

About the Rider Gold awards – coach guidance

Riding flat gold



Riding your horse	Notes for guidance
<p>I can outline the benefits of riding without stirrups</p> <p>I can cross the stirrups over the horse’s neck</p> <p>I can ride in a balanced position in walk and trot without stirrups</p> <p>I can list the rules for riding in open order</p> <p>I can ride 20m circles in canter</p> <p>I can ride 5m shallow loops on each rein in walk and trot</p> <p>I can ride a change of rein in walk using two half 10m circles</p> <p>I can ride free walk</p> <p>I can carry and use a schooling whip</p>	<ul style="list-style-type: none"> ▫ <i>Benefits for riding without stirrups:</i> helps to develop an independent seat, improves feel through your seat, helps rider to become more supple, helps improve balance ▫ Cross stirrups: whilst mounted, due care not to bang horse with stirrup iron, left stirrup on top, pull buckle down for comfort ▫ Ride without stirrups: Neck strap allowed. Rider not relying on reins for balance ▫ <i>Rules of school:</i> Should be able to list; pass left to left, if walking use inner track, give way to riders working at a faster pace, halt on centre line or away from track, look up and ahead, be aware of other riders, be considerate to others ▫ <i>Riding free walk, shallow loop, change of rein and circles:</i> figures to be ridden accurately. Rider to show a balanced and secure position that does not hinder the horse and not relying on the reins for balance. Neck strap allowed. ▫ <i>Carry and use a schooling whip:</i> Rider to show they can hold and position the whip correctly and swap over safely when changing rein ▫

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Riding jump gold

	Notes for guidance
<p>I can describe different types of jumps I can recognise which direction a fence should be jumped I can describe the affects an unbalanced rider can have on a horse’s jump I can plan a route around a course of fences I can jump in a secure, balanced position:</p> <ul style="list-style-type: none"> a) a cross pole from canter (50cms) b) an upright fence from canter (50cms) c) a spread fence from canter (50cms) d) a course of five single fences (including cross poles, uprights and spread fences) from canter (50cms) 	<ul style="list-style-type: none"> ▫ <i>Types of jump:</i> one single rail and one spread type from the following; cross pole, straight bar upright, ascending spread, parallel spread ▫ <i>Direction of jumping:</i> awareness of where the number for the fence is positioned, or red/white flags, some fences can only be jumped in one direction (e.g. ascending spreads) ▫ <i>Unbalanced rider:</i> two of the following; a balanced rider can plan smoother turns and straighter lines this helps maintain balance of horse, a balanced rider helps keep a horse straight so the horse can judge when to take off, horse is less likely to trip, stumble or knock a pole, horse less likely to run out or refuse, leaning forward too much, or being unbalanced after landing puts extra weight/strain on horse’s front legs, horse’s getaway may be unbalanced so preparation for next fence is hindered ▫ <i>Planning a route:</i> assistance from coach to help walk a course of fences, participant should show basic knowledge of lines, turns and speed ▫ <i>Jumping:</i> Participants to show a secure and balanced position that does not hinder the horse. Emphasis is on an independent position with the rider not relying on the reins for balance. Neck straps are allowed. Participants should be able to demonstrate riding balanced turns, approaches and getaways to all fences and recognise and change the canter lead when required, be in balance with the horse over the fences.



SUPPORTING YOU THROUGH EVERY STAGE

Riding fit gold

	Notes for guidance
<p>I know why riders should be physically fit I can describe how to find my neutral pelvis I know why squats are beneficial to my riding position I can describe a movement that will help to strengthen my upper body I can list ways to improve my cardiovascular fitness I can describe how to stretch my hamstrings I can describe how to stretch my glutes I can give reasons why exercises and stretches are beneficial for riders</p>	<ul style="list-style-type: none"> ▫ <i>Fitness:</i> A rider with a good level of fitness will find it easier to maintain their balance and position, and support their horse’s balance and straightness. They will get less out of breath during their riding. The rider should find it easier to sit symmetrically, which allows the horse Overall, this reduces the risk of injury to horse and rider ▫ <i>Neutral pelvis:</i> they can describe, or show you, how to move tuck the pelvis under, or lifted at the back; neutral is half way between this range of movement ▫ <i>Squats:</i> strengthen the whole body; but more specifically the lower back, glutes and hamstrings; all used when riding ▫ <i>Strengthening the upper body:</i> can describe elbow tucks or cobra exercise (both page 15 of information booklet), or other exercise that would have similar benefit ▫ <i>Improve cardiovascular fitness:</i> cycle, jog, long walks over varying terrain, swim, reformer (suggestions on page 7 of information booklet) ▫ <i>Hamstring stretch:</i> describe movement on page 17 of information booklet, or another type of hamstring stretch ▫ <i>Glute stretch:</i> describe movement on page 17 of information booklet, or another type of hamstring stretch ▫ <i>Benefits of exercises and stretches:</i> keep muscles a healthy length, to prevent injury, to prevent aches and pains



Riding out safely gold

	Notes for guidance
<p>I can list relevant legislation relating to where I can ride my horse in the countryside</p> <p>I can describe how to ride across farmland</p> <p>I can give reasons why hi-viz clothing should be worn when hacking in the countryside</p> <p>I can list some safety considerations before riding out as a group</p> <p>I can control my horse in walk, trot and canter in an open area in a group</p> <p>I can demonstrate how to ride up and down hills</p> <p>I can ride out safely in a group</p> <p>I can dismount and remount from the offside</p> <p>I can open, ride (or lead) through, and close, a gate</p> <p>I can find a suitable route to ride on a local map</p>	<ul style="list-style-type: none"> ▫ <i>Legislation:</i> An awareness of legislation for their country of residence (England, Scotland, Wales, Northern Ireland, Republic of Ireland), and any regional legislation if applicable ▫ <i>Riding across farmland:</i> use existing paths or tracks; keep to the edge of a field, ride along any unworn ground providing this does not damage crops, using parallel or alternative routes on neighbouring land, be considerate in wet weather ▫ <i>Hi vis clothing:</i> help to stand out against foliage, help to stand out for other users (walkers, cyclists, low flying aircraft), if you were to be separated from your horse it helps anyone looking for you to find you ▫ <i>Safety considerations:</i> three of the following; relevant insurance (public liability minimum), tell someone where you are going and how long you are expecting to be, carry a fully charged mobile with ICE details, take a map if a new route, ride with a friend, walk the route if a new route, long sleeved top to protect from trees/sun, check tack for safety and fit, check horse’s shoes, wear hi-vis, check for low-flying aircraft if necessary, ID tag. ▫ <i>Riding in a group:</i> minimum of three riders, under instruction of a ride leader/coach who is on the ride, ride leader to instruct when/where to trot/canter, participant should be aware not to go too fast, or fall behind, maintain a safe distance between others, stick to the path/trail, ride in light seat for canter ▫ <i>Up and down hills:</i> Should demonstrate lean forward for uphill/lean back for downhill. Awareness of quicker pace for uphill, slower for downhill, ground considerations ie if it’s slippy try to find an alternative route instead. If unable to actually ride over hills, this can be a demonstration and discussion ▫ <i>Riding out safely:</i> minimum of three riders under instruction of a ride leader/coach. Awareness of maintaining a safe distance between other riders, length of stirrups,

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	<p>maintaining control of horse, awareness of surroundings, keeping to relevant legislation</p> <ul style="list-style-type: none">▫ <i>Dismount/remount:</i> can be demonstrated in an arena using a mounting block. Do not have to show they can mount from the ground. Also should be aware of what they can use when out to help them mount ie, tree stump, style, wall▫ <i>Open/close gate:</i> can be completed either mounted or unmounted and the horse lead through▫ <i>Map reading:</i> Participant to plan a suitable route using a Ordnance Survey map or map app. Should be able to estimate how long the route would take to ride
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