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| **Name** |  | **Level** | Gold |
| **Topic** | Riding Out Safely | **Lesson** | 1 of 12 |
| **Subject** | Theory and riding in  open order | **Location** | Classroom Arena |
| **Resources &**  **Requirements** | White board/flip chart to write lists on. Suitable horses to ride in  open order in an enclosed arena | | |

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| **Time** | **Activity** |
| 10mins | **INTRODUCTION**  Welcome  Safety information  Information about course and how it is to be delivered over the next……weeks Introduce subject for today – riding in groups |
| 60mins | **ACTIVITY**  **Discussion on highway and countryside code**  This should be revision as all riders should have achieved the Ride Safe Award.   1. With the focus on riding on groups Discussion on herd characteristics and how this can effect riding on groups, riding side by side or one behind the other 2. How do the group think that horse behaviour might affect riders riding as part of a group – herd instincts/flight/spooking/dominance? What one horse does the rest may follow! 3. Create a list of as many rules of the highway and countryside code that apply to horse riders/carriage drivers. Tailor this to your area 4. Talk about where to position inexperienced riders within ride and reasons why 5. Group discussion on how to ride on a road in a large group of riders – split groups/pairs/distances and any issues caused by large groups of horses on the roads. Have they driven past horse riders on the road – what issues do car drivers face when passing horse riders?   **Ridden activity**   1. Riders to be allocate a suitable horse each 2. Check tack and mount up 3. Warm up riders with emphasis on control, spacing and distances. Use exercises that check rider control. Such as rear file halt and wait for ride to catch up, trotting/circling individually etc 4. Ask group about the rules for riding in open order. Work ride in open |



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|  | order\* through transitions and simple exercises such as half circles across the arena to build up confidence and control of horses in a group.  Encourage riders to think about their awareness of other riders and to look around.  \*Riders will have covered riding in a warm up situation in walk and trot as part of the Ride Out Award.  5. Riders to cool down horses in open order |
| 10mins | **SUMMARY**  Give feedback to each rider about their strengths in controlling their horse and create a plan to improve the areas they found difficult |
| **Progression**  To develop rider control skills ready to ride horses in an open space outside of an arena | |

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| **Name** |  | **Level** | Gold |
| **Topic** | Riding Out Safely | **Lesson** | 2 of 12 |
| **Subject** | Riding in a group  (arena) | **Location** | Classroom |
| **Resources & Requirements** | Suitable quiet horses used to being ridden in open order in a group and around an open space in walk | | |

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| **Time** | **Activity** |
| 10mins | **INTRODUCTION**  Welcome  Safety information  Allocate horses to riders and ask them to mount up |
| 60mins | **ACTIVITY**   1. Ask each rider to list something to be aware of when riding in a group (rules of school or horse behaviour related) 2. Arrange ride into open order and warm horses and riders up 3. Work the ride through open order exercises such as transitions, school figures, working in opposite directions to improve their control over their horses. 4. Towards the end of the session arrange the riders into a ride and walk the ride around a field or area outside of the arena to allow the horses and riders to cool down. Walk with the riders on foot and take helpers if required.   1. Ride to dismount on the yard if space, if not in the arena. |
| 10mins | **SUMMARY**  Give feedback to the riders regarding their control of the horse and ask for feedback from the riders to any areas they think they need to work on |
| **PROGRESSION**  To develop control skills ready to ride horses in an open space outside of an arena | |

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| **Name** |  | **Level** | Gold |
| **Topic** | Riding Out Safely | **Lesson** | 3 of 12 |
| **Subject** | Theory and riding in  open order | **Location** | Classroom |
| **Resources &**  **Requirements** |  | | |

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| **Time** | **Activity** |
| 10mins | **INTRODUCTION**  Welcome  Safety information  Allocate suitable horses to riders and check tack and mount up in arena or on yard if suitable |
| 60mins | **ACTIVITY**   1. Walk riders to the grass arena 2. Warm up ride in closed order remind them of what to be aware of when riding on grass 3. Organise riders into open order on the same rein and work through exercises to improve rider control in walk and trot on each rein 4. Work in canter in open order 5. If riders confident and horses suitable work riders in a wider area outside of the arena in halt, walk and trot. Encourage riders to look ahead and pay attention to the ground conditions. 6. Cool down |
| 10mins | **SUMMARY**  Ask riders how in control they felt! Give feedback to each rider. |
| **PROGRESSION**  Work in light seat, hill work, field control, varying terrain | |

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| **Name** |  | **Level** | Gold |
| **Topic** | Riding Out Safely | **Lesson** | 4 of 12 |
| **Subject** | Riding in field and in  a marked arena | **Location** | Field |
| **Resources &**  **Requirements** | An arena set up in a field with markers. Quiet horses/ponies suitable  for riding in field | | |

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| **Time** | **Activity** |
| 10mins | **Introduction**  Welcome  Safety information  Allocate horses to riders and ride to mount up and tack check in the arena Organise riders into a ride and warm up ride in the arena focusing on control and rider confidence. |
| 60mins | **Activity**   1. After the warm up – check girths and stirrups 2. Discuss what the riders have to be aware of when riding on grass surface – ground conditions, horses can slide on tight turns, horse behaviour 3. Walk ride to the grass arena and keep as closed ride. Work ride through simple exercises such as 20m circles and walk/trot transitions to help riders gain confidence. If appropriate introduce some individual canter transitions. 4. At the end if the ground is suitable pair the riders up and walk around the edge of the field to cool off. |
| 10mins | **Summary**  Ask riders if they noticed any difference between their horse in the arena and out in the grass arena?  Give feedback on position. |
| **Progression**  Ride open order within grass arena | |

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| **Name** |  | **Level** | Gold |
| **Topic** | Riding Out Safely | **Lesson** | 5 of 12 |
| **Subject** | Introducing light seat | **Location** | Field |
| **Resources &**  **Requirements** | Varying terrain – hills, ditches, streams etc. Suitable horses | | |

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| **Time** | **Activity** |
| 10mins | **INTRODUCTION**  Welcome  Safety information  Allocate horses and mount riders up in the arena.  Discuss light seat position and ensure riders have suitable length stirrups to take the position. Light seat is covered in Ride Jump Bronze/Silver/gold so riders should be familiar with it, if not you may need to spend several sessions in the school  teaching light seat position to your riders. |
| 60mins | **ACTIVITY**   1. In halt ask riders to take up light seat position – help each rider and ensure stirrup length is suitable 2. Talk about why light seat is used when riding outside – what to be aware of 3. Work in walk and trot in light seat and focus on rider lower leg security and upper body not tipping too far forward.   Suggested exercises:   * Riders to be in open order on same rein – stand straight up in stirrups to encourage riders to take weight down to lower leg and then move into a light seat. * Using upright position, light seat and either standing straight up or racing position allocate each a number – as you call the number the rider has to move into that position and hold it. * School figure and changes of rein ridden in light seat Use field control exercises such as: * One at a time riders ride across the field in walk turning around at specific point and walking back to the ride. * Repeat with riders in light seat on the way out and upright on the way back * Repeat in trot rising and walking on the way back * Light seat on the way out and upright/rising on way back. * Individually or in pairs ask riders to trot around the edge of the field and then canter in a light seat. * Discuss about control of the canter and what might happen as the horse |



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|  | turns to head back to the ride.  These exercises are all about the rider being able to control the speed of the horse.   1. Teach riders how to ride up and down hills – light seat/leaning back/steep hill cross at an angle 2. If available walk horses through water splash/stream |
| 10mins | **SUMMARY**  Walk round as a ride to cool off  Give feedback to each rider about their light seat position and their influence over the horse |
| **PROGRESSION**  To develop control skills and light seat position in an open space | |

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**Session Plan for:** Riding Out Safely

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| **Name** |  | **Level** | Gold |
| **Topic** | Riding Out Safely | **Lesson** | 6 of 12 |
| **Subject** | Cantering in pairs | **Location** | Field |
| **Resources &**  **Requirements** |  | | |

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| **Time** | **Activity** |
| 10mins | **INTRODUCTION**  Welcome  Safety information  Allocate horses and mount riders up in the arena.  Discuss light seat position and ensure riders have suitable length stirrups to take light seat position. |
| 60mins | **ACTIVITY**   1. Warm up riders using simple exercises focusing on control – transitions. Remind riders to pay attention to ground conditions 2. Work in light seat in all 3 paces focusing on rider security 3. Use field control exercises such as:  * One at a time or in pairs riders ride across the field in walk turning around at specific point and walking back to the ride. * Repeat with riders in light seat on the way out and upright on the way back * Repeat in trot rising and walking on the way back * Light seat on the way out and upright/rising on way back. * Individually or in pairs ask riders to trot around the edge of the field and then canter in a light seat. * Discuss about control of the canter and what might happen as the horse turns to head back to the ride.   These exercises are all about the rider being able to control the speed of the horse.   1. Talk about cantering in pairs or as a group – what is meant by in hand canter compared to a fast canter compared to a gallop. 2. In pairs riders start in trot and progress to canter around the edge of the field or on a large circle, trot at a pre- determined spot, walk and return to the ride. Encourage the riders to plan between them where they are going. Riders can be side by side or one behind each other depending on the horses. 3. Walk in pairs to cool off |



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| 10mins | **SUMMARY**  Ask riders to give feedback on the session – how did they find cantering as a pair. Give feedback to each rider about their control and position. |
| **PROGRESSION**  To develop control skills to ride horses in an open space | |

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**Session Plan for:** Riding Out Safely

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| **Name** |  | **Level** | Gold |
| **Topic** | Riding Out Safely | **Lesson** | 7 of 12 |
| **Subject** | How to open gates, mounting and dismounting from wrong side | **Location** | Arena with two posts and a rope to simulate gate or field/bridleway with  suitable gate |
| **Resources & Requirements** | Horses of suitable height for mounting/dismounting practice. A bridleway gate or simulated gate made from two posts/wings and rope. Access to somewhere to watch the video clip of how to open a gate. Items that can be used as mounting block such as fallen  tree/cross country fence/jump block etc (risk assess first) | | |

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| **Time** | **Activity** |
| 10mins | **INTRODUCTION**  Welcome  Safety information  Talk through the method shown in the ride safe guide of how to open a gate (heels to hinges). Watch the video clip if possible. |
| 60mins | **ACTIVITY**   1. Ask the group if they can think of any dangers gates pose to horse riders. On foot take group to the gate/simulated gate and talk through the recommended way of opening and closing it on horseback Remind group of the countryside code – leave gates as you find them. 2. Walk through the steps on foot showing how to open the gate when mounted and how to walk through. What do the riders need to be aware of when passing through the gate? 3. Ask the group if they can identify any other hazards around the area. Talk about getting off to open the gate and how to remount. Can the group identify any objects they can use to help them re-mount? 4. Allocate horses and lead to the arena. Riders prepare horses to mount. 5. Talk about mounting from the ‘off’ side and why this is a good skill to learn! (Relate it to having to get off on a hack and open a gate). Remind group of the emergency dismount they performed in Silver Ride Out Award 6. Riders to mount from mounting block from the off side. This will take practise – remind the group that the normal rules of mounting still apply – short reins, land gently, don’t poke horse in the ribs! 7. Demonstrate how to open the gate on horseback making sure everyone can see. 8. Riders to practise individually opening, walking through and closing the |



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|  | gate.   1. While waiting the other riders can observe, practise mounting and dismounting from the wrong side, practise mounting from an object that is not the mounting block (tree trunk, cross country jump, jump block, hill). You might need another person to help supervise this part. 2. At the end group come together to discuss the tasks |
| 10mins | **SUMMARY**  Give feedback to each rider as they complete each task |
| **PROGRESSION**  Opening gates and mounting/dismounting on a ride out | |

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| **Name** |  | **Level** | Gold |
| **Topic** | Riding Out Safely | **Lesson** | 8 of 12 |
| **Subject** | Gates/mounting/dismounting | **Location** | Arena/field |
| **Resources & Requirements** | Bridleway gate/simulated gate, area for mounting and dismounting,  obstacles/hazards for riders to negotiate. Suitable sized horses for mounting dismounting | | |

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| **Time** | **Activity** |
| 10mins | **INTRODUCTION**  Welcome  Safety information  Opportunity to practice skills learnt |
| 60mins | **ACTIVITY**   1. In an arena and/or enclosed field, create an obstacle course for the rider to follow. This should include a place to mount from the off side, a gate to open/ride through and close, area suitable to trot and/or canter in light seat, varying terrain and an area suitable for emergency dismount. 2. Be creative with what you have! A handy pony type course can be used if you only have access to an arena, riders can trot and canter large for a specific number of laps in light seat! Poles can be used to simulate hills/streams etc 3. You can time the course. Prizes for the most stylish mount and dismount or the least elegant! |
| 10mins | **SUMMARY**  Feedback to riders Prizes! |
| **PROGRESSION**  Continue to develop skills required to ride outside | |

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| **Name** |  | **Level** | Gold |
| **Topic** | Riding Out Safely | **Lesson** | 9 of 12 |
| **Subject** | Theory session – planning  rides | **Location** | Classroom |
| **Resources &**  **Requirements** | Mobile phones/IPad to download map apps. Print out of map of local  area showing bridleway routes | | |

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| **Time** | **Activity** |
| 10mins | **INTRODUCTION**  Welcome  Safety information  Recap on riding out safely covered in Silver Ride Safe Award |
| 60mins | **ACTIVITY**   1. Group discussion about safety considerations when hacking out – tell someone where going, ICE contacts, what to wear (hi-viz), tack checks, shoes/hoof condition, attaching tag to the saddle with horse details. 2. How to plan or find a route. Reminder about waymarkers/where you can and can’t ride according to the law/legislation in your area. Talk about how to find places to ride out (BHS website has leaflets). BHS Ride Out Month yearly. 3. As a group discuss what map apps members have downloaded/used. How easy is it to identify a bridleway way/point of interest etc. on the map. Can also use a printed map of the area. 4. Find the yard on the map and show the group a hacking route. 5. Ask the group to plan their own hacking route either as a group or individually. 6. Work out how long it might take and try to identify any potential hazards 7. Plan how the group are going to ride the route e.g. how would you organise a group of 10 horses on the road 8. Discuss landowner’s responsibilities towards the maintenance of bridleways on their land. Who can you report a blocked bridleway to? Talk about 2026 and the recording of bridleway routes (England and Wales) 9. Pick a route to ride in the following session |
| 10mins | **SUMMARY**  Questions and discuss |



**PROGRESSION**

Ride out in a group on a hack

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| **Name** |  | **Level** | Gold |
| **Topic** | Riding Out Safely | **Lesson** | 10 of 12 |
| **Subject** | Hacking out as a group | **Location** | Hacking route |
| **Resources &**  **Requirements** | Horses suitable for quiet hack out. Back stop rider. All riders and  horses wearing Hi-Viz. | | |

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| **Time** | **Activity** |
| 10mins | **INTRODUCTION**  Welcome  Safety information  Allocate suitable horses to riders (if large group can split group into smaller groups)  Riders to check tack and mount up  Help and check riders to adjust and alter stirrups as required |
| 60mins | **ACTIVITY**   1. Pick a suitable short walk/trot hack to take the riders on. Ideally off road or a combination of road and off road. 2. Discuss the route with riders and what they are required to do. Discuss spacing, role of the back stop rider and any other riders accompanying the hack. What to do if they have a problem. Anything the riders need to be aware of e.g. low hanging branches, road crossings, ground conditions… 3. On return to the yard dismount riders and make sure horses and aftercare given or riders swap over. |
| 10mins | **SUMMARY**  Discuss the hack with the riders did they enjoy it? |
| **PROGRESSION**  Longer hacks build up to cantering | |

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| **Name** |  | **Level** | Gold |
| **Topic** | Riding Out Safely | **Lesson** | 11 of 12 |
| **Subject** | Hacking out as a group | **Location** |  |
| **Resources &**  **Requirements** | Horses suitable for quiet hack out. Back stop rider. All riders and  horses wearing Hi-Viz. | | |

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| **Time** | **Activity** |
| 10mins | **INTRODUCTION**  Welcome  Safety information  Allocate suitable horses to riders (if large group can split group into smaller groups)  Riders to check tack and mount up  Help and check riders to adjust and alter stirrups as required |
| 60mins | **ACTIVITY**   1. Pick a different route if possible ideally to include a short canter. 2. Discuss the route with riders and what they are required to do. What to do if they have a problem. Anything the riders need to be aware of e.g. low hanging branches, road crossings, ground conditions… Where the canter will happen (some horse may anticipate this!) and what to do – light seat, stay one behind other 3. On return to the yard dismount riders and riders swap over or horses untacked. |
| 10mins | **SUMMARY**  Group discussion Questions |
| **PROGRESSION**  Continue to develop confidence and experience hacking out | |

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| **Name** |  | **Level** | Gold |
| **Topic** | Riding Out Safely | **Lesson** | 12 of 12 |
| **Subject** | Hacking out in a group | **Location** |  |
| **Resources &**  **Requirements** | Horses suitable for quiet hack out. Back stop rider. All riders and  horses wearing Hi-Viz. | | |

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| **Time** | **Activity** |
| 10mins | **INTRODUCTION**  Welcome  Safety information  Allocate suitable horses to riders (if large group can split group into smaller groups)  Riders to check tack and mount up  Help and check riders to adjust and alter stirrups as required |
| 60mins | **ACTIVITY**   1. Pick a longer route if possible that includes road work, off road riding and a canter. See if the group can find the route on their phone app? 2. Discuss the route with riders and any hazards they need to be aware of. What to do if they have a problem 3. Remind group of positioning on the road and road signals if required. 4. Tell the ride when the trot and canter will happen (some horse may anticipate this if it’s a regular spot!) 5. On return to the yard dismount riders and riders swap over or horses untacked |
| 10mins | **SUMMARY**  Group discussion – did the route appear to be the same as the route on the app suggested? Where there are surprises or issues that didn’t show up?  Questions |
| **PROGRESSION**  Continue to develop confidence and experience hacking out | |

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