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| **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) | | |

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| **Time** | **Activity** |
| ***10***  ***mins*** | **INTRODUCTION**:  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.  Consider the equipment you may need and remember always to position yourself  between the horse and the traffic. |
| ***40***  ***mins*** | **ACTIVITIES:**  **Safety First**   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.   Coach to demonstrate the following steps:  **Preparing to Dismount**   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.   **Leading**   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 |

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|  | the hazard.  **Remounting**   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.   **Moving off**  1). Look behind and signal if necessary before moving off.  Riders then perform the dismount, lead and remount. |
| ***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 it 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** | 2 of 8 |
| **Subject** | Rules of the road | **Location** | Classroom |
|  | Copies of Highway Code | | |
|  | Copy of up to date hat standards and hats for checking | | |
| **Resources &** | Pens and paper | | |
| **Requirements** | Laminated road signs and road markings | | |
|  | Projector and screen (if possible) and copy of Dead Slow campaign | | |
|  | video | | |

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| **Time** | **Activity** |
| ***10***  ***mins*** | **INTRODUCTION**:  Explanation of the Highway code and sections that apply particularly to horse riders. |
| ***40***  ***mins*** | **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  **Other relevant sections for riders**  1). See pages 24-28 of Ride Safe guide for other rules that may affect riders.  **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  **Road signs and shapes**  1). Common road signs as identified on page 29 of Ride Safe guide |

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| ***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 | | |

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| **Time** | **Activity** |
| ***10***  ***mins*** | **INTRODUCTION**:  Recap on signaling procedures. |
| ***40***  ***mins*** | **ACTIVITIES:**  **Lead horses into arena.**   1. Check tack, tighten girths. 2. Lead to mounting block. 3. Showing all round observation, mount and move off.   **Ride as a group**   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 | | |

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| **Time** | **Activity** |
| ***10***  ***mins*** | **INTRODUCTION**:  Recap on observation and signaling procedures. |
| ***40***  ***mins*** | **ACTIVITIES:**  **Lead horses into arena.**   1. Check tack, tighten girths. 2. Lead to mounting block. 3. Showing all round observation, mount and move off.   **Ride simulated route**   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 | | |

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| **Time** | **Activity** |
| ***10***  ***mins*** | **INTRODUCTION**:  Check safety awareness – always walk facing oncoming traffic.. |
| ***40***  ***mins*** | **ACTIVITIES:**  **Identify road route in classroom**   1. Look at map, identify any potential hazards 2. Share risk assessment. 3. Discuss any issues.   **Walk road route**   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 | | |

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| **Time** | **Activity** |
| ***10***  ***mins*** | **INTRODUCTION**:  Check safety awareness – tighten girths, check horse’s feet in good condition. |
| ***40***  ***mins*** | **ACTIVITIES:**  **Ride road route**   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 | | |

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| **Time** | **Activity** |
| ***10***  ***mins*** | **INTRODUCTION**:  Check safety awareness – tighten girths, check horse’s feet in good condition. |
| ***40***  ***mins*** | **ACTIVITIES:**  **Classroom**   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   Discuss riding on the beach – tide times/surface/holiday makers |
| ***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 | | |

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| **Time** | **Activity** |
| ***10***  ***mins*** | **INTRODUCTION**:  Check safety awareness – tighten girths, check horse’s feet in good condition. |
| ***40***  ***mins*** | **ACTIVITIES:**  **Leaving the yard**   1. Mount Safely 2. Establish ride order with weaker riders in the middle.   **Riding Out**   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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