

HORSEMANSHIP SKILLS!

Riders need to receive 5 check marks to receive a sub-level

NOVICE

- Know normal temperature range for a horse and demonstrate how to take horse temperature
- Can reassemble saddle and bridle without assistance
- Identify signs of hoof needing trimming or shoeing, and explain why horses may need shoes
- Know how to measure a horse for weight and demonstrate
- Able to jog a horse in hand
- Able to identify parts of the hoof
- Able to apply polo bandages
- Able to put on open front and brush boots correctly
- Able to put on shipping boots correctly
- Able to bathe a horse and groom as if in preparation for a show
- Able to identify and treat minor injuries (scrapes, cuts, thrush)
- Able to explain what rain rot is, causes and how to treat
- Able to muck and bed down a stall
- Identify and put on a running martingale and breastplate
- Identify and put on a flash, drop, and figure 8 noseband

INTERMEDIATE

- Able to list five signs of a healthy horse (coat condition, bright eyes, clear nostrils, alertness, skin condition)
- Able to do basic health check (temperature, pulse, respiration)
- Able to discuss why we have to deworm horses and how to administer paste or gel dewormer safely
- Able to check teeth for age
- Able to apply stable bandages
- Able to fit a saddle, bridle & girth
- Able to pull a mane
- Able to discuss reasons for clipping and describe 3 types of clips
- Able to lunge a horse (with correctly fitted side reins)
- Able to discuss and evaluate horses' confirmation
- Able to identify and explain what colic is, causes, and how to treat
- Able to explain what laminitis is, causes, and how to treat
- Able to identify if a horse is unsound and can describe five unsoundness's/blemishes
- Able to safely load and unload a horse from a trailer
- Be able to discuss a conditioning/training plan for a horse



Rider: _____

HOW DOES IT WORKS?

- **Mounted Skills:** Think you've achieved a skill? Bring this booklet to your next lesson so your coach can check it off! Remember – you have to be able to perform the skill repeatedly on multiple horses to be able to check it off!
- **Horsemanship Skills:** Riders need to receive 5 checkmarks to earn each sublevel, most at Beginner and Advanced Beginner can be checked off by tack up help. As you move up the levels, some skills need to be discussed with your instructor. To earn each sub-level, you must receive 5 check marks and complete all skills to finish the level.

FINISHED A LEVEL?

AMAZING! Congratulations! Let your coach know to receive your certificate!

Riding Skills Checklists

- New skills are introduced quickly when you begin riding, but actually confirming those skills takes years (and years, and years!)
- Students that ride more frequently progress faster than those that ride once a week.
- Students that ride year-round develop at a more consistent pace. If a student takes time off, they should expect to take 2 - 6 weeks (or longer, if you've been away from riding long term) to return to their previous level, slowing progress.
- Every rider progresses at their own pace and coaches adapt lessons to meet the needs of each individual. In group classes, if we find the students' levels start to vary too much, we will adjust the groups to ensure everyone is progressing and safe.
- The goal for all of our students are to have FUN, learn something each lesson, and stay safe!

Ideal progression for a student riding once a week, year-round:

- Each **Beginner** sub-level (1, 2, 3) requires 2-3 months for riders 8+. Riders under the age of 8 generally progress slower due to limited attention span, and less strength/body control.
- Each **Advanced Beginner** sub-level (1, 2, 3) requires approximately 4 - 6 months.
- Each **Novice** sub-level (1, 2, 3) requires approximately 9- 18 months.
 - Most motivated students that ride consistently will be able to complete all three Novice levels. On average, it requires 4 - 6 years for a new rider to complete all three novice levels.
 - Not all riders will progress beyond this point. To continuing developing beyond Novice requires a greater time commitment (2+ lessons per week, part-boarding/leasing/owning a horse)
- Each **Intermediate** sub-level (1, 2, 3) will take 12 months+, with many variables (rider/horse ability, frequency of lessons, etc.).
- **Advanced** riders will own/lease their own horse, and be working on skills specific to their goals.

HORSEMANSHIP SKILLS!

Riders need to receive 5 check marks to receive a sub-level

BEGINNER	<ul style="list-style-type: none"> ○ Knows safety rules for in the barns, paddocks, and arenas (lead from the left, no loud noises, horse, no running) ○ Knows safe riding attire (helmet, closed toe shoes with a heel, gloves) ○ Knows and demonstrate good basic grooming of the horse & explain why it is important. ○ Able to pick hooves (with assistance if under 8 yrs. old) ○ Saddle without assistance (help lift saddle/tighten girth if needed) ○ Remove halter and put on bridle correctly ○ Able to remove bridle and put on the halter independently ○ Adjust stirrups from the ground using your arm for guide ○ Wipes down saddle & bridle, rinse bit, and put away correctly ○ Sweeps grooming stall, put equipment away and leaves area tidy ○ Able to lead a horse from the paddock or ring (with assistance) ○ Can identify 10 basic parts of the horse ○ Identify basic horse colours (grey, bay, chestnut) ○ Identify three markings (i.e. star, blaze, sock) ○ Able to feed a treat safely (flat hand)
ADVANCED BEGINNER	<ul style="list-style-type: none"> ○ Able to safely catch a horse in the field independently (11 yrs+) ○ Able to remove and put on blanket correctly ○ Can explain basic rules for feeding and list what a horse eats ○ Can identify basic parts of the saddle and bridle ○ Able to correctly describe colour and markings on a horse ○ Know how to measure a horse in height & demonstrate ○ Able to identify 3 types of bits ○ Can identify 20 parts of the horse ○ Able to hose down & sweat scrape horse after lesson independently ○ Demonstrate and discuss proper care for the horse after hard work (cool out, bathe/groom, water, temp return to normal) ○ Able to discuss what is routine vet care and why it is important ○ Able to list 10 different breeds of horses ○ Know basic stall and pasture management practices to keep horses safe and happy (water, shelter, fencing, feed, etc.) ○ Able thoroughly clean and condition tack ○ Can list 10 items that should be in an equine first aid kit

INTERMEDIATE 1	<ul style="list-style-type: none"> ○ Discuss basic dressage theory, awareness of the training pyramid ○ Able to show some work on the bit in walk and trot ○ Ride a smooth trot-halt transition ○ Leg yield in trot from the centerline to the wall/wall to centerline ○ Identify canter leads by feel ○ Demonstrate shorten, working, & lengthen trot w/ smooth trans. ○ Able to ride a green horse on the flat ○ Able to ride a Pre-training level dressage test ○ Able to jump PE level XC fences ○ Ride a grid of small fences with no hands and stirrups ○ Course up to 2'6" w spreads, skinnies, bending lines, combinations
INTERMEDIATE 2	<ul style="list-style-type: none"> ○ Discuss appropriate use of artificial aids and training devices ○ Able to show some work on the bit in all the gaits ○ Able to ride a turn on the forehand ○ Understand how to walk the number of strides in a related distance ○ Able to ride a shallow loop in canter ○ Ride 3-loop serpentine (min 20m loops) in canter with simple changes through trot ○ Able to ride a short diagonal to counter canter on long side (trot before corner) ○ Able to pick up either canter lead from the walk on a long wall ○ Able to jump Entry-level XC fences including banks, ditches ○ Course up to 2'9" w spreads, skinnies, bending lines, combinations
INTERMEDIATE 3	<ul style="list-style-type: none"> ○ Able to work consistently on the bit ○ Able to ride shoulder-fore in trot ○ Canter-walk transition with 3 or fewer trot steps ○ Demonstrate shorten, working, & lengthen canter w/ smooth trans. ○ Able to ride a green horse over fences ○ Able to ride counter-canter through short-side (half 20m circle) ○ Able to ride a Training level dressage test ○ Jump a 2' course without stirrups ○ Able to perform an automatic release and explain the difference between mane, crest and automatic releases ○ Able to jump Pre-training level XC jumps including combinations, ○ Course up to 3'0" w spreads, skinnies, bending lines, combinations

BEGINNER 1	<ul style="list-style-type: none"> ○ Aware of ring safety rules ○ Knowledge of ring basics (track, diagonal, inside track) ○ Correct basic position at the halt ○ Identify when foot is correctly placed in stirrup ○ Able to hold the reins correctly ○ Correct basic position at the walk ○ Walk - Halt - Walk transitions, maintaining balanced position ○ Correct two-point position at halt ○ Two-point at the walk (mane or neck strap for stability) ○ Smoothly steer pole bending poles at the walk ○ 20m circle at the walk with pylons ○ Diagonal change rein in walk ○ Posting trot on long wall w/neck strap (few rhythm mistakes) ○ Hold two-point over a single pole at the walk
BEGINNER 2	<ul style="list-style-type: none"> ○ Understand being on the left and right rein ○ Able to hold and use a crop correctly ○ Drop and pick up stirrups at the halt (no hands!) ○ Shorten and lengthen reins correctly/smoothly ○ Trot a full lap around the ring posting consistently ○ 20m walk circle without pylons ○ Trot-walk or walk-trot transition maintaining balance ○ Steer through pole bending poles at the trot ○ Hold two-point over 3+ poles at the walk ○ Trot a long wall in two-point ○ Walk and halt without stirrups ○ Ride a simple course of single poles at the walk
BEGINNER 3	<ul style="list-style-type: none"> ○ Mount & dismount independently (horse held if needed) ○ Drop and pick up stirrups at the walk ○ Able to post continuously with few balance/rhythm errors without the use of a neck strap ○ Trot across a long diagonal to change direction ○ Ride a 20m circle at the trot with pylons ○ Trot-walk or walk-trot transition between two letters ○ Aware of posting diagonals ○ Can correct posting diagonal when told ○ Able to ride a trot-walk transition from two-point ○ Hold two-point over 3+ poles at the trot ○ Able to demonstrate arm & leg circles, toe touches, etc.

ADVANCED BEGINNER 1	<ul style="list-style-type: none"> ○ Trot in two-point with independent hands ○ Trot a 20m circle without cones ○ Trot pole bending poles in two-point ○ Smooth trot-walk-trot transitions ○ Small amounts of sitting trot ○ Smoothly transition from posting to 2-point in trot ○ Correct posting diagonals independently, can look @ shoulder ○ Ride simple course of poles at the trot <p><i>Basic school figures at the trot:</i></p> <ul style="list-style-type: none"> ○ Serpentine (3 loops) ○ Figure 8 ○ Short diagonals <ul style="list-style-type: none"> ○ Small amounts of canter in two-point ○ Full lap of canter in two-point
ADVANCED BEGINNER 2	<ul style="list-style-type: none"> ○ Adjust stirrups while mounted ○ Tighten girth while mounted ○ Sitting trot down a long wall ○ Drop and pick up stirrups at the trot ○ Can count trot strides between two poles ○ Can canter continuously ○ Small amounts of sitting canter ○ Knowledge of canter leads ○ Canter over a single pole in good balance ○ Ride a 20m circle in canter with pylons ○ Able to ride smooth halt-walk-trot-walk-halt transitions ○ Trot single cross rails with placing pole ○ Trot simple course of cross rails with placing poles
ADVANCED BEGINNER 3	<ul style="list-style-type: none"> ○ Sitting trot without stirrups ○ Alternate smoothly between posting, 2-point & sitting trot ○ Sitting canter continuously ○ Count canter strides out loud ○ Ride a 20m circle in canter without pylons ○ Able to identify lead while cantering <p><i>Able to ride in trot:</i></p> <ul style="list-style-type: none"> ○ Straight down quarter lines ○ Smooth loops to the quarter line <ul style="list-style-type: none"> ○ Able to ride a walk/trot dressage test ○ Able to trot a grid of poles without hands ○ Trot into a simple gymnastic line, up to 18" ○ Ride a simple course in trot/canter, up to 18"

NOVICE 1	<ul style="list-style-type: none"> ○ Discuss good warm-up/cool-down procedures ○ Lengthen and shorten stride in trot with awareness of rhythm ○ Able to create bend on circles and loops (suppleness) ○ Walk 10m circles ○ Trot 15m circles ○ Able to correct canter lead on the flat ○ Ride a simple change of lead across the diagonal through trot ○ Can tell if a distance is long/short/correct ○ Can count canter strides between two poles ○ Gymnastic lines up to 2', including oxers ○ Demonstrate a mane and crest release in a gymnastic line ○ Canter 18" - 2' course, w/ smooth turns & straight approaches, leads do not need to be corrected.
NOVICE 2	<ul style="list-style-type: none"> ○ Ride a leg yield from quarter line to the track ○ Ride a 20m spiral in/spiral out circle ○ Can correct posting diagonal by feel ○ Ride smooth halt-trot & trot-halt transitions ○ Able to count strides in a related distance <p><i>School figures:</i></p> <ul style="list-style-type: none"> ○ 4 loop serpentine in trot ○ Figure 8 in canter with simple change through trot ○ Centerlines in trot <ul style="list-style-type: none"> ○ Small amount of canter without stirrups ○ Count down strides to fence (awareness of take-off point) ○ Able to adjust stride to correct a distance in a related line ○ Course up to 2' in canter, trot simple change if prompted
NOVICE 3	<ul style="list-style-type: none"> ○ Demonstrate self-directed warm-up for dressage or jumping ○ Leg-yield wall to quarter line ○ Able to show a soft, steady contact working towards on the bit ○ Ride a walk to canter transition ○ Full lap of canter without stirrups ○ Able to show lengthening/shortening of stride in canter ○ Ride a 10 m circle in trot ○ Ride a 15 m circle in canter ○ Able to ride an Entry-level dressage test ○ Ride a grid of small fences with no hands ○ Able to add or subtract a stride between two fences ○ Able to ride in an open space (i.e. XC field/hills) ○ Course up to 2'4" in canter, self-corrected leads (trot or flying change)

PRINTING INSTRUCTIONS:

1. Print pages 1 & 3
2. Put pages back into printer. Check orientation of paper
(some printers you need flip the paper over)
3. Print pages 2 & 4
4. Fold in half and staple along spine!