



## TRACK RIDING PROGRAM

### Course Assessment

**Name of Trainee:**

**NRIC Number:**

**Name of Employing Trainer:**

	<b>Learning objectives</b>	<b>Assessment Criteria</b>	<b>Achievement</b>	
	<i>Trainee should be able to:</i>	<i>Trainee has achieved this outcome:</i>	YES	NO
1.1	Demonstrate: Leading a saddled and bridled horse in hand, from either side. Checking saddlery for its fitting and soundness	Demonstrate safe, effective leading in hand at walk		
1.2		Demonstrate safe, effective leading in hand at trot		
1.3		Demonstrate safe, correct turning of the horse when leading in hand		
1.4		Carryout appropriate tack checking procedures prior to mounting		
2.1	Demonstrate: Mounting and dismounting from the ground and mounting from a mounting block	Demonstrate correct mounting from a mounting block		
2.2		Demonstrate correct dismounting		
2.3		Demonstrate correct mounting from the ground		
2.4		Demonstrate correct dismounting from a mounting block		
2.5		Give and receive a leg-up		
3.1	Demonstrate: Taking up and adjusting stirrups and reins. Checking and tightening girths	Carry out correct girth and stirrup adjusting procedures prior to riding away		
3.2		Demonstrate correct placement of stirrup leathers		
3.3		Demonstrate correct method of holding the rein		
4.1	Know the reasons for trotting on named	Demonstrate an ability to rise with correct diagonals		

	diagonals			
5.1	Know an incorrect leading leg in canter and trot to enable a correct lead to be established.	Demonstrate an ability to recognize cantering with the correct leading leg		
5.2		Uses corners/ half circles to help ensure correct strike-offs into canter		
6.1	Ride a horse applying correct aids for canter leads and school figures.	Show coordinated aid application		
6.2		Show preparation when making transitions		
6.3		Show correct canter strike-offs		
6.4		Show correctly sized school figures		
7.1	Ride effectively yet sympathetically, while maintaining a balanced, correct and supple seat at all gaits	Demonstrate fluent coordinated aid application		
7.2		Show poise, balance and the ability to absorb and follow the horse's movement in all gaits		
7.3		Show an ability to ride horses forward to a receiving hand		
8.1	Apply correct influences and smooth application of the aids with a clear understanding of the reasons for them.	Show fluent school figures while maintaining the horse in good form		
8.2		Show awareness of the horse's response to the aids		
8.3		Demonstrate correct canter leads		
9.1	Ride a horse with an appropriate independent balance, depth & security of position	Demonstrate correct posture in the saddle		
9.2		Show basic suppleness as required in the riding position		
9.3		Show an independent balance is maintained through turns, circles and transitions		
10.1	Ride a horse forward at the correct speed for each gait.	Show rhythm and balance are maintained through turns and circles		
10.2		Demonstrate ability to ride forward		
10.3		Know when and when not to use artificial aids (whip)		
11.1	Ride a horse with an appropriate rein length both with & without stirrups, and with the reins in one hand.	Show non restricting yet controlling rein contact		
11.2		Show balance and security without stirrups in walk, trot and canter		
11.3		Show balance, security and		

		harmony without stirrups in walk, trot and canter		
11.4		Show coordinated aids when riding with the reins in one hand		
12.1	Ride effectively yet, sympathetically over jumps while maintaining a balanced, correct and supple seat at all gaits.	when riding over undulating ground and around a course of fences		
12.2		Show an effective, positive manner in performance		
12.3		Show a balanced position from a secure lower leg		
12.4		Show fluency and rhythm and appreciation of pace through the phases of the jump, allowing the horse freedom over the fences		
12.5		Demonstrate correct canter leads between fences		
13.1	Ride horses forward in good form through transitions, turns on the forehand, leg-yielding and the rein back (2 or 3 steps), and if appropriate, show lengthening and shortening of strides at all gaits.	Show preparation of the horse for transitions and school figures		
13.2		Exercise to increase the horse's obedience and suppleness		
13.3		Demonstrate planning of work		
13.4		Show an awareness of satisfactory work		
14.1	Understand the value of school work in the mental, muscular and gymnastic development of the horse.	Describe the horse's basic way of going		
14.2		Explain the basic principles of training		
14.3		Care of the horse after exertion with regard for weather conditions		
15.1	Lunge a horse efficiently in an enclosed space	Use lunge equipment safely and to good effect		
15.2		Show a safe appropriate lunge technique for an unknown horse		
15.3		Use exercises suitable for developing and maintaining control whilst exercising the horse		
15.4		Demonstrate an appropriate method of exercise, showing appreciation for the horse's balance and fitness level		
15.5		Demonstrate an		

		understanding of the importance of rhythm and balance		
15.6		Explain the value of lungeing		
15.7		Describe the tack and facilities required		
16.1	Prepare horses for racing	Ride racehorse on roads or tracks under supervision		
16.2		Provide routine exercise opportunities for racehorses under supervision		
16.3		Maintain balanced and effective position at required gaits		

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EXAMINING INSTRUCTOR

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CHIEF INSTRUCTOR