

About the Rider Bronze awards – coach guidance

Riding Out Safely bronze



SUPPORTING YOU THROUGH EVERY STAGE

		Notes for guidance
Prepare to ride	I can list suitable clothing, for horse and rider, when riding out I can describe why high visibility clothing should be worn I can list some hazards I may come across out hacking	<ul style="list-style-type: none"> ▫ <i>Suitable clothing:</i> PPE for rider, and an example of a suitable hi vis clothing for horse and rider ▫ <i>Why it's worn:</i> so horse and rider can be seen clearly and sooner ▫ <i>Hazards:</i> three of the following or similar; other road users, pedestrians, road works, parked vehicles, wheelie bins, traffic lights, dogs, loud noises
Preparing to ride out (this takes place in an enclosed area using a simple simulated road with right and left turns)	I can make right and left turns I can describe why observations are important when riding out I can demonstrate the correct positioning on a road I can recognise common signs and markings I can list some of the Countryside Code	<ul style="list-style-type: none"> ▫ <i>Right and left turns:</i> observations and signals made appropriately, rider maintains safe control of horse ▫ <i>Observations:</i> to be aware of surroundings behind and in front of you ▫ <i>Correct positioning:</i> awareness to ride on the left side (with flow of traffic) not so close to the kerb that you risk riding over drain covers. If riding in a pair leave enough room between horses so riders do not bash legs and the horses remain level ▫ <i>Road signs:</i> should be able to identify; stop, give way, speed limit sign ▫ <i>Markings:</i> solid white line, double lines of white dashes, single line of white dashes ▫ <i>Countryside Code:</i> basic rules two of the following; leave gates as you find them, ride slowly past livestock, don't deviate from permitted route, follow signage, ride responsibly
Riding outside	I can ride out with a ride leader on a walk hack	<i>Ride out:</i> Could be on quiet roads, in fields or a driveway. Horse can be led by ride leader on horse or on foot by a separate leader. Rider to ride with a suitable leader on quiet horses used to riding out. Can ride in pairs or single file. If in pairs ride leader should be on the outside. Rider should be aware that they need to keep a suitable distance between themselves and the ride leader and follow instructions given.

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About the Rider Silver awards – coach guidance



SUPPORTING YOU THROUGH EVERY STAGE

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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About the Rider Gold awards – coach guidance



SUPPORTING YOU THROUGH EVERY STAGE

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 slippery 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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About the Rider Gold awards – coach guidance



SUPPORTING YOU THROUGH EVERY STAGE

	<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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Riding Out Safely platinum

	Notes for guidance
<p>I can give reasons why both me and my horse should be fit before going on a fun ride</p> <p>I can list some items I need to take with me on a fun ride</p> <p>I can explain how to pass other horse safely</p> <p>I know what it means if a horse is wearing a:</p> <ul style="list-style-type: none"> a) Green ribbon b) Red ribbon <p>I can describe the checks before jumping an obstacle</p> <p>I can demonstrate how to negotiate an obstacle out hacking</p> <p>I can (in an arena):</p> <ul style="list-style-type: none"> a) Prepare two horses for ride and lead b) Mount up c) Ride and lead in walk d) Perform a left and right turn dismount 	<ul style="list-style-type: none"> ▫ <i>Reasons for fitness:</i> reduce the risk of injury to your horse or you, improve your stamina, feel less sore/stiff day after or any other suitable reason covered in training or suggested by participant ▫ <i>Items to take:</i> any from the list suggested in the booklet or any other appropriate answer covered in training or suggested by participant ▫ <i>Pass horses safely:</i> this can be in context of organised ride or out hacking generally. Answer should include: safe distance, pass at walk, make sure enough room, don't allow horses to touch ▫ <i>Checks before jumping:</i> answer can include: any hazards in front or behind, low branches, ground conditions, landing side safe, horses can see each other, no-one left behind or any other suitable answer covered in training or suggested by participant ▫ <i>Negotiating an obstacle:</i> does not have to be a jump, can be water, ditch, steep hill, drop, step up, finding a path through a group of trees or around a fallen log or any other similar type of obstacle found out on a ride ▫ <i>Ride and lead:</i> Lead horse can be in bridle or bridle and saddle. Tack checked for safety. Lead rope or reins threaded through bit as described in booklet. Hi-viz should be worn. Mounting up – suitable space, use mounting block, horses positioned at right angles to each other. An assistant can help by holding the horse to be lead. Lead horse on left side, reins held in one hand. Voice aids used. Right and left turn across the school, control of both horses. Dismount – suitable space, horses at right angles room to safely dismount.