the horses 11. Riders to practice walk and trot around field as group. Riders to plan between them route and where to make transitions. Remind riders about the importance of communication between them 12. Discuss the order chosen. If more than one group, did the group waiting have any issues? 13. Send riders in opposite directions so they have to pass each other 14. If suitable, canter work can be included 15. Walk horse to cool off 16. Discuss how work in a field can be useful for improving horse and rider fitness |
| *20 mins* | SUMMARY  Group discussion  Questions |
| PROGRESSION  Riding as a group longer distance | |

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| Name |  | Level | Platinum |
| Topic | Riding Out Safely | Lesson | 7 |
| Subject | Hazards | Location | Field, hack |
| Resources & Requirements | Horses and ponies suitable for riding in a field, field suitable for riding in walk, trot and canter, hazards (such as log, show jump, gate, ditch, water, trees…) | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Welcome  Safety information  Allocate suitable horses to riders and check tack and mount up in arena or on yard if suitable |
| *90 mins* | **ACTIVITIES:**   1. Walk riders to field 2. Warm up ride 3. Practice trotting and if suitable cantering in pairs/small groups/one group as appropriate 4. As group discuss the hazard and how they might approach it 5. Discuss any potential issues caused by riding large group such as horses moving out of sight/getting left behind/refusing to stand 6. Practice negotiating hazards (these can be built in a field or ones found out on a hack), encourage riders to assess risk e.g. ground conditions, and consider how their actions may affect other horses and riders 7. Cool down horses |
| *20 mins* | SUMMARY  Group discussion  Questions |
| PROGRESSION  Hacking over a variety of terrain | |

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| Name |  | Level | Platinum |
| Topic | Riding Out Safely | Lesson | 8 |
| Subject | Riding out | Location | Pre-determined hacking route |
| Resources & Requirements | Horses and ponies suitable for hacking | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Welcome  Safety information  Allocate suitable horses to riders and check tack and mount up in arena or on yard if suitable |
| *90 mins* | **ACTIVITIES:**   1. As a group discuss the route to be ridden or look at a map. 2. Identify areas suitable for walk, trot or canter and any potential hazards 3. Discuss a suitable order for horses 4. Can split ride into pairs/smaller groups and start at intervals 5. Tack up horses and check tack for safety 6. Riders to demonstrate ability to ride out safely as part of a group 7. Horses washed or brushed off as required afterwards   \*If appropriate riders could take part in an organised ride or you could set up your own ‘organised route’ for your riders to follow |
| *20 mins* | SUMMARY  Group discussion  Questions |
| PROGRESSION  Hacking over a variety of terrain | |

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