

Name		Level	Silver
Topic	Riding Out Safely	Lesson	1 of 8
Subject	Emergency dismount, lead and remount	Location	Yard/Arena
Resources & Requirements	Tacked up horse in the stable/stall Rider with high viz clothing Mounting block Enclosed area with a road set out a hazard (jump wing, wheel barrow or similar)		

Time	Activity
10 mins	<p>INTRODUCTION:</p> <p>Most people will have led a horse around the yard or caught them and led them in from the field, but there are different things to be aware of when leading them on the road.</p> <p>Consider the equipment you may need and remember always to position yourself between the horse and the traffic.</p>
40 mins	<p>ACTIVITIES:</p> <p>Safety First</p> <ol style="list-style-type: none"> 1). Discuss situations where it may be advisable to perform an emergency dismount. 2). Discuss the importance of dismounting safely and quickly in an emergency. 3). Ask riders to check the safety of their tack and the state of the horse's feet. <p>Coach to demonstrate the following steps:</p> <p>Preparing to Dismount</p> <ol style="list-style-type: none"> 1). Ride along a simulated road. 2). When approaching a hazard, look behind to make sure it is safe to dismount. Check the landing area so that it is safe. 3). Remove both feet from the stirrups and quickly cross the right stirrup over the horse's withers. 4). Dismount on the near side and cross the left stirrup over the saddle. 5). Take the reins over the horse's head (unless he is wearing a martingale). 6). Move to the other side of the horse so that you are between the horse and the traffic. <p>Leading</p> <ol style="list-style-type: none"> 1). Look behind you and if necessary signal to move off. 2). When it is clear, move off, holding the reins in both hands. 3). Keep looking around while leading, reassuring the horse if he is frightened by

	<p>the hazard.</p> <p>Remounting</p> <ol style="list-style-type: none"> 1). Make sure you find a safe place, with higher ground or a block for the rider if necessary. 2). Put the reins back over the horse's head, uncross the right stirrup and move back round to the near side. 3). Take back the left stirrup and looking all around, remount. <p>Moving off</p> <ol style="list-style-type: none"> 1). Look behind and signal if necessary before moving off. <p>Riders then perform the dismount, lead and remount.</p>
<p>10 mins</p>	<p>SUMMARY</p> <p>Re-cap session</p> <p>Questions</p> <p>Sign off relevant section in Ride Safe guide if appropriate</p>
<p style="text-align: center;">PROGRESSION:</p> <p>Encourage students to read Highway Code as it applies to horse riders and the next chapter of the Ride Safe guide</p>	

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Name		Level	Silver
Topic	Riding Out Safely	Lesson	2 of 8
Subject	Rules of the road	Location	Classroom
Resources & Requirements	Copies of Highway Code Copy of up to date hat standards and hats for checking Pens and paper Laminated road signs and road markings Projector and screen (if possible) and copy of Dead Slow campaign video		

Time	Activity
10 mins	<p>INTRODUCTION: Explanation of the Highway code and sections that apply particularly to horse riders.</p>
40 mins	<p>ACTIVITIES: Rider specific sections of the Highway Code 1) Rule 49 – safety equipment 2). Rule 50 – visibility 3). Rule 51 - recommendations for riding after dusk 4). Rule 52 – check tack 5). Rule 53 – Strategies for riding on the road. 6).Rule 54 – Footpaths, pavements and cycle routes. 7). Rule 55 - roundabouts</p> <p>Other relevant sections for riders 1). See pages 24-28 of Ride Safe guide for other rules that may affect riders.</p> <p>Road markings 1). Give way to traffic on major road 2). Give way to traffic from the right on a roundabout 3). Stop at junction 4). Broken White Lines 5). Double white lines 6). Hatches/chevrons 7). Single and double yellow lines</p> <p>Road signs and shapes 1). Common road signs as identified on page 29 of Ride Safe guide</p>

10 mins	SUMMARY Re-cap session Questions Sign off relevant section in Ride Safe guide if appropriate
PROGRESSION: Encourage students to read Highway Code as applies to horse riders and the next chapter of the Ride Safe guide	

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Name		Level	Silver
Topic	Riding Out Safely	Lesson	3 of 8
Subject	Riding in open order in enclosed area	Location	Arena
Resources & Requirements	Tacked up horse Mounting block Enclosed area		

Time	Activity
10 mins	INTRODUCTION: Recap on signaling procedures.
40 mins	ACTIVITIES: Lead horses into arena. <ol style="list-style-type: none"> 1) Check tack, tighten girths. 2) Lead to mounting block. 3) Showing all round observation, mount and move off. Ride as a group <ol style="list-style-type: none"> 1) In groups of 4-6, work in open order. 2) Demonstrate awareness of other riders. 3) Explain rules of the school and conventions for passing other horses. 4) Walk and trot on both reins, some riders on each rein. 5) Ride with reins in one hand. 6) Transitions and changes of rein.
10 mins	SUMMARY Re-cap session Questions Sign off relevant section in Ride Safe guide if appropriate
PROGRESSION: Encourage students to practice riding in open order with others.	

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Name		Level	Silver
Topic	Riding Out Safely	Lesson	4 of 8
Subject	Riding a simulated route	Location	Arena
Resources & Requirements	Tacked up horse Mounting block Enclosed area with simulated route set out with poles/cones/markers		

Time	Activity
10 mins	INTRODUCTION: Recap on observation and signaling procedures.
40 mins	ACTIVITIES: Lead horses into arena. <ol style="list-style-type: none"> 1) Check tack, tighten girths. 2) Lead to mounting block. 3) Showing all round observation, mount and move off. Ride simulated route <ol style="list-style-type: none"> 1) Walk round route with each rider. 2) Ask for turns to right and left. 3) Simulate major and minor junctions 4) Discuss riding round a roundabout 5) Observe emergency dismount and leading on simulated road.
10 mins	SUMMARY Re-cap session Questions Sign off relevant section in Ride Safe guide if appropriate
PROGRESSION: Encourage students to practice signalling, turns and dismount.	

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Name		Level	Silver
Topic	Riding Out Safely	Lesson	5 of 8
Subject	Understanding requirements of riding on the road	Location	Classroom / road route
Resources & Requirements	Map of road route Copy of Risk assessment for road route High vis tabards		

Time	Activity
10 mins	INTRODUCTION: Check safety awareness – always walk facing oncoming traffic..
40 mins	ACTIVITIES: Identify road route in classroom <ol style="list-style-type: none"> 1) Look at map, identify any potential hazards 2) Share risk assessment. 3) Discuss any issues. Walk road route <ol style="list-style-type: none"> 1) Walk round route. 2) Discuss considerations for turns to right and left. 3) Challenge knowledge of road signs and markings 4) Discuss riding round a roundabout
10 mins	SUMMARY Re-cap session Questions Sign off relevant section in Ride Safe guide if appropriate
PROGRESSION: Encourage students to practice signalling, turns and dismount.	

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Name		Level	Silver
Topic	Riding Out Safely	Lesson	6 of 8
Subject	Riding out on the road	Location	Classroom / road route
Resources & Requirements	Tacked up horse with high viz leg bands Map of road route Copy of Risk assessment for road route High viz tabards		

Time	Activity
10 mins	INTRODUCTION: Check safety awareness – tighten girths, check horse’s feet in good condition.
40 mins	ACTIVITIES: Ride road route <ol style="list-style-type: none"> 1) In pairs, set out on road route 2) Explain Highway Code regulations for riding in pairs. 3) Always keep younger or less experienced rider/horse on the inside. 4) Explain how and when to move from double to single file. 5) Explain how to ride round bend and corners. 6) Check understanding of riding through traffic lights. 7) Explain how to ride round roundabouts. 8) Develop awareness of where and when it is safe to trot.
10 mins	SUMMARY Re-cap session Questions Sign off relevant section in Ride Safe guide if appropriate
PROGRESSION: Encourage students to practice signalling, turns and dismount.	

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Name		Level	Silver
Topic	Riding Out Safely	Lesson	7 of 8
Subject	Understand how to ride through open countryside	Location	Classroom
Resources & Requirements	Laminated waymarker signs Paper and pens		

Time	Activity
10 mins	INTRODUCTION: Check safety awareness – tighten girths, check horse’s feet in good condition.
40 mins	ACTIVITIES: Classroom <ol style="list-style-type: none"> 1) Check understanding of waymarkers. 2) Do’s and don’ts of riding across agricultural land. 3) How to deal with livestock in fields. 4) External hazards (wind turbines, drones, etc) 5) Awareness of how to pass other riders. 6) Other countryside users – dog walkers/cyclists/runners <p>Discuss riding on the beach – tide times/surface/holiday makers</p>
10 mins	SUMMARY Re-cap session Questions Sign off relevant section in Ride Safe guide if appropriate
PROGRESSION: Encourage students to practice signalling, turns and dismount.	

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Name		Level	Silver
Topic	Riding Out Safely	Lesson	8 of 8
Subject	Riding through open countryside	Location	Out and about
Resources & Requirements	Tacked up horses with lead ropes clipped to saddles Mobile phones or similar Riders with high viz clothing Map Route plan to leave at yard		

Time	Activity
10 mins	INTRODUCTION: Check safety awareness – tighten girths, check horse’s feet in good condition.
40 mins	ACTIVITIES: Leaving the yard <ol style="list-style-type: none"> 1) Mount Safely 2) Establish ride order with weaker riders in the middle. Riding Out <ol style="list-style-type: none"> 1) Make sure all riders understand countryside code 2) Practice opening and holding gates. 3) Awareness of how to deal with accidents Consider traffic and external conditions
10 mins	SUMMARY Re-cap session Questions Sign off relevant section in Ride Safe guide if appropriate
PROGRESSION: Maintain awareness of safe riding in every environment.	

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