

Handling your horse silver

		Notes for guidance
Safety	<p>I can list the information on a fire notice</p> <p>I know the fire drill procedure on my yard</p> <p>I know the measures to take to reduce the risk of fire</p> <p>I know the accident procedure on my yard</p>	<ul style="list-style-type: none"> ▫ <i>Fire notice:</i> could include; location of fire alarm/bell, location of nearest telephone, where the fire exits are (if an enclosed space), assembly/meeting points, where horses should be released ▫ <i>Fire drill procedure:</i> Should relate to the procedure you follow at the yard you are at ▫ <i>Measure to reduce risk of fire:</i> no smoking, fire extinguishers/hoses/sand buckets in place, fire notices in view, staff on the yard trained in the fire procedure, electric points not near water points, any electric sockets on the yard have a weatherproof cover, litter picked up ▫ <i>Accident procedure:</i> Should relate to the procedure you follow at the yard you are at. Include discussion points such as who the first aiders are, location of accident book and first aid kit.
Handling and Leading	<p>I can turn out a horse</p> <p>I can catch and bring in a horse from a field</p> <p>I can stand a horse square</p> <p>I know why a bridle is used when trotting up</p> <p>I can trot up a horse in hand</p>	<ul style="list-style-type: none"> ▫ <i>Turn out:</i> participant wearing PPE, is allowed assistance to open/close gates. Horse should be turned out individually, not as part of a group. Horse lead through gateway, gate closed behind them, horse turned towards fence or gate and released quietly ▫ <i>Catch and bring in a horse:</i> participant wearing PPE. Approach horse towards shoulder, lead rope placed around neck and then headcollar put on, horse lead out of field safely, gate closed behind. Assistance allowed to open/close gates and ensure safety of participant if a group of horses in a field ▫ <i>Standing a horse square:</i> Participant wearing PPE. Participant should be confident in asking horse to move back small steps and recognise when the horse is square. ▫ <i>Trot up:</i> bridle allows better control of horse handler wearing PPE, horse in bridle. Participant able to follow instructions given (where to walk/trot horse, when to turn, which direction). Horse should

		<p>be lead in a straight line, from the shoulder in an active walk/trot. A short whip can be used if necessary but not essential</p>
<p>Tack and equipment</p>	<p>I can give reasons why the fit of tack should be checked and how often I know who to contact to get a saddle professionally checked and fitted I can recognise if a saddle or bridle is not fitting comfortably I know why boots are used on horses I can put on a pair of overreach boots I can put on a pair of brushing boots</p>	<ul style="list-style-type: none"> ▫ <i>Checking fit of tack:</i> a quick check should be done each time the horse is tacked up to ensure comfort for the horse and rider and to prevent injury and pressure/sore points to horse. The saddle should be checked professionally by a qualified SMS saddle fitter at least twice a year – (two of following reasons) horse changes shape over seasons, weight gain or loss, type of work carried out can affect muscle build, age of horse, time of year ▫ <i>Who to contact:</i> BHS recommends contacting a Society of Master Saddlers (SMS) qualified and registered saddle fitter (specific names of people are not required) ▫ <i>Signs to look for on saddle:</i> two of the following; saddle not too low across or too high off horse’s withers, two to three fingers between gullet and top of withers, (when the rider is sitting on the saddle) one finger between side of withers and front of saddle, saddle should sit level on back, no gaps visible between horse and saddle panels, daylight visible through gullet (viewed from back), saddle should not touch spine ▫ <i>Signs bridle doesn’t fit:</i> two of the following; bit should sit level, there should be a wrinkle in corner of horse’s mouth, noseband should sit level across nose and fit two fingers between noseband and bony part of jaw, browband should not pinch and fit two fingers between centre of browband and forehead ▫ <i>Why boots are used:</i> for protection from knocks, lower risk of injury. <i>Participant can give specific reasons for use of brushing boots and overreach boots but not necessary</i> ▫ <i>Overreach boots:</i> can be pull on or have fastenings, participant not kneeling on floor when putting on boots, Velcro should go from front to back ▫ <i>Brushing boots:</i> participant should not kneel on floor, and be positioned to the side when putting on boots front pair only required. Velcro should go from front to back

Knowing your horse silver

Knowing your horse		Notes for guidance
Identification	<p>I can recognise common breeds of horses</p> <p>I can measure the height of horses</p>	<ul style="list-style-type: none"> ▫ <i>Breeds</i>: three breeds required; Thoroughbred, Cob, Warmblood, Welsh pony, Shetland, Connemara, Shire, Hunter or Irish type. If participant owns another breed of horse this can also be included. Preferably horses or ponies on the yard but photos if a range of breeds are not available ▫ <i>Height</i>: hands/inches or cm. measure using stick or tape measure. If tape measure used explain to participant that this may not be accurate
Anatomy	<p>I know the location of:</p> <ul style="list-style-type: none"> a) heart b) lungs c) kidneys d) stomach <p>I can describe the function of the digestive system</p>	<ul style="list-style-type: none"> ▫ <i>Location of common organs</i>: participants should be able to point them out on a horse ▫ <i>Digestive system function</i>: breaks down food so the nutrients in the food can be absorbed and used by the body
Health	<p>I can list a horse's basic welfare needs</p> <p>I know the normal parameters, at rest, for:</p> <ul style="list-style-type: none"> a) respiration b) pulse c) temperature <p>I can take a horse's respiration rate, pules and temperature</p> <p>I know how to maintain a horse's health to include:</p> <ul style="list-style-type: none"> a) teeth 	<ul style="list-style-type: none"> ▫ <i>Basic welfare needs</i>: should be able to list the five basic needs (taken from the five freedoms of the Animal Welfare Act 2006); Access to shelter, access to food and water, access to company, freedom to express natural behaviour, to be free from pain and suffering ▫ <i>Pulse</i>: 28-44 beats per minute ▫ <i>Respiration</i>: 8-12 breaths per minute ▫ <i>Temperature</i>: 37.5 - 38.5°C (99.5 – 101.3°F) either Celsius or Fahrenheit required, not both ▫ <i>Taking TPR</i>: P and R should be taken before T. Safe procedure to be followed, handlers can be used, pulse can be taken with or without stethoscope. Thermometer should to be cleaned and stored away appropriately. Horses used to having their TPR taken should be used

FOR THE CHALLENGE. FOR THE LOVE.

	<p>b) worming c) biosecurity away from the yard d) basic wound management</p>	<ul style="list-style-type: none"> ▫ <i>Teeth:</i> the vet can check/rasp horse's teeth or recommend a BAEDT registered equine dental technician. Teeth should be check minimum once a year or as per vet/EDT recommendation ▫ <i>Worming:</i> follow vets advice as per a suitable worming programme. To reduce risk of worms, droppings should be up out of the picked field as a minimum twice weekly. Egg counts/saliva tests should be carried out and targeted worming encouraged ▫ <i>Biosecurity:</i> don't allow horse to touch unknown horses, take your own water containers and buckets, don't allow others to use them, don't use communal water troughs, wash hands after handling unknown horses, vaccinate your horse ▫ <i>Basic wound management:</i> clean wound using water (hose or sterile gauze) so water runs from top to bottom, never aim water directly at/into the wound. If heavy bleeding or puncture wound contact vet
Feeding	<p>I can identify common feeds I know how to prepare sugar beet I can prepare and give bucket feeds I can describe good quality feed and forage</p>	<ul style="list-style-type: none"> ▫ <i>Common feeds:</i> four from the following; chaff, alfalfa, mix, cubes, sugarbeet (flakes, pellets or shreds) ▫ <i>Prepare sugarbeet:</i> flakes, pellets or shreds following manufacturer's guidelines. If do not have sugabeet at the yard to show practically, should have an understanding of time required to soak ▫ <i>Prepare and give bucket feeds:</i> prepare feed as per manufacturer's guidelines and yard procedure. Feeds given to correct horses ▫ <i>Good quality feed:</i> two of following; not damp to touch, mouldy, dusty or foul smelling, stored appropriately in air and water tight containers to prevent it becoming damp, stale or contaminated by rodents ▫ <i>Good quality hay:</i> two from following; golden in colour, smell sweet, dry and dust free, no mould, weeds or poisonous plants. Stored off the floor and under cover/shelter ▫ <i>Good quality haylage:</i> two from following: smell sweet, be damp and cool to touch and have no signs of red, black or green mould (white patches of yeast are fine), weeds or poisonous plants. Stored off the floor and under

		cover/shelter
Fittening	<p>I can give reasons for warming up and cooling down</p> <p>I know how to warm up and cool down a horse</p> <p>I can describe different types of work to improve the fitness of a horse</p>	<ul style="list-style-type: none"> ▫ <i>Reasons for warm up:</i> two of following; reduce risk of injury, increasing blood flow to muscles, warm up muscles ready for work, increases horse’s range of motion, help to encourage horse to loosen up and relax, gently stretch muscles ▫ <i>Reasons for cool down:</i> two of following; help to return heart and breathing rate back to normal, allow muscles to cool down gradually, allow horse to stretch, encourage them to relax after work, prevent horse becoming stiff or sore, prevent the risk of injury ▫ <i>Warm up and cool down:</i> walking for a few minutes on each rein then trot for one or two minutes. Time will vary depend on horse’s temperament, age or type of work. Tight turns should be avoided. During cool down loosen girth a hole or two, allow horse to walk on a long rein ▫ <i>Different types of work:</i> participants should be able to describe benefits of two of the following; hacking, flatwork schooling, schooling over poles or jumps, lungeing

Caring for your horse silver

		Notes for guidance
Behaviour	<p>I can identify and interpret body language and facial expressions</p> <p>I can describe a horse’s behaviour that may indicate it is not safe to enter a stable</p>	<ul style="list-style-type: none"> ▫ <i>Body language and facial expressions:</i> Participants should be able to recognise or describe the following; Alert ears pricked, head and neck raised in an effort to see what is going on. Horse may snort or move to try and get a better view of what is happening. If his ears are turned back he is listening to something behind him and it may try to turn around in an effort to see what is going on. Divided attention if there is more than one thing going on the horse might put one ear forward and one back. If your horse does this when you are riding it is usually a good sign as it means he is relaxed and happy listening to you. Relaxed both ears drooping to the side and may be resting a hind leg. Horse may be snoozing with his head and neck held low and you might see his bottom lip drooping and his eyes may be closed. If you need to approach talk to him first so he knows you are there to avoid startling him. Aggressive/angry Ears pinned flat back and may also bare teeth and wrinkle nostrils. Might snake his neck, push at the stable door, turn his quarters to the door when someone approaches or try to bite other horses over the door. These horses need handling by a confident handler so if concerned, should check they can handle this horse ▫ <i>Not safe to enter stable:</i> two of following; participant

		to describe any of the aggressive/angry behaviours above. Can also include running towards door, pacing around stable, whinnying/calling/snorting, kicking door.
Stable care	I can muck out a stable I can stack a muck heap	<ul style="list-style-type: none"> ▫ <i>Muck out:</i> does not have to be to industry time, just a correct procedure followed. Muck out to include changing water supply. Horse not to be in stable. Participants to recognise if extra bedding needs to be added ▫ <i>Use muck heap:</i> follow instructions/yard procedure
Field care	I can describe poisonous plants and trees I know how to provide hay to field kept horses	<ul style="list-style-type: none"> ▫ <i>Poisonous plants or trees:</i> any two of the following; Ragwort green rosette shape, or tall plant with yellow flowers and purple stem. Deadly nightshade green plant with purple bell shaped flowers and green or black berries depending on maturity. Foxglove tall spike with bell shaped flowers that are white, yellow, pink or purple. Yew evergreen tree with red berry shaped seed cones. Oak (acorns) large tree with dark green lobed leaves. Should identify it's the acorns that are poisonous. Sycamore large tree with 'v' shaped or helicopter seeds. It's the seeds that can be poisonous ▫ <i>Providing hay in field:</i> should describe if hay on floor to put out more piles than the number of horses and they should spread apart, not near fence lines and away from mud, poached areas or water supply.
Rugs	I can check the fit of a rug I can explain why a rug should fit correctly	<ul style="list-style-type: none"> ▫ <i>Fit of rug:</i> points to check; deep enough to cover belly, long enough to cover tail, fit flat hand between neck of rug and shoulders/chest, hand between belly and cross of surcingles, leg straps long enough so they interlink and a hands width between strap and inside

		<p>leg</p> <ul style="list-style-type: none"> ▫ <i>Why it should fit:</i> to prevent rubs and sores from pressure points, so it doesn't restrict movement, so it doesn't get caught up (if too big)
Grooming	<p>I can groom a rugged horse I can plait a mane to encourage it to lie flat I can wash a horse's tail I can trim a horse's tail</p>	<ul style="list-style-type: none"> ▫ <i>Grooming a rugged horse:</i> can be demonstrated with any type of rug. Horse should be tied up. Participant should undo all fastenings and tie up surcingles and clip leg straps out of the way (if the rug has them). Should show to fold over half the rug, groom the horse, then fold back and fold over other half. Should reposition the rug before doing back up. ▫ <i>Plait a mane:</i> dampen and comb mane, divide into sections and secure with bands then loosely plait each section. Should be aware the plaits can be left in for up to 24 hours, or until they're turned out (whichever is sooner) ▫ <i>Washing a tail:</i> can use bucket or hose. Horse should be tied up. Should stand to the side of the horse, not directly behind, ensure all shampoo is rinsed out of tail and tail brushed through ▫ <i>Trim a tail:</i> if unable to practically do, should be able to demonstrate the correct procedure but just not trim the tail with scissors. Should be able to indicate a suitable length of tail on a horse

Lungeing your horse silver

Note participants are only required to lunge in walk and trot without using side reins for this award. This is an introduction to lungeing and safety is more important than the horse’s way of going. This sits below the Stage 2 lunge standard

Exercising your horse		Notes for guidance
Lungeing	I can describe a suitable environment for lungeing I know how to use the aids for lungeing <ul style="list-style-type: none"> a) body language b) voice commands c) whip d) lunge line I can check equipment for fit and safety I can send a horse out onto the circle I can lunge a horse in walk and trot <ul style="list-style-type: none"> a) safe handling of the equipment b) using appropriate aids c) upwards and downwards transitions d) using appropriate sized circles e) showing changes of rein 	<ul style="list-style-type: none"> ▫ <i>Lungeing area:</i> two from the following; enclosed or fenced off area, free from hazards, flat ground free from holes or deep areas, if in a field the ground should not be wet, slippy or too hard, no-one riding in the arena ▫ <i>Checking equipment:</i> should be able to check all equipment is secure and of good fit. Side reins not used for Silver ▫ <i>Sending horse out:</i> Horse should move away from participant. Participant should not ‘back away’ from the horse. Whip should be positioned to encourage horse out onto circle ▫ <i>Lungeing a horse:</i> Participants are required to show skills for lungeing and their ability to make the horse go forward, but are not required to ‘exercise’ or ‘improve’ the horse. Horses should be quiet horses suitable for participants and used to lungeing in walk and trot. Participants should demonstrate that they are able to handle the equipment safely. Lunge line coiled correctly and whip held safely. They should demonstrate good basic lungeing skills and safe

About the Horse Silver awards – coach guidance



HORSE EXPLORERS

Part of the Challenge Awards

		<p>techniques and positioning when sending the horse out onto a circle and when lungeing. They should be able to maintain a contact down the lunge line and position themselves correctly to keep the horse out on a suitable sized circle. Correct use of all aids – body position, voice, whip, lunge line. The change of rein should be done smoothly and efficiently. The horse should work actively in walk and trot</p>
--	--	---

FOR THE CHALLENGE. FOR THE LOVE.