

Name		Level	Bronze
Topic	Riding Out Safely	Lesson	1 of 8
Subject	Theory – riding out safely	Location	Arena
Resources & Requirements	Hi-Viz clothing, pictures of signs, road markings, traffic lights, bridleway markers, way markers, arena or area for participants to practice on foot signalling and road positioning, flip chart or board, ride out book		

Time	Activity
10 mins	<p>INTRODUCTION:</p> <p>Welcome</p> <p>Safety information</p> <p>Information about course and how it is to be delivered over the next.....weeks</p> <p>Introduce subject for today – introduction to riding on the road</p>
50 mins	<p>ACTIVITIES:</p> <p>Safety First</p> <ol style="list-style-type: none"> 1. Talk about any hacking out/riding out the group have already done – what did they find different to riding in the arena? 2. Talk about issues faced by riders riding out – other road users, lack of bridleway access etc. (If anyone cycles or runs on the roads they can share their experiences) 3. Create a list of what riders and horses should wear out hacking – difference between fluorescent and reflective, have examples to show the group. ICE contacts in phone. 4. Why need to be aware of the horse’s natural instincts out hacking (why do seemingly ordinary items suddenly become scary?) How to position the horse when passing a hazard. Use of riding in pairs. 5. Recognise common signs and road markings – use drawings or pictures. 6. Rules of the countryside code – how many can the group come up with? 7. Talk about what riders need to be aware when positioning their horse on a road – drains, potholes, road camber, cycle lanes. How to ride as a pair on the road. 8. Talk about the use of hand signals – show the group how to use arm signals for: turning, slowing down, stop, thank you, observations – group to practice: <ul style="list-style-type: none"> ○ Look all around – turning from waist with both hands on reins ○ Extend arm at shoulder height, fingers closed and palm facing forwards. ○ Hold signal long enough to show clear signal

	<ul style="list-style-type: none"> ○ Replace both hands on reins before making turn ○ Lifesaver look over BOTH shoulders before turning. <p>9. Take group to yard or arena – practise positioning safely on foot in single file, in pairs, how and when to signal, observation, making a right turn.</p>
	<p>This session can be delivered as a stand-alone session or combined with a ridden session depending on the experience of the participants</p>
10 mins	<p>SUMMARY Ask the group to demonstrate the arm signals Questions regarding road markings and signs</p>
<p>PROGRESSION Encourage students to read Highway Code as applies to horse riders and the Ride Safe book</p>	

The British Horse Society, Abbey Park, Stareton, Kenilworth, Warwickshire CV8 2XZ

Tel: 02476 840500 Email: enquiries@bhs.org.uk www.bhs.org.uk

The British Horse Society is a Registered Charity Nos. 210504 and SC038516

Name		Level	Bronze
Topic	Ride Out Safely	Lesson	2 of 8
Subject	Riding a simulated road route in an enclosed space	Location	Arena
Resources & Requirements	Tacked up horse Riders with Hi - Viz clothing Mounting block Enclosed area with simulated route set out with poles/cones/markers (see overleaf)		

Time	Activity
10 mins	<p>INTRODUCTION:</p> <p>Welcome</p> <p>Safety information</p> <p>Ask group questions about the countryside code, positioning on the road and to demonstrate signals from previous session.</p>
50 mins	<p>ACTIVITIES:</p> <p>Dismounted activity</p> <ul style="list-style-type: none"> • In the arena or on the yard • Group to practise walking round on foot and practise signalling and observations. Practise as individual but also as a pair as riders will have to ride out with a ride leader for this award. You can take the lead file and group to follow you and copy your signals and positioning, include distances and why riders have to be careful not to get left behind (herd instinct) • Have a horse as a model – show how to check tack and get horse ready to mount, tighten girth, stirrups down and check length. <p>Mounted activity</p> <ol style="list-style-type: none"> 1. Allocate horses to riders (can be paired up and swap over part way through) 2. Ask riders to check tack and help to mount up and adjust stirrups. Partners to help 3. Organise riders into group and ask them to ride large around the arena keeping their distances. You can have an experienced ride leader at the front to lead the ride. 4. Ask riders to look over their right shoulder behind them – look out for them pulling on inside rein, not turning from waist, leaning to the side as they turn. 5. Repeat asking riders to look over their right shoulder. Do this several times

	<p>on both reins so riders are confident with moving in the saddle and looking behind them.</p> <ol style="list-style-type: none"> 6. Ask riders to put reins and whip in outside hand and signal with inside hand, correct height, make sure palm facing forwards, fingers together, thumb on top. Keep reins short. Talk about why you don't signal with whip in your hand. 7. Practise left and right signals. 8. Put together a sequence of observing and signalling. Don't forget the life saver look. 9. Ask the riders to observe and signal as they change the rein around the school! As they get more proficient the changes of rein can be trickier! 10. Riders swap over and repeat the session
<p>15 mins</p>	<p>SUMMARY Ask the group how easy they found looking behind them and controlling the horse. Question group about observation and signal sequence.</p>
<p style="text-align: center;">PROGRESSION: Riding simulated road route as pair</p>	

The British Horse Society, Abbey Park, Stareton, Kenilworth, Warwickshire CV8 2XZ

Tel: 02476 840500 Email: enquiries@bhs.org.uk www.bhs.org.uk

The British Horse Society is a Registered Charity Nos. 210504 and SC038516

Name		Level	Bronze
Topic	Riding Out Safely	Lesson	3 of 8
Subject	Riding with a ride leader on simulated route	Location	Arena
Resources & Requirements	Suitable horses Riders with Hi-Viz clothing Road route set up in arena		

Time	Activity
10 mins	INTRODUCTION: Welcome Safety information Allocate suitable horses to riders Set up a simulated left and right turns
50 mins	ACTIVITIES: Mounted activity <ul style="list-style-type: none"> • Riders to check tack for safety • Help riders to mount up, check girths and stirrups • Warm ride up in single file • As a group halt the riders where they can all see the road route – talk about how they are going to position the horses on the road. Talk about how to make a left turn from major road to minor. • Walk through on foot to demonstrate observation, signal, manoeuvre, position • Walk each rider through how to ride a left turn • Talk through how to make a left turn from minor to major road – talk about where to position the horse (nose to white line) why you don't position front legs on white line. Walk through turn on foot. • Group to practise left turns – focus on positioning, clearness of signal, observation • As a group halt the riders where they can all see the road route – talk about how to make a right turn from major road to minor. Walk through observation, signal, manoeuvre, positioning • Walk each rider through how to ride a right turn – where to turn, walk straight across road, • Group to practise left and right turns

10 mins	SUMMARY Group discussion on rider confidence controlling horse and confidence with arm signals and positioning on the road. Questions
PROGRESSION: Riding out regularly with ride leader on safe quiet horses	

The British Horse Society, Abbey Park, Stareton, Kenilworth, Warwickshire CV8 2XZ

Tel: 02476 840500 Email: enquiries@bhs.org.uk www.bhs.org.uk

The British Horse Society is a Registered Charity Nos. 210504 and SC038516

Name		Level	Bronze
Topic	Riding Out Safely	Lesson	4 of 8
Subject	Riding with a ride leader on simulated route	Location	Arena
Resources & Requirements	Suitable horses Riders with Hi-Viz clothing Road route set up in arena		

Time	Activity
10 mins	<p>INTRODUCTION:</p> <p>Welcome</p> <p>Safety information</p> <p>Allocate suitable horses to riders</p> <p>Set up a simulated left and right turns, asking cars to stop or slow down</p>
50 mins	<p>ACTIVITIES:</p> <p>Mounted activity</p> <ul style="list-style-type: none"> • Riders to check tack for safety • Help riders to mount up, check girths and stirrups • Warm ride up in single file • As a group halt the riders where they can all see the road route – ask riders what they can remember about making a left turn? • As a group ask riders what they can remember about making right turns and how they differ from a left turn? • Group to practise left and right turns - focus on positioning, clearness of signal, observation • As a group practise signals for: slow down, stop and thank you! • Have some fun with this unmounted riders can pretend to be the cars overtaking the riders!

15 mins	SUMMARY Group discussion on rider confidence controlling horse and confidence with arm signals and positioning on the road. Questions
PROGRESSION: Riding out regularly with ride leader on safe quiet horses.	

The British Horse Society, Abbey Park, Stareton, Kenilworth, Warwickshire CV8 2XZ

Tel: 02476 840500 Email: enquiries@bhs.org.uk www.bhs.org.uk

The British Horse Society is a Registered Charity Nos. 210504 and SC038516

Name		Level	Bronze
Topic	Riding Out Safely	Lesson	5 of 8
Subject	Riding a simulated road route in an enclosed space.	Location	Arena
Resources & Requirements	Horse that are happy to be riding side by side in pairs Hi-Viz clothing Enclosed arena		

Time	Activity
10 mins	<p>INTRODUCTION:</p> <p>Welcome</p> <p>Safety information</p> <p>Ask group to demonstrate the observe and signal sequence you practised previously</p> <p>Allocate group into pairs</p>
50 mins	<p>ACTIVITIES:</p> <ul style="list-style-type: none"> • Allocate suitable horses to each pair • Riders to check tack and get horses ready to mount • Help riders to mount up and alter girth and stirrups • Warm ride up as single file – practising halting and turning as a ride and under control • Talk about riding side by side in pairs – why would you ride in pairs on the road, horse behaviour, distances, being aware of whip position, keeping horses level • Pair horses up and riders to walk around arena keeping safe distance between each pair and the pair in front • Practise halt to walk transitions • How to change the rein - slow down inside horse – speed up outside horse • Move pairs around within the ride so every pair has a chance to be lead file and in the centre of the ride • Spread pairs out around arena and practise moving from pair to single file and back (to simulate what you might have to do on the road to allow cars to pass) • Talk about how you decide which horse would go first, why might you need to do this out hacking?

10 mins	SUMMARY: Talk about any issues that arose during the session Ask riders how they felt riding in pairs – would it make them feel safer on the road? (They will be the inside rider for the assessment) Questions
PROGRESSION: Encourage students to read Highway Code as applies to horse riders and the Ride Safe book	

The British Horse Society, Abbey Park, Stareton, Kenilworth, Warwickshire CV8 2XZ

Tel: 02476 840500 Email: enquiries@bhs.org.uk www.bhs.org.uk

The British Horse Society is a Registered Charity Nos. 210504 and SC038516

Name		Level	Bronze
Topic	Riding Out Safely	Lesson	6 of 8
Subject	Riding as pair	Location	Arena
Resources & Requirements	Suitable horses to be ridden in pairs Rider with Hi-Viz clothing Enclosed arena with simple junctions set up using poles		

Time	Activity
10 mins	INTRODUCTION: Welcome Safety information Ask group what they can remember about riding in pairs from previous week Ask questions about positioning on the road and what they have to be aware of
50 mins	ACTIVITIES: <ul style="list-style-type: none"> • Allocate suitable horses to each pair of riders • Ride to practise riding in pairs as ride around the arena. Ride some halt/walk transitions, changes of rein and turns to ensure riders are in control and pairings of horses are suitable • In their pairs riders practise signalling left and right (being aware of the other rider!) • As a group halt the riders where they can all see the road route – talk about how they are going to position the horses on the road. Talk about how to make a left turn from major road to minor. Walk through observation, signal, manoeuvre, position • Talk each pair through how to ride a left turn • Talk through how to make a left turn from minor to major road – talk about where to position the horse • Group to practise left turns – focus on positioning, clearness of signal, observation • As a group halt the riders where they can all see the road route – talk about how to make a right turn from major road to minor. Walk through observation, signal, manoeuvre, positioning • Walk each pair through how to ride a right turn – where to turn, walk straight across road, • Group to practise left and right as pairs and riding straight down road
10 mins	SUMMARY Group discussion about positioning through turns on the road Questions

PROGRESSION:

Revise road markings and signs, walk road route in preparation for riding

The British Horse Society, Abbey Park, Stareton, Kenilworth, Warwickshire CV8 2XZ

Tel: 02476 840500 Email: enquiries@bhs.org.uk www.bhs.org.uk

The British Horse Society is a Registered Charity Nos. 210504 and SC038516

Name		Level	Bronze
Topic	Riding Out Safely	Lesson	7 of 8
Subject	Riding out following a lead rider	Location	Arena, short hacking route
Resources & Requirements	Experienced ride leader and back stop, suitable quiet horses used to hacking as a small group Riders with Hi-Viz clothing Suitable short route off public highway/internal road/bridleway		

Time	Activity
15 mins	<p>INTRODUCTION:</p> <p>Welcome</p> <p>Safety information</p> <p>Help riders to mount up in arena and organise ride into suitable order (pairs or single file) If you have a large number of riders split into 2 separate groups with one group going at a time</p> <p>All riders and horses should be wearing Hi-Viz</p>
50 mins	<p>ACTIVITIES:</p> <ul style="list-style-type: none"> • Form ride behind ride leader (and possibly a back stop depending on how big the group is) and practise in arena following instructions (halting, turning, distances etc.). You need to be happy the riders are in control before you leave the arena • Before leaving the arena brief the riders as to where you are going and anything they need to be aware of. Recheck girths and stirrups! • Remind them about observation and what to do if they have a problem. • The route can be a short route around internal roads or the yard or bridleway/field if the roads are not suitable for hacking on. Use what is most appropriate for your yard and horses. Junctions can be created on internal roads/drives to help riders with positioning. • If you have no access to road riding take the ride around a field or bridleway following the same principles of observation and signalling. • Throughout the ride point out anything riders need to be aware of, encourage them to observe regularly, if a car approaches ask riders to call up or down the line to alert everyone. • At the end halt the ride in a safe place for dismounting – this could be in the arena or on the yard. If on the yard remind riders of positioning and safety. • If you have nervous riders it might be beneficial to take them out on their own with you riding and leading or walking next to them to allow them to

	<p>gain confidence before riding as part of a group.</p> <p>This session can be repeated to include different or longer routes, to allow participants to gain confidence and experience. For Bronze the participants are not required to trot or canter and should always have a ride leader to guide them.</p>
<p>10 mins</p>	<p>SUMMARY</p> <p>Talk to each rider individually about how they found riding out, especially if they have not done it before.</p> <p>Plan for next time to go on a slightly longer ride</p>
<p style="text-align: center;">PROGRESSION:</p> <p style="text-align: center;">Riding out regularly with ride leader on safe quiet horses.</p>	

The British Horse Society, Abbey Park, Stareton, Kenilworth, Warwickshire CV8 2XZ

Tel: 02476 840500 Email: enquiries@bhs.org.uk www.bhs.org.uk

The British Horse Society is a Registered Charity Nos. 210504 and SC038516

Name		Level	Bronze
Topic	Riding Out Safely	Lesson	8 of 8
Subject	Riding out following a lead rider	Location	Arena, suitable hacking route
Resources & Requirements	Experienced ride leader and back stop, suitable quiet horses used to hacking as a small group Riders Hi-Viz clothing Suitable short route off public highway/internal road/bridleway		

Time	Activity
10 mins	<p>INTRODUCTION:</p> <p>Welcome</p> <p>Safety information</p> <p>Talk about the previous hack and set out guidelines for this ride</p> <p>Allocate riders to suitable horses and take horses to arena</p> <p>If you have a large number of riders split into 2 separate groups with one group going at a time</p> <p>All riders and horses should be wearing Hi-Viz</p>
50 mins	<p>ACTIVITIES:</p> <ul style="list-style-type: none"> • Help riders to check girths and stirrups and mount up • Organise ride into an order • You can 'warm' the riders up in the school before the ride to check control and rider horse pairings. You need to be happy the riders are in control before you leave the arena • Form ride behind ride leader (and possibly a back stop depending on how big the group is). Or you and some helpers can walk along beside the riders on foot if more appropriate • Before leaving the arena brief the riders as to where you are going and anything they need to be aware of. Recheck girths and stirrups! • Remind them about observation and what to do if they have a problem. • Plan a route that is suitable for your horses and riders. • Throughout the ride point out anything riders need to be aware of, encourage them to observe regularly, if a car approaches ask riders to call up or down the line to alert everyone. • At the end halt the ride in a safe place for dismounting – this could be in the arena or on the yard. If on the yard remind riders of positioning and safety. <p>This session can be repeated to include different or longer routes, to allow participants to gain confidence and experience. For Bronze the participants are</p>

	not required to trot or canter and should always have a ride leader to guide them.
15 mins	<p>SUMMARY</p> <p>Talk to each rider individually about how they found riding out, especially if they have not done it before.</p> <p>Care of the horse after a hack – untack, wash down if required, check feet if ridden across stony ground.</p>
<p>PROGRESSION:</p> <p>Riding out regularly with ride leader on safe, quiet horses.</p>	

The British Horse Society, Abbey Park, Stareton, Kenilworth, Warwickshire CV8 2XZ

Tel: 02476 840500 Email: enquiries@bhs.org.uk www.bhs.org.uk

The British Horse Society is a Registered Charity Nos. 210504 and SC038516