

## About the Rider Introduction award – coach guidance



### Riding

All assessments should be carried out on safe horses suitable for the level of participant. All ridden work should be under the instruction and supervision of the coach. Focus should be on the participant's position and developing balance and security in the saddle. Neck straps should be used as required throughout all the awards to discourage the rider from balancing down the rein. Participants should be encouraged to check their horse has been groomed, the tack is comfortable and the stable is skipped out before bringing the horse out for the lesson and to care for their horse after the session.

### Introduction to riding

	Notes for guidance
I can list what I should wear to ride I can assist leading my horse to the arena I can prepare to mount: a) check the girth b) estimate stirrup length I can mount from a mounting block with assistance I can give a reason why I have to land gently in the saddle I can position my foot correctly in the stirrup I can hold and shorten the reins I can sit in the correct position in halt and walk I can use my aids to ask the horse to halt and walk on	<ul style="list-style-type: none"> <li>▫ <i>Clothing:</i> should list a minimum of hat (correctly fitted with chin strap fastened), gloves and riding boots. Body protector is optional to wear but should have an awareness that they can be worn</li> <li>▫ <i>Leading:</i> Participant should be able to lead horse out from stable, under supervision, with assistance if required. Participant should be aware how to hold reins depending if the horse is wearing a martingale or not, and position themselves correctly whilst leading</li> <li>▫ <i>Prepare to mount:</i> Participant should be able to check the girth and stirrup length themselves before mounting. Assistance can be provided to adjust girth and stirrups if required (participant does not have to do this themselves)</li> <li>▫ <i>Mounting:</i> Participant should be able to position horse correctly near block, gather reins, and mount holding the front of the saddle and landing lightly in the seat. Assistance can be given to hold horse</li> <li>▫ <i>Foot position:</i> Participant should be able to place their foot correctly in the stirrup without assistance</li> <li>▫ <i>Hold and shorten the reins:</i> Participant should be able to hold the reins correctly, and shorten them, without assistance</li> <li>▫ <i>Changes of rein:</i> Three different school exercises that include a change of</li> </ul>

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SUPPORTING YOU THROUGH EVERY STAGE

<p>I can ride three different changes of rein in walk</p> <p>I can ride rising trot</p> <p>I can dismount safely</p> <p>I can run up the stirrups</p>	<p>rein. Coach should offer instructions and directions to rider</p> <ul style="list-style-type: none"><li>▫ <i>Riding trot:</i> at this level, the correct diagonal does not have to be recognised. Rider should show security for a minimum of one straight length of the school</li><li>▫ <i>Dismount:</i> Coach can offer assistance to hold the horse</li><li>▫ <i>Run up stirrups:</i> Coach can offer assistance to hold the horse</li></ul>
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