

Riding flat silver

	Notes for guidance
<p>I can list the sequence of footfalls for canter                      I can describe why riding in a balanced position is important                      I can describe the aids to ask for canter                      I can ride in a balanced position in walk, trot and canter</p> <ul style="list-style-type: none"> <li>a) on both reins</li> <li>b) on the correct trot diagonal</li> <li>c) on the correct canter lead</li> <li>d) transitions between all three paces</li> </ul> <p>I can ride school figures in walk and trot:</p> <ul style="list-style-type: none"> <li>a) 3 loop serpentine</li> <li>b) figure of eight</li> <li>c) half circles back to track/teardrop shape</li> </ul> <p>I can ride in a group lesson:</p> <ul style="list-style-type: none"> <li>a) as lead file</li> <li>b) as part of the ride</li> </ul>	<ul style="list-style-type: none"> <li>▫ <i>Footfalls for canter:</i> starts with the outside hind, then inside hind and outside foreleg as a diagonal pair, inside foreleg and then a moment of suspension</li> <li>▫ <i>Importance of balanced position:</i> basic understanding of; improved comfort and performance for horse and rider, means you can carry your own weight easier, sit in the correct position, control your body position and move with the horse, be in synch with the horse</li> <li>▫ <i>Aids for canter:</i> Sitting trot for couple of steps, outside leg behind girth, inside leg by girth and squeeze with legs</li> <li>▫ <i>Ride in walk, trot and canter:</i> rider to show a secure and balanced position that does not hinder the horse and rider not relying on reins for balance. Neckstraps are allowed.</li> <li>▫ <i>School figures:</i> to be ridden accurately under instruction</li> <li>▫ <i>Group lesson:</i> Participant should show an awareness of safety through their positioning of the horse in the arena and be aware of safe distances between horses and should be able to maintain safe distance without prompts. Lead file demonstrates an awareness of setting a pace the rest of the ride can follow. Within the ride should demonstrate an awareness of maintaining safe distances between horses and what to do if get too close or left behind.</li> </ul>

Riding jump silver

	Notes for guidance
<p>I can ride in a balanced, light seat in walk, trot and canter</p> <p>I can outline:</p> <ul style="list-style-type: none"> <li>a) the phases of the jump</li> <li>b) how to ride a good approach and getaway</li> <li>c) rider position</li> <li>c) differences between fence types</li> </ul> <p>I can ride:</p> <ul style="list-style-type: none"> <li>a) a course of five ground poles in trot</li> <li>b) a single ground pole in canter</li> <li>c) a single cross pole from trot (height 30cms)</li> <li>d) a single upright fence from trot (height 30cms)</li> </ul>	<ul style="list-style-type: none"> <li>▫ <i>Phases of jump:</i> should be aware of; approach, take off, flight, landing, getaway</li> <li>▫ <i>Riding an approach and getaway:</i> should be able to discuss a straight line approach with the horse in an active trot, aiming for centre of fence. Getaway – rider should be upright and balanced, ride straight line and turn after, horse ridden forward in trot or canter</li> <li>▫ <i>Rider position:</i> rider should ‘fold’ when jumping and move with the horse</li> <li>▫ <i>Fence types:</i> should be aware that when jumping a cross pole they should aim for the centre/lowest part. When jumping a straight pole ideally aim for centre of fence</li> <li>▫ <i>Riding in light seat:</i> should be able to maintain balance over walk, trot and canter that does not hinder the horse and not relying on reins for balance. Neckstrap can be used</li> <li>▫ <i>Course of ground poles:</i> should be set up to allow smooth turns and straight lines to poles, rider uses space available and sensibly,</li> <li>▫ <i>Single ground pole in canter:</i> straight line approach, balance of rider maintained, forward going canter (rhythm and tempo)</li> <li>▫ <i>Single fences from trot:</i> Single fences can have a trot placing pole to help both horse and rider. Placing poles must be at a safe distance suitable for your horses and ponies (see Appendix A for distance guidance). Jumps should be at least 30cms</li> </ul>

## Riding out safely silver

This assessment is carried out as per the Ride Safe Award; at a BHS Ride Safe assessment day assessed by a Ride Safe Assessor. For guidance how to train a candidate for the Ride Safe Award we recommend you attend a 'training the trainer' Ride Safe training event. Details on our website <https://pathways.bhs.org.uk/work-with-us/approved-trainers/>

### Riding Fit silver

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
<p>I can describe how to bend forward correctly, and understand why it is important</p> <p>I can give examples of ways to improve my strength and mobility</p> <p>I can describe how to sit in a chair for the best way for my body</p> <p>I can describe where the core is</p> <p>I can describe a posture that will strengthen my lower back</p> <p>I can describe the following movements, and give a benefit for each of them</p> <p style="padding-left: 20px;">a) founder pose</p> <p style="padding-left: 20px;">b) shoulder mobility exercise</p> <p style="padding-left: 20px;">c) calf stretch</p> <p>I can list three things to improve my symmetry</p> <p>I can list three things I can do to improve my cardiovascular fitness</p>	<ul style="list-style-type: none"> <li>▫ <i>Bending forward:</i> Should recognise to keep their back straight, bend from the hips and soften the knees. Important for lower back health, and to improve hip mobility, which will help with their riding</li> <li>▫ <i>Improve strength and mobility:</i> adopt a correct lifting and carrying technique, vary the way they carry items (for small loads) to engage different muscle groups, for heavy loads use a trolley or wheelbarrow. Sitting correctly and keeping a good posture when sitting and walking will improve overall posture and mobility</li> <li>▫ <i>Sitting:</i> back straight, feet flat on the floor, no slouching, leaning, or sitting cross legged for long periods, (see 6 steps on page 7 of information booklet)</li> <li>▫ <i>Core:</i> area from the last rib to the top of the thigh, from the front, back, sides, top and bottom. Participants should be able to point this area on their body</li> <li>▫ <i>To strengthen back:</i> One example is the founder pose (page 8 and 9 of information booklet), other examples can be given that you may have offered during delivery or that they suggest themselves</li> <li>▫ <i>Founder pose:</i> feet hip distance apart, knees soft and keep back straight. Reach out in front of you until a stretch is felt (page 8 of information booklet)</li> <li>▫ <i>Shoulder mobility exercise:</i> Follow steps in page 11 of booklet</li> <li>▫ <i>Calf stretch:</i> page 12 of information booklet</li> <li>▫ <i>Improving symmetry:</i> Main aim is to try and increase the use of the non-dominant side of body for everyday tasks. Some suggestions on page 15 of information booklet but they can come up with some of their own</li> <li>▫ <i>Improving cardiovascular fitness:</i> Few suggestions on page 17 of information booklet but can accept their own suggestions. Shouldn't be anything too</li> </ul>

**FOR THE CHALLENGE. FOR THE LOVE.**

<p>I can state the effect of rider weight on horse performance</p>	<p>strenuous for them, but if concerned advise they speak to a doctor before beginning a fitness plan.</p> <ul style="list-style-type: none"><li>▫ <i>Rider weight:</i> on a basic level; it can affect how freely and comfortably a horse can move whilst being ridden. Could discuss the size of saddle to rider and how this affects the rider's balance and weight distribution. Any other findings from the study 'The effects of rider weight on horse performance' available at <a href="http://www.bhs.org.uk/rider-weight-study">www.bhs.org.uk/rider-weight-study</a> can also be discussed</li></ul>
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