

RIDE SAFE TRAINER GUIDE



The
British
Horse
Society



Career
Pathways



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THE RIDE SAFE TRAINER ROLE

With increased leisure time, more and more horse riders are getting out and about on their horses. Nobody rides on the roads by choice but, for many, there is little option, as they move between one off-road area and another. It is vital, therefore, that all riders seek proper training to help them cope with the ever increasing volume of traffic. The British Horse Society is working tirelessly to make riding (particularly on the roads) safer for all riders, horses and other users. As a Ride Safe Trainer, we are relying on you to support this action and help promote safer riding for all.

We have produced this guide to support you in the delivery of the Ride Safe Challenge award. It should be used in conjunction with the Ride Safe Guide, the Ride Safe Silver Challenge booklet for candidates and any of the activity plans that you can adapt to suit your clients. If you have any further questions, please contact us at education@bhs.org.uk.

Good luck and safe coaching!

HELP US TO HELP MAKE RIDING OUT SAFER

The BHS collates statistics which are released each year to help us understand the rate of incidents involving horses and riders on UK roads. The latest statistics can be found at www.bhs.org.uk

The number of licensed vehicles in Great Britain has steadily increased over the last 20 years and this trend is likely to continue.

We have been offering advice to drivers about the safest way to pass a horse on the road and sharing our Dead Slow campaign to increase driver awareness and training. It is now our responsibility to educate ALL horse riders. By supporting our coaches in the area of Ride Safe training we hope to reach far more riders and help them to become safer on the roads and all other environments. As a trainer, we ask you to ensure that the riders that come to you, know where to report any near misses/accidents on the road regardless of the severity as it helps prove to local councils that further education or signage is needed.

Our horse incidents reporting app, Horse i, allows riders to quickly and easily submit details of any incidents they encounter directly to the BHS via a mobile or tablet device, and we encourage you to spread the word among your riders.

WANT TO KNOW MORE?

For clarity, an incident is any unplanned event that has:

- resulted in a rider or handler feeling concerned (for example verbal abuse)
- resulted in a horse reacting in an unsettled way (for example excessive noise)
- the potential to cause injury to a rider, handler or horse even though it may not have at this time (a near miss)
- already caused injury to a rider, handler or horse (an accident)



The British Horse Society

Download our new incident reporting app

Horse i

Download on the App Store

GET IT ON Google Play



INCREASE AWARENESS

Another important aspect of your training is to make sure that your riders are aware of the Highway Code and how it relates to horse riders and fundamental road signs. You should promote an awareness for riders to enjoy the countryside and respect its life and work with courtesy, care and consideration for others and for the land.

It is also vital that they understand how to show courtesy and appreciation to other route users so that we foster good relationships for the future.

With an increasing number of reported incidents involving horses and vehicles, we're building on our solid foundation of road safety education and campaigning to make drivers aware of what to do when they encounter horses on the road, so promote the following steps for your riders to share with any drivers they know.

FOUR SIMPLE STEPS FOR DRIVERS

1. Slow down to a maximum of **10mph**
2. **Be patient**, I won't sound my horn or rev my engine
3. Pass the horse **slow and wide**, (if safe to do so) allowing at least 2 metres of space
4. **Drive slowly away.**





PLANNING YOUR TRAINING

To effectively coach riding safely in a variety of environments, it is important to ensure you are current and as up to date as possible. Before training riders for this award it is important that you familiarise yourself with the requirements and content of each section.

If there are any technical aspects that you would like support with, then contact your Ride Safe Advisor, use the BHS online resources, or contact the BHS Education department (education@bhs.org.uk) for advice.

WANT TO KNOW MORE?

To find out who your local Ride Safe Advisor is go to the BHS website: bhs.org.uk/go-riding/find-a-coach-or-group/

Facilities

You will need a suitably sized arena or safely enclosed field to train your riders and sufficient equipment to set up the simulated road route. The road route should be on quiet or private roads or a mixture of both, but where the riders should meet some traffic. The route should include right and left turns and somewhere to make a U-turn, these could be into a field gateway or car park entrance, as long as they allow the riders to 'treat' them as the public highway and demonstrate correct practice for each. The route must be easily observed. Although it is important to make the training as practical as possible you will need to cover some theory, so a suitable area for this is required, ideally somewhere warm and dry in case of bad weather.

Riders may choose to do this award on their own horses or ponies. If you have no prior knowledge of the horse and rider combination it will be beneficial to arrange an assessment session with them before the start of the group training to make sure they are safe and suitable for all the aspects of the award.

Number of Sessions

The number and length of sessions a rider will need to complete during the training will vary depending on a number of factors, such as their age, riding experience and ability, whether or not they are drivers and their individual learning style. Finding out this information for each rider before you

start the training will help you plan the amount of time required. For example, children may find it easier to concentrate for shorter periods of time so putting on a longer course with shorter sessions may be more beneficial. If your riders are less experienced, you may need to factor in extra time to improve their riding skills first. Experienced riders or riders with their own horses may only need a few sessions to refine their techniques.

If you are training riders from the local area include in your simulated and on road training the types of road conditions, lay outs or hacking routes that they are likely to use. For example if it is near the coast, you may focus more about riding on beaches, or if it is a busy area concentrating more on avoiding riding at rush hour and how to cope with more traffic.

Signing off the checklist

For your riders to achieve the Silver Ride Safe award, you should be confident that they are able to demonstrate the necessary knowledge, understanding and skills as outlined in the booklet. They should be aware of potential hazards, give clear signals, perform safe manoeuvres and not put themselves or anyone else in danger.

Throughout the award you will be working with the riders to complete the checklist at the back of the Ride Safe Challenge Award booklet. As with the other Challenge Awards there is no need to arrange a formal assessment day to do this. The checklist can be signed off during the training sessions when the rider has demonstrated the skills or knowledge required with minimal assistance.

In preparation for the riders to ride on the road without instruction, you should arrange for the riders to ride a road route where they can showcase the

skills they have learnt during the course. You can choose a familiar route or an unknown route which you can walk with the riders first. Although you won't be coaching them around the route, the riders should be observed the whole time. This could be by you and another coach or a steward (you may need more than one depending on the route chosen) who have the knowledge and confidence to step in and help if there is a concern or safety issue. To make the situation as close to real life as possible the observers shouldn't try to influence the flow of traffic or the behaviour of other users on the route unless there is a potential safety issue.

Training tips

- Everyone has a preferred way of learning and as a coach you need to be prepared to put the same information across in different ways. When planning your sessions try to include variety for example, discussion, demonstration and reflection to allow for your riders preferences.
- When giving feedback, focus on the positives both during the session and when giving your feedback at the end. Think about what they have done well and tell them that first before discussing what areas they need to continue to develop and improve.
- Break down what they need to be able to do into small steps, for example, practise observing and giving clear hand signals when they are having a theory session, then when walking the simulated and road route and then finally putting it together practicing on the horse.
- If a rider doesn't seem to be improving reflect on how you can adapt your plan to help them. You could work with them one to one, break down the tasks into smaller steps and allow the rider time to process and practise each

step before moving on to the next or pair the rider with a friend who they are comfortable with and who can offer support. Consider the horse they are riding, if they don't feel confident on the horse it will affect everything else they do.

- Give riders time to learn, set them some homework between sessions, rules and road signs for example. Have handouts, along with the booklets, that can be taken home.
- After each training session reflect on how you feel you managed and coached the session. Consider which areas or types of coaching got the best results or the riders seemed to enjoy, and which areas didn't work well or didn't seem to help the riders improve. This will help you plan your next session or course and adapt and improve your coaching skills.

Notes



THEORY KNOWLEDGE

This section covers the underpinning knowledge that riders should have, to ride safely when out and

about whether that is on a road, off road or in a collecting ring with other riders.

You need to train the riders to:

✓ **Make safety checks before riding out**

Why is it important to make them before riding out and demonstrate the checks to make.

Recognise how weather or road conditions may increase risk

Riders should be able to discuss how and why the weather and road conditions can affect their decision to ride out

✓ **Understand the importance of PPE for rider and horse including hi-viz**

What PPE should they wear and how to check it is up to standard. Why wearing Hi-Viz is so important and the difference it makes to their visibility to other route users.

✓ **Know what type of insurance is recommended and how to obtain it**

The British Horse Society strongly encourages all riders and horse owners to hold public liability insurance as if their horse causes damage to another person or property, the rider may be liable to pay considerable cost. BHS Gold members have public liability insurance* included within their membership. (*terms, conditions and territorial limits apply).

✓ **Recognise where they can and can't ride**

They need to be aware of the rules that apply to horse riders on and off the road.

✓ **Know the rules the Highway Code/ The Rules of the Road that apply to horse riders**

Which rules apply to them and why it is important to follow them. They should also understand rules that apply to other route users who might be sharing a route.

✓ **Identify common road signs and markings**

How these can affect the actions of other route users and themselves.

✓ **Follow The Countryside Code**

How they can safely share routes with other users.

✓ **Follow the rules of the school when riding with other riders**

Riders need to know the rules of the school and how to apply them when riding with other riders in areas such as a collecting ring, fun rides.

✓ **Recognise potential hazards**

How they may affect their horse's behaviour.

Know what to do in an emergency

Riders should be able to discuss steps to follow in the event of an emergency. They should know what apps can be used to pinpoint location and what information might be needed to pass on to emergency services. They should know who to contact if a horse is injured or loose.

✓ **Report incidents**

They should be aware that all incidents no matter how small they seem should be reported on the Horse i app.

Checks

Encourage riders to think about what checks they should make before they set off for a ride and why. This can make for an interesting discussion, especially if you have riders on their own horses. Checking items such as the stitching on the reins and stirrup leathers is something that should be carried out regularly but occasionally riders aren't as vigilant with these checks as they should be. Make sure you explain why it is important to check things such as the condition of the horse's shoes and hooves, tack fit and how the weather or road conditions can affect the route.

Other things to include in your discussion are how local events such as hunts, shoots, cycle or running races can mean the route is busier or noisier than normal and how to find out when these types of events are on.

PPE

All riders should know where to find the safety standard labels in their hats. Compare different brands of hats and look at how the labels differ. Make your riders aware that any reviews or changes in standards for rider PPE can be found on the BHS website bhs.org.uk/go-riding/riding-out-hacking/what-to-wear/

Some riders may choose to wear a body protector or an air jacket to ride in. These should be fitted correctly by a professional and up to the current standard. Be aware that not all centres allow riders to wear air jackets in group situations, so make sure you check the centre policy first.



Show your riders where to find the safety standards in their hats

Time of year

The time of year can influence the types of hazards your riders might meet out riding.

Ask your riders to think about a route they ride regularly (this could be around the yard or a route that they ride on their own horse and if they notice any changes throughout the year? Ask them to think about the visibility when the trees are in leaf and then in the winter when the leaves have fallen off. Does this affect how far they can see or how easy it is to be seen by other route users?

Think of some scenarios and ask the group to discuss how it could affect them riding out. For example: the clocks changing, freezing temperatures, harvest time or rush hour.

Highway Code and Countryside Code

The Highway Code and Countryside Code both apply to horse riders. Some common misconceptions riders may have include that they can ride on the pavement (they can't!) and that road rules such as one-way streets don't apply to horse riders (they do!). They need to be able to identify common road signs and markings and understand how these might affect the actions of the traffic around them, for example a speed limit sign.

What can be confusing though is that there are different rules for riding off road depending on which nation you are in. In England, Wales and Northern Ireland riders can ride on bridleways that are signposted with way markers. In Scotland riders should follow the guidelines in the Scottish Outdoor Access Code and Land Reform Act (Scotland) and riders in Ireland should refer to the Rules of the Road for information.

As a coach delivering Ride Safe you should be aware of the differences between the nations and have a thorough understanding of the rules that apply in your area so you can advise your riders correctly.

Hierarchy of road users

Riders should be aware that a 'hierarchy of road users' has been introduced that prioritises those most at risk on our roads. The idea is to highlight that those who can do greater harm have greatest responsibility to reduce danger to others. However this does not remove the need for all road users to behave responsibly. The full hierarchy prioritises road users in the following order with those viewed as most vulnerable at the top.

- *Pedestrians
- *Cyclists/Horse Riders
- *Motorcyclists/Horse Drawn vehicles
- *cars and taxis
- *Vans and minibuses
- *HGVs

Hazards and emergency situations

As we are all only too aware there are many things that our horses may see as a hazard when riding out. Other route users, road works, dogs in gardens or litter on the floor are just some of the things that horses may react to. Every horse is different and what scares one horse may not scare another so it is important that you teach your riders not to become complacent and to be on the look out for potential hazards every time they ride and also the skills required to ride past them safely.



Road signs, wheelie bins and even different coloured road surface can all be viewed as potential hazards

Training tips

- Try to make the theory sessions as interactive as you can and make sure all riders take part.
- Split the group into smaller teams and give them tasks to complete and then feedback to the wider group.
- Encourage riders to share their experiences of riding out (if they are comfortable doing this) this is a good way to get discussions started.

Supporting sections in the Ride Safe guide

- Chapter 1. Before I leave the yard
- Chapter 2. Setting off
- Chapter 3 Sharing routes with other users
- Chapter 4. Potential hazards
- Chapter 5. Riding off the road
- Chapter 6. Riding on a beach
- Chapter 8 Low-flying aircraft and drones



TRAINING GROUPS OF RIDERS IN AN ENCLOSED SPACE

In this part of the training, you need to ensure that your riders can control their horses safely when working in a group. They need to ride in a secure balanced position and be able to apply the aids to control their horse in walk and trot. These skills need to be developed to make sure that riders can safely control a horse on the road or in other environments, such as a collecting ring or open spaces.

The priority for this section is for riders to develop the skills they need to ride safely in a variety of environments. You are looking for them to be sufficiently secure and balanced in the saddle but they don't need to have a perfect position or be on the correct diagonal in trot, as long as they are not detrimental to the horse's way of going, can control their horse and don't put themselves or anyone else in danger.

You need to train the riders to:

- ✓ **Ride with other riders in an arena in open order**

Working in an enclosed space with other riders should show that riders have awareness of who and what is around them. As the coach your job is to develop the rider's awareness of space and safe distances when riding in a group.

- ✓ **Independently control their horse in walk and trot**

To ride safely on the road or in open spaces riders need the basic skills to control the horse in halt, walk and trot including turns and transitions. The ability to ride in open order and independently in an arena with others needs to be well developed before riders are safe to ride out of the arena and particularly when riding on roads. They need to be taught the skills to position their horse to the side of the road or change pace to avoid danger, ride accurate turns at junctions and when negotiating hazards.

- ✓ **Ride in walk and trot with the reins and whip in one hand**

In preparation for giving arm signals riders need to demonstrate they can maintain control of their horse when riding with the reins in one hand. They need to learn to use their leg and seat aids to influence the direction of the horse and to have their reins at an appropriate length. Train them to carry the whip in the same hand as the reins, preferably across the horse's opposite shoulder and encourage them to relax the free hand down.

- ✓ **Show awareness of rules of the school**

Riders should both know and use the rules of the school to maintain their own and others safety when riding in an arena with other riders. They should have awareness of when to turn in off the track, when to give way to another rider and how to enter and leave the arena safely.

- ✓ **Ride on opposite reins and pass safely**

When riding on opposite reins riders should be aware of the safe procedure of passing left to left. They should also be aware of leaving sufficient space for each other. Passing other riders safely is an important skill, it helps to develop control over their own horses and awareness of others.

Riding as part of a group

Riding in a group situation where every rider is doing their own thing can be daunting for some riders. This is especially relevant if they are used to following instructions from a coach and not having to take responsibility for themselves and their horse. Riders on their own horses may do this all the time but some riders who have only ridden at a centre may not have had the chance to develop this skill so be prepared to work through the basics and offer support where it is needed. A reminder of the rules of the school can be a useful place to start for all riders.

Be aware that some horses don't like others getting too close to them. Where possible avoid using these horses for this session especially when the riders are still learning.

Riding with the reins in one hand

When teaching riders to ride with the reins in one hand encourage them to put their reins and whip in their outside hand and maintain a suitable contact down the rein. They should change hands when they change the rein. Often riders don't know what to do with their free arm, encourage them to relax and let their arm hang down by their side. As your riders become more confident at riding with one hand on the reins you can include exercises such as bending around cones to help improve their co-ordination and aids.



Bending games are a fun way to help riders improve their co-ordination and confidence riding with the reins in one hand

- Showing awareness of other riders in the arena will help develop the riders observational skills required for riding outside. Encouraging riders to think of other riders in the arena as 'traffic' will help to increase this skill.
- A show jump collecting ring presents new challenges to riders as they have to learn how to approach, jump and ride away safely from a warm up fence, whilst avoiding other riders. Start by introducing the red and white flags on a pair of cones for riders to practise riding through. Encourage them to plan their route before and after the cones and to be aware of what other riders are doing.
- Relate the work in the arena to the skills the riders need to ride out. Riding accurate halts in preparation for stopping at junctions, thinking about their positioning when passing other riders in preparation for passing vehicles or hazards and being able to control the speed of their horse and make accurate turns.

Training tips

- In a large arena it can be easy for the riders to avoid getting too close to each other. Once your riders are confident with working in open order reduce the size of the area they are working in so that the riders will have to pass each other more frequently. This helps them to improve their awareness, plan ahead and learn to react quicker to the unexpected.
- Before starting to work your riders in open order, set some ground rules and make sure your riders are familiar with the rules of the school.

Supporting sections in the Ride Safe guide

Chapter 7. Rules of the school

Notes



SIMULATED ROAD ROUTE

For this part of the training riders will demonstrate the skills and knowledge required to ride their horse safely on a road but in a controlled environment under constant supervision.

As part of the training riders will need to dismount and demonstrate how to lead their horse safely on a road.

You need to train the riders to:

- ✓ **Understand where to position their horse on the road and why it is important for their safety**

Riders need to use their knowledge from the theory section to identify and demonstrate where to position their horse on the road and what might affect where they can ride. This includes positioning at junctions, riding left and right turns and negotiating hazards including leading in hand on the road.

- ✓ **Ride right and left turns**

Riders need to demonstrate the difference between riding a left and right turn, show clear signalling and observational skills and the ability to control their horse with the reins in one hand when giving a signal.

- ✓ **Ride a U turn**

Riders should be aware of where and why they would ride a U turn. They need to demonstrate a correct procedure showing observations and giving clear signals whilst maintaining control of their horse and their own and others safety.

- ✓ **Ride past a hazard**

Riders need to demonstrate the skills of controlling and positioning their horse whilst passing a hazard and having awareness of other route users and their own safety.

- ✓ **Share the route with other horses and pass them safely**

Whilst passing safely and courteously, riders need to exhibit excellent awareness when riding on the road with others. This can include riding as a pair both side by side and one behind the other.

- ✓ **Demonstrate an emergency dismount, lead and remount**

Riders need to identify a safe place to halt, then dismount quickly and safely. They need to demonstrate how to lead their horse on the road, know why this procedure is used and what to be aware of. Riders then need to identify a safe place to remount their horse.

Setting up the route

Riding in a simulated road environment allows your riders to learn and practise the skills they need to ride safely on the road without the worry of other route users. You can set up the simulated route in an arena or enclosed field, using poles or dressage boards to mark out the edges of the road. The 'road' should be wide enough to allow enough space for two horses to pass each other safely in the opposite direction. The route can be as simple or as complicated as you want but as a minimum should contain a 'main' road with a junction to give the riders the opportunity to practise both right and left turns.



An example of a simple road route set up

As the riders become more competent you should vary the types of junctions to include a flared junction, crossroads or even a roundabout. Try to include features that your riders may come across when out hacking locally. Hazards can be built from equipment such as blocks, fillers, or cones and can be positioned anywhere along the route. Place some plastic discs or small markers along the route to make pretend drains or manhole covers for riders to negotiate.



Include flared junctions as your training progresses

Walking the route

Walking the simulated route on foot gives you the chance to find out the rider's knowledge and understanding of riding on a road and their understanding of the theory sessions. Discuss how to position the horse on the road, what type of things they should look out for (drain covers, potholes, road camber) and why. Demonstrate on foot, how to ride a turn at a junction including how to signal and the importance of observing and then get the riders to practise these skills on foot. Once the riders are confident on foot start to ride through the simulated road route on horses.

Making a right turn

How to make a right turn often throws up questions. Understandably some riders will want to cross the road as quickly as possible to get their horse to safety on the opposite side. Tarmac and metal shoes are not an ideal combination and riding across the road on a diagonal line can unbalance the horse and increase the risk of the horse slipping or even falling. This risk is increased further if the rider trots across the road. Riding straight across the road and then making a right turn on the opposite side, reduces the the distance and makes it easier for the horse to balance reducing the risk of sliding.



Make sure the riders walk straight across the road when making a right turn

Signalling

When teaching riders how to signal break it down into simple steps. You can introduce the different signals in the theory sessions and when teaching the riders to ride with the reins in one hand. As you walk the simulated road route on foot, demonstrate where and when to signal and how long to hold it for before including it in the ridden sessions, firstly with the horse standing still and finally when moving.

If a rider continually signals right and then turns left or vice versa ask them to speak out loud which way they are turning to

focus their mind. If you have a rider that struggles with their left and right you can ask them to wear a different coloured glove on each hand, or wear a watch on one wrist or try attaching coloured tape to one of the reins to help them.

Dismounting, leading and remounting

Ideally riders should only dismount if it is really necessary when riding out. It is usually safer for them to stay mounted. Discuss with your riders reasons why they might have to dismount and make them aware of safe places to stop and what they should consider, for example why a layby may be a good place but outside a school at finish time might not. They should be able to dismount quickly and safely from either side, (remind them to watch out for the poles when practising on the simulated route) and prepare the horse to lead. Crossing their stirrups over before dismounting saves the rider having to manoeuvre around the horse on the ground and ensures the stirrups are safely out the way for leading. For ease and quickness the right stirrup can be crossed over the horse's neck and the left one over the saddle when the rider has dismounted. This can be reversed if the rider has to dismount from the off side. Using this technique means either stirrup can be easily uncrossed first. Don't forget to encourage the rider to observe all around them as well. Not all riders will be aware that when leading on the road they should position themselves between the horse and the traffic. You may need to spend some time helping the riders (and on occasion the horses) to lead from the 'wrong' side. Discuss with your riders what they should consider when looking for a place to remount and how to do this safely. You can position mounting blocks along the simulated route for riders to use.



Discuss what type of objects can be used as a make-shift mounting block when riding out

Training tips

- Riders should be encouraged to observe all around them regularly. Be aware that often riders will turn their heads but not actually take in what is happening behind them especially on the simulated route where they know a vehicle is very unlikely to appear.
- To improve your riders' observational skills, use an exercise where riders are have to describe out loud what is in their vision directly behind them at car level so they are constantly reviewing the situation. If suitable place items or pictures along the route and see how many the riders noticed at the end.
- To develop rider confidence at riding junctions, set up a cross roads where riders have the choice of riding straight, turning left or turning right. Have several riders riding the junction at the same time from different directions to help improve rider awareness and observation of other route users.
- Encourage the riders to observe each other and if suitable ask them to peer assess and provide feedback to each other.
- When riders enter the arena at the beginning of the session observe and give feedback on leading and mounting for the emergency dismount section, this way you are supporting and helping the riders with an important section of the simulated route without them realising.

- Ensure before starting the emergency dismount section all riders have practiced stopping and standing still, if a horse doesn't like standing still make sure that you prepare the rider to dismount swiftly to reduce the amount of time the horse is asked to stand for.
- In preparation for leading on the road, riders can practise leading their horses from the off side into and out of the arena before and after the session and to the mounting block during the session.

Supporting sections in the Ride Safe guide

Chapter 3. Sharing routes with other users

Chapter 7. Rules of the school

Notes



TRAINING RIDERS TO RIDE ON THE ROAD

This should be a showcase of all the training both theory and simulated, to ensure that when riding on the road the riders

demonstrate safety, awareness and consideration to all other route users.

You need to train the riders to:

Ride a pre-determined road route Riders need to demonstrate their ability to ride their horse safely on a road route with other route users.

✓ **Position their horses safely**

Riders need to use their knowledge from the theory and simulated section to identify and demonstrate where to position their horse the road and be aware of any potential hazards that could affect their positioning.

Use appropriate signals to communicate with other route users Riders need to show observational skills throughout and give clear signals to indicate their intentions to other route users.

✓ **Perform right and left turns and a U turn**

Riders need to demonstrate how to make at least two right and left turns and in a safe place make a U turn giving signals as required.

Acknowledge other route users

✓ Riders need to demonstrate how to thank other route users and understand why it is important to do it.

The Road Route

Ideally the road route will be on a quiet road with light traffic to allow the rider to demonstrate their skills in a real-life situation. The route can be a familiar route or a new route to the rider. Both have their challenges when training. When a rider is familiar with a route, they can be complacent and have a “this never happens on this road” attitude. Whereas a new unknown route may cause the rider to overthink the situation, be hesitant and could lead to them reacting in a way that is confusing to other route users especially if the rider feels under pressure.

It's unlikely that you will be able to observe the whole route by yourself so getting together with other coaches or stewards can be useful here. Position them around the route so that they can observe the riders and give them constructive feedback on that section. To keep the situation as 'real life' as possible the flow of traffic or other route users shouldn't be influenced by the people observing.

Some riders may prefer to ride the route as a pair and if using centre horses this option can be safer especially if the horses aren't used to being ridden out on their own. To ride safely as a pair the riders should communicate with each other and ideally take turns at leading. If there is a suitable section they can also choose to ride side by side. Please note: Riders are not allowed to ride side by side on the road in the Republic of Ireland.



Walking the Road Route

Walk the road route on foot with the riders to give them the opportunity to familiarise themselves with the route and to talk to you about any potential hazards they identify. Not all eventualities will be covered on every road route but the importance of observation and signalling skills should be reinforced.

It is good practice for all members of the group to wear High Vis when walking the road route and if there is no pavement remember to walk facing the on coming traffic.



The road route should be suitable for the rider to demonstrate the skills they have learnt

Summary

Before you sign off the checklist for your riders, remember to share the wider concept of keeping ALL our riders as safe as possible. Encourage them to join a local BHS committee and share their new found knowledge and experience with others. For more information about our access groups go to: bhs.org.uk/about-us/our-access-work/

Training Tips

- Before heading out to the road the rider must be able to control their horse safely in the arena.
- Encourage riders to always try to make eye contact with other route users and smile especially when thanking them.
- Make sure the riders observe all around them regularly, even if they can't hear a vehicle. Cyclists and electric or hybrid cars are hard to hear and may startle the horse.
- When you walk the route discuss the junctions and turns the riders will make. If its safe get the riders to practise the signals on foot.
- Remind riders why they should never signal to ask a vehicle to overtake them, but let the driver make the decision if it is safe to pass.

Supporting sections in the Ride Safe guide

Chapter 3. Sharing routes with other users

Chapter 4. Potential hazards

Helpful Links

bhs.org.uk/advice-and-information/common-incidents bhs.org.uk/our-work/access/reporting-a-problem bhs.org.uk/advice-and-information/planning-a-ride bhs.org.uk/enjoy-riding/ bhs.org.uk/our-work/safety

The Highway Code

highwaycodeuk.co.uk/ bhs.org.uk/advice-and-information/the-law/highway-code

The Countryside Code

gov.uk/government/publications/the-countryside-code

The Scottish Outdoor Access Code

outdooraccess-scotland.scot/

Road Safety Authority Ireland

nidirect.gov.uk/articles/horse-safety-road
nidirect.gov.uk/articles/highway-code



what3words

Riding Out Safely Bronze

I can :	Coach checklist
List suitable clothing for horse and rider when riding out	☐
Explain why high-visibility clothing should be worn	☐
List some hazards I may come across out hacking	☐
Recognise common road signs and markings	☐
List some of the countryside code	☐
Describe why observations are important when riding out	☐
Demonstrate the correct positioning on a road	☐
Make safe right and left turns	☐
Demonstrate how to say thank you to another route user	☐
Ride out with a ride leader on a walk hack.	☐

Ride Safe Silver

I can demonstrate how to:	Coach checklist
• Prepare my horse and myself to ride out • Check my tack for safety before mounting • Ride with the reins in one hand • Ride in an enclosed arena with other horses in walk and trot • Signal to other route users that I'm turning right • Signal to other route users that I'm turning left • Ask another road user to slow down • Ask another route user to stop • Say 'thank you' to another route user • Position my horse safely to ride straight over at a crossroad • Position my horse safely at a T-junction and make a right turn • Position my horse safely at a T-junction and make a left turn • Position my horse safely at a flared junction and make a right turn • Position my horse safely at a flared junction and make a left turn • Ride safely past a hazard on the road • Perform an emergency dismount • Lead my horse on a road • Remount • Ride on the road safely	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



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Notes

bhs.org.uk/pathways

Registered Charity Nos. 210504 and SC038516

