

Your First Steps

towards
confidence
and
safety



Photo credit: Hugh Martell



**Back Country Horsemen of BC
Level 1 Trail Rider**



4 Levels of Skills

Level 1 • Trail Rider Level 2 • Overnight Rider
Level 3 • Packing Rider Level 4 • Wilderness Rider

BCHBC offers a progressive series of skills that are considered essential to becoming a competent recreational Trail Rider. There is room to involve horsemen of any age or level of accomplishment.

It has been divided into 4 levels based on the CHA Trail Program and allows learning to be obtained by groups or individuals at their own pace from any level of the program and using any qualified or knowledgeable sources.

Evaluation and Certification awards are available through the Certified Horsemanship Association (www.ahse.org) if desired.

For lists of qualified instructors and other sources of information go to Back Country Horsemen of BC (www.bchorsemen.org), Certified Horsemanship Association (www.cha-ahse.org), Horse Council of BC (www.hcbc.ca) and Equine Canada (www.equinecanada.ca)

BCHBC promotes the inclusion of educational events within a fun and social atmosphere in order to foster safety, camaraderie and the enjoyment of learning.

For more information: www.bchorsemen.org

People who use this information do so entirely at their own risk and BCHBC disclaims any liability for death, injury or other damage that may be sustained by anyone using the information.

Photos by Hugh Martell and Rose Schroeder.

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Level 1 Trail Rider Progress Sheet

Name _____ Date _____

Riding and horse handling:

- ___ Approaching and catching a horse
- ___ Leading safely
- ___ Basic knots, rope safety (*Bowline, Quick Release*)
- ___ Grooming
- ___ Parts of the horse and tack
- ___ Horse sense and safety
- ___ Saddling and bridling
- ___ Safety tack check
- ___ Safe mounting, dismounting
- ___ Basic seat and balance
- ___ Use of aids
- ___ Basic control (*on the ground*) using only the pressure and release concept, move your Horse forward, back, left, right, up and down. (*mounted*) same as above but from the saddle with a bridle.
- ___ Rating horse's speed
- ___ Sitting trot
- ___ Posting trot
- ___ 2 point seat (*Half Seat*)
- ___ Basic school figures
- ___ Ring test level1
- ___ Transitions between gaits
- ___ Untacking safely

Trail skills:

- ___ Trail safety and etiquette guidelines
- ___ Passing and being passed
- ___ What to take on a day ride.
- ___ Riding up and down hills
- ___ Crossing hazards
- ___ Securing horses on the trail
- ___ Basic first aid for horse and rider
- ___ Simple navigation skills

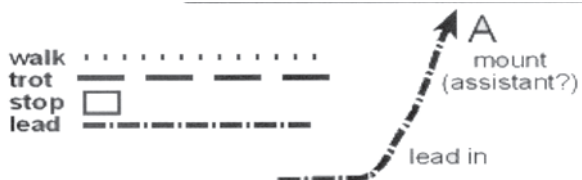
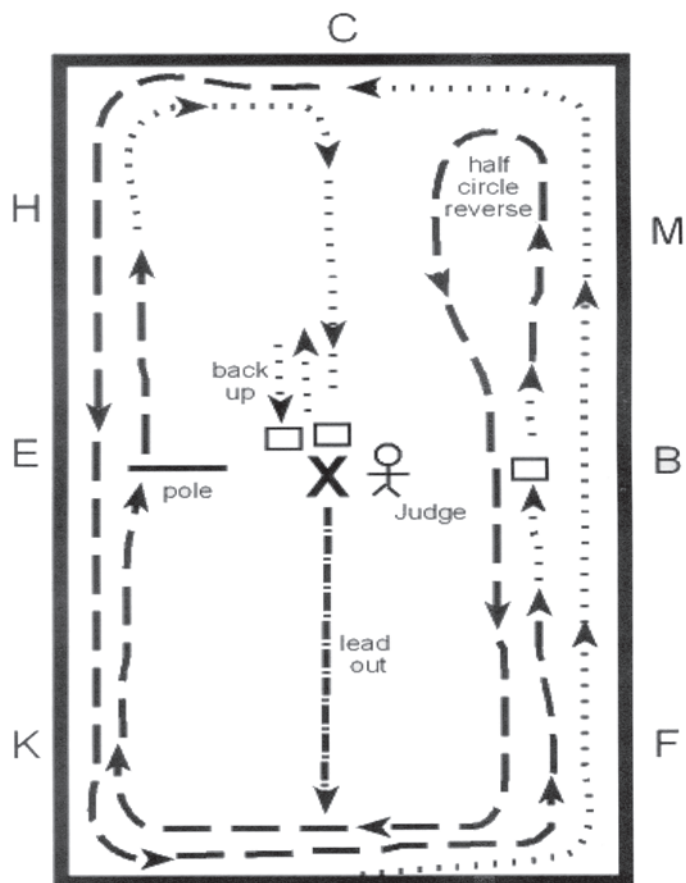
Trail experience:

- ___ Participate in at least two group trail rides which were organized and operated according to the standards incorporated into this program.

Knowledge Check-up:

- ___ You have 60 min to complete the Level 1 exam. Discuss your answers as a group or individual with your coach or instructor. The appropriate CHA manual can be used to reference correct answers during the discussions.

Level 1 Ring Test



Level 1 Ring Test Score Sheet

(each maneuver is scored on 10 points)

Remember: the goal of Level 1 is a good foundation of safe, secure and simple basics

Name: _____

Place: _____ **Date:** _____

Letter	Directions	Scored on	Points	Comment
Entry to A	Lead horse saddled	Leading safely and correctly		
A	Check tack and mount	Safety tack check, safe mounting and control		
A	Enter at walk, turn right, continue to C	Position, seat, use of aids, control and corners		
C	Trot, posting to B	Balance, position		
B	Halt through walk	Control, timing, use of aids		
B-M	Sit trot through walk	Balance, position, check and release		
M-B	Half circle reverse	Knowledge of figure, control balance, use of eyes and aids		
B-H	Trot, over pole	As above, 2 point seat		
H-C	Walk, turn right at C, continue to X	Use of aids, balance, control		
X	Halt, back 4 steps come forward to X, dismount, leave arena leading	Control, use of aids, safety preparing and leading safely		

Scoring: 0 = not performed

1 = very bad

2 = unsatisfactory

3 = poor

4 = insufficient (not good enough)

5 = sufficient (fair)

6 = satisfactory

7 = fairly good

8 = good

9 = very good

10 = outstanding *70% is considered passing*

Total score _____

Passing: Yes _____ No _____ Instructor's signature _____

Notes:

Ready for more?
Check out our Level 2, Overnight Rider