

About the Rider Silver awards – coach guidance



Riding flat silver

	Notes for guidance
<p>I can list the sequence of footfalls for canter</p> <p>I can describe why riding in a balanced position is important</p> <p>I can describe the aids to ask for canter</p> <p>I can ride in a balanced position in walk, trot and canter</p> <ul style="list-style-type: none"> a) on both reins b) on the correct trot diagonal c) on the correct canter lead d) transitions between all three paces <p>I can ride school figures in walk and trot:</p> <ul style="list-style-type: none"> a) 3 loop serpentine b) figure of eight c) half circles back to track/teardrop shape <p>I can ride in a group lesson:</p> <ul style="list-style-type: none"> a) as lead file b) as part of the ride 	<ul style="list-style-type: none"> ▫ <i>Footfalls for canter:</i> starts with the outside hind, then inside hind and outside foreleg as a diagonal pair, inside foreleg and then a moment of suspension ▫ <i>Importance of balanced position:</i> basic understanding of; improved comfort and performance for horse and rider, means you can carry your own weight easier, sit in the correct position, control your body position and move with the horse, be in synch with the horse ▫ <i>Aids for canter:</i> Sitting trot for couple of steps, outside leg behind girth, inside leg by girth and squeeze with legs ▫ <i>Ride in walk, trot and canter:</i> rider to show a secure and balanced position that does not hinder the horse and rider not relying on reins for balance. Neckstraps are allowed. ▫ <i>School figures:</i> to be ridden accurately under instruction ▫ <i>Group lesson:</i> Participant should show an awareness of safety through their positioning of the horse in the arena and be aware of safe distances between horses and should be able to maintain safe distance without prompts. Lead file demonstrates an awareness of setting a pace the rest of the ride can follow. Within the ride should demonstrate an awareness of maintaining safe distances between horses and what to do if get too close or left behind.

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Riding jump silver

	Notes for guidance
<p>I can ride in a balanced, light seat in walk, trot and canter</p> <p>I can outline:</p> <ul style="list-style-type: none"> a) the phases of the jump b) how to ride a good approach and getaway c) rider position c) differences between fence types <p>I can ride:</p> <ul style="list-style-type: none"> a) a course of five ground poles in trot b) a single ground pole in canter c) a single cross pole from trot (height 30cms) d) a single upright fence from trot (height 30cms) 	<ul style="list-style-type: none"> ▫ <i>Phases of jump:</i> should be aware of; approach, take off, flight, landing, getaway ▫ <i>Riding an approach and getaway:</i> should be able to discuss a straight line approach with the horse in an active trot, aiming for centre of fence. Getaway – rider should be upright and balanced, ride straight line and turn after, horse ridden forward in trot or canter ▫ <i>Rider position:</i> rider should ‘fold’ when jumping and move with the horse ▫ <i>Fence types:</i> should be aware that when jumping a cross pole they should aim for the centre/lowest part. When jumping a straight pole ideally aim for centre of fence ▫ <i>Riding in light seat:</i> should be able to maintain balance over walk, trot and canter that does not hinder the horse and not relying on reins for balance. Neckstrap can be used ▫ <i>Course of ground poles:</i> should be set up to allow smooth turns and straight lines to poles, rider uses space available and sensibly, ▫ <i>Single ground pole in canter:</i> straight line approach, balance of rider maintained, forward going canter (rhythm and tempo) ▫ <i>Single fences from trot:</i> Single fences can have a trot placing pole to help both horse and rider. Placing poles must be at a safe distance suitable for your horses and ponies (see Appendix A for distance guidance). Jumps should be at least 30cms



Riding out safely silver

		Notes for guidance
Prepare to ride	<ul style="list-style-type: none"> I can identify common road signs and markings I can list rules of the Highway Code that apply to riders I can describe how to ride and lead horses on the road I can list the current safety standards for riding hats I can give a reason for wearing reflective and fluorescent clothing when riding on the road 	<ul style="list-style-type: none"> <i>Common road signs and markings:</i> Participant should be able to identify a minimum of two road signs and two markings Road signs could include: road narrows, give way, traffic lights ahead, road works ahead, oncoming traffic has priority, you have priority over oncoming traffic, national speed limit and other speed limit signs, pedestrian, horses, farm animals, wild animals, school children, roundabout ahead, stop, no entry, road closed or lane closure, no u-turns, incline/decline, no horses, no cycles, no vehicles Road markings include: give way, stop, centre of road <i>Highway Code:</i> Participant to list minimum of three rules <i>Safety standards:</i> current standards are on the BHS website https://www.bhs.org.uk/advice-and-information/tack-and-equipment/what-to-wear/headwear <i>Ride and lead:</i> A brief description is required for purposes of emergency only (ie leading horse back if rider injured) (not for training or exercise as covered in Platinum). Suitability of temperament of horses to be considered (ie if too dangerous then call for assistance if possible). Rider needs to be able to control their horse with one hand (again if cannot do this safely call for assistance). Rider will lead horse on the left. Can lead from lead rope (if carried one) or reins. Prepare reins or leadrope dismounted and run stirrups up. If using reins unbuckle reins and thread the nearside rein through both bit rings then buckle back up. If using lead rope take reins off bridle, clip leadrope onto nearside bit ring, take end of rope under horse's chin, thread lead rope through off side bit ring, loosen slightly then loop tail end of lead rope around the off side bit ring again. <i>Why reflective/fluorescent clothing worn:</i> so horse and rider can be seen clearly and sooner. Reflective reflects light; fluorescent brightly coloured <i>Hazards:</i> three of the following or similar; other road users, pedestrians, road works, parked vehicles, wheelie bins, traffic lights, dogs, loud noises

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<p>Preparing to ride out (this takes place in an enclosed area using a simple simulated road with right and left turns)</p>	<ul style="list-style-type: none"> • I can check my tack for safety before mounting • I can list the rules of the school to follow when riding with other horses in the arena • I can ride in an enclosed arena with other horses in walk and trot • I can demonstrate how to ride past a hazard • I can demonstrate how to signal right and left to inform other road users • I can demonstrate how to ask a car to slow down or stop • I can demonstrate how to thank other road users when riding • I can perform an emergency dismount 	<ul style="list-style-type: none"> ▫ <i>Check tack for safety:</i> areas to look for include stitching and buckles of leather, stirrups leathers, comfort of tack for horse ▫ <i>Understand the rules and requirements of riding with others in enclosed arena:</i> can be indoors or outdoors, an area of approximately 20mx40m is sufficient. It is not a riding assessment as such, but the focus should be on if the rider is in control and showing an awareness of the environment and safety of themselves and others. Walk and trot only is required. Ideally a minimum of two riders riding together to demonstrate application of rules of the school. Maximum group is determined by size of arena and coach risk assessment. If participant is completing this on an individual basis a discussion on the rules of the school is sufficient. ▫ <i>Ride past a hazard:</i> this could be a simulation set up in the arena using cones, jump wings, mounting block etc. Demonstrate as if on a road with correct observations and signals. <i>Observations:</i> to be aware of surroundings behind and in front of you ▫ <i>Signals:</i> observations and signals made appropriately, rider maintains safe control of horse ▫ <i>Thanking road users:</i> Can be via a wave or nod, smile or verbally saying thank you ▫ <i>Emergency dismount:</i> to include: observation all round, take both feet out of stirrups. Cross right stirrup over front of saddle (on horse's shoulder). Transfer whip to left hand. Look around again. Dismount (right or left depending on situation/safety/positioning etc). Place left stirrup over the seat of saddle. Reins over head (if not wearing a martingale). Observe all around for traffic and position yourself between horse and traffic before moving off.
<p>Riding outside</p>	<ul style="list-style-type: none"> • I can ride on the road by myself • I can ride on the road as part of a pair 	<ul style="list-style-type: none"> ▫ <i>Ride out:</i> Hack minimum of 10 minutes. Could be on quiet roads, a driveway or private roads. Can ride in pairs but should demonstrate lead file for the purpose of riding on own. When in a pair ride leader should be on the outside. Riders should be aware to remain a suitable distance to each other. Highway Code followed at all times. Show awareness of surroundings at all times. Can maintain control of horse. Uses appropriate hand signals where necessary, but default position is two hands on the reins wherever possible. Ride safely in relation to surroundings and environment.

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Riding Fit silver

This award should focus on improving awareness of exercises and lifestyle choices they can implement at home to improve their riding. Your role, as coach, is to help explain why improving their fitness, posture etc can help to improve the riding experience for them, and their horse.

	Notes for guidance
<p>I can describe how to bend forward correctly, and understand why it is important</p> <p>I can give examples of ways to improve my strength and mobility</p> <p>I can describe how to sit in a chair for the best way for my body</p> <p>I can describe where the core is</p> <p>I can describe a posture that will strengthen my lower back</p> <p>I can describe the following movements, and give a benefit for each of them</p> <p style="padding-left: 20px;">a) founder pose</p> <p style="padding-left: 20px;">b) shoulder mobility exercise</p> <p style="padding-left: 20px;">c) calf stretch</p> <p>I can list three things to improve my symmetry</p> <p>I can list three things I can do to improve my cardiovascular fitness</p>	<ul style="list-style-type: none"> ▫ <i>Bending forward:</i> Should recognise to keep their back straight, bend from the hips and soften the knees. Important for lower back health, and to improve hip mobility, which will help with their riding ▫ <i>Improve strength and mobility:</i> adopt a correct lifting and carrying technique, vary the way they carry items (for small loads) to engage different muscle groups, for heavy loads use a trolley or wheelbarrow. Sitting correctly and keeping a good posture when sitting and walking will improve overall posture and mobility ▫ <i>Sitting:</i> back straight, feet flat on the floor, no slouching, leaning, or sitting cross legged for long periods, (see 6 steps on page 7 of information booklet) ▫ <i>Core:</i> area from the last rib to the top of the thigh, from the front, back, sides, top and bottom. Participants should be able to point this area on their body ▫ <i>To strengthen back:</i> One example is the founder pose (page 8 and 9 of information booklet), other examples can be given that you may have offered during delivery or that they suggest themselves ▫ <i>Founder pose:</i> feet hip distance apart, knees soft and keep back straight. Reach out in front of you until a stretch is felt (page 8 of information booklet) ▫ <i>Shoulder mobility exercise:</i> Follow steps in page 11 of booklet ▫ <i>Calf stretch:</i> page 12 of information booklet ▫ <i>Improving symmetry:</i> Main aim is to try and increase the use of the non-dominant side of body for everyday tasks. Some suggestions on page 15 of information booklet but they can come up with some of their own ▫ <i>Improving cardiovascular fitness:</i> Few suggestions on page 17 of information booklet but can accept their own suggestions. Shouldn't be anything too

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<p>I can state the effect of rider weight on horse performance</p>	<p>strenuous for them, but if concerned advise they speak to a doctor before beginning a fitness plan.</p> <ul style="list-style-type: none">▫ <i>Rider weight:</i> on a basic level; it can affect how freely and comfortably a horse can move whilst being ridden. Could discuss the size of saddle to rider and how this affects the rider's balance and weight distribution. Any other findings from the study 'The effects of rider weight on horse performance' available at www.bhs.org.uk/rider-weight-study can also be discussed
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