

# About the Rider Platinum awards – coach



## Riding Flat platinum

	Notes for guidance
<p>I can ride in a balanced position without stirrups in walk, trot and canter</p> <p>I can ride in open order with at least three other riders, in walk and trot</p> <p>I know what it means if a horse has a red or green ribbon in his tail</p> <p>I can describe the Training Scale</p> <p>I can name the first two blocks on the Training Scale</p> <p>I can describe my horse’s movements in relation to the first two blocks on the Training Scale</p> <p>I can describe the aids:</p> <p>a) leg</p> <p>b) rein</p> <p>c) seat</p> <p>I can describe the aids for rebalancing my horse</p> <p>I can ride school figures and changes of rein, showing an awareness of:</p>	<ul style="list-style-type: none"> <li>▫ <i>Training Scale</i>: foundation for training horses</li> <li>▫ <i>Describe horse’s movements</i>: Rhythm: be able to recognise the number of beats in each pace and if they stay regular. They should be able to identify if the pace speeds up or slows down through turn/change rein/school figure etc Suppleness: Recognise if their horse is harder to turn in one direction compared to the other and what the horse does; speeds up/slow down/falls in/out etc.</li> <li>▫ <i>Aids</i>: Inside leg – bend, energy/impulsion Outside leg- control quarters, Inside rein- flexion, turning, Outside rein- control neck bend, speed, rebalance, Seat-even on both seat bones, turn with horse.</li> <li>▫ <i>Aids for rebalancing</i>: must show understanding of using leg before rein and why the pressure down the rein is increased and relaxed</li> <li>▫ <i>Ride school figures</i>- the emphasis is on the riders ability to recognise any changes in the speed/rhythm throughout not on the ability to correct it.</li> </ul>

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- a) rhythm
- b) straightness
- c) bend and flexion
- d) balance

Riding Jump platinum

	Notes for guidance
<p>I can describe the difference between a related distance and a double</p> <p>I can give reasons for using grid work</p> <p>I can stride out an appropriate distance for my horse to jump:</p> <ul style="list-style-type: none"> <li>a) A One stride double</li> <li>b) A four stride related distance in straight line</li> </ul> <p>I can describe a dog-leg</p> <p>I can jump in a secure balanced position:</p> <ul style="list-style-type: none"> <li>a) A grid of 3 fences</li> <li>b) A double</li> <li>c) A related distance</li> <li>d) A dog-leg</li> </ul> <p>I can jump a course of eight fences that include a double and related distance</p>	<ul style="list-style-type: none"> <li>▫ For this award participants are not required to jump at a specific height. The focus is on improving their technical knowledge and skills through the use of grid work and related fences over a height they are comfortable at.</li> <li>▫ 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.</li> <li>▫ Participant should demonstrate an ability to recognise when the canter is too fast or not active enough to jump from</li> <li>▫ Grids should be built on a suitable distance for the horse or pony. Rider should demonstrate an understanding of even stride through grids and related fences.</li> </ul>



## 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"> <li>a) Green ribbon</li> <li>b) Red ribbon</li> </ul> <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"> <li>a) Prepare two horses for ride and lead</li> <li>b) Mount up</li> <li>c) Ride and lead in walk</li> <li>d) Perform a left and right turn dismount</li> </ul>	<ul style="list-style-type: none"> <li>▫ <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</li> <li>▫ <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</li> <li>▫ <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</li> <li>▫ <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</li> <li>▫ <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</li> <li>▫ <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.</li> </ul>

## About the Rider Platinum awards – coach



### Riding Fit platinum

This award should focus on improving awareness of exercises and lifestyle choices they can implement at home to improve their riding. Your role, as coach, is to help explain why improving their fitness, posture etc can help to improve the riding experience for them, and their horse.

	Notes for guidance
I can describe basic rider biomechanics I know the key areas for riders to stretch I can describe a: a) Glute stretch b) Hip flexor stretch c) Shoulder blade stretch d) Full body stretch I can describe three exercises for balance I can explain PRICE therapy I can list three red flags I can explain the value of cross training	<ul style="list-style-type: none"> <li>▫ <i>Rider biomechanics</i>: using our knowledge of human anatomy, symmetry and movement to positively influence our effect on the horse and improve our riding. Understanding how we move and why we move in certain ways can help to influence our riding position.</li> <li>▫ <i>Stretching</i>: Back, shoulders, hips</li> <li>▫ <i>Describe stretches</i>: can be descriptions of the stretches given in the booklet or other examples you may have offered during training or that they suggest themselves</li> <li>▫ <i>Three exercises for balance</i>: can be exercises given in the booklet or other examples you may have offered during training or that the participant suggests themselves</li> <li>▫ <i>PRICE therapy</i>: Protect from further injury. Rest. Ice. Compression. Elevation. Can give brief explanation of each one.</li> <li>▫ <i>Three red flags</i>: Any three from list in booklet or any suitable answer they offer themselves</li> <li>▫ <i>Value of cross training</i>: answer should be based around improving balance, core, symmetry and strength using a variety of exercises. Prevent boredom, keep it challenging. Improve overall fitness not just fitness for riding</li> </ul>

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