

OBJECTIVE

- To become an effective rider who knows the reasons for what he or she is doing.
- To know the Scales of Training.
- To understand the Scales provide a staircase of training suitable for all horses and ponies.
- To be able to maintain a horse's way of going.
- To ride over fences at all paces.
- To be able to ride well-mannered horses or ponies out hunting, in horse trials, or on an endurance or fun ride.
- To ride intelligently and with due regard for others in the country, with a knowledge of pace, distance and discipline when riding alone and in groups.

The criteria against which the assessors will make their decisions:

Work In On Your Own Horse

1. Maintain a suitably balanced and independent position at walk, trot and canter.
2. Show a progressive build-up of exercises based on your assessment of the horse's way of going.
3. Apply correct aids to promote balance and maintain the horse's way of going.
4. Discuss how you feel the horse is going today using the Scales of Training as a template, including your assessment of the forwardness, tempo and balance.
5. Show consideration for safety when riding alone and in groups.

Riding School Movements

6. Maintain a suitably balanced and independent position at walk, trot and canter, and without stirrups.
7. Demonstrate school movements including loops, serpentines and circles down to 10 metres.
8. Discuss and show the aids for half-halts, medium trot, rein back leg yield and half pirouette
9. Show progressive exercises towards all movements.
10. Discuss how you feel the horse is going today using the Scales of Training as a template, including your assessment of the forwardness, tempo and balance.
11. Show consideration for safety when riding alone and in groups

Ride an Unfamiliar Horse on the Flat

12. Maintain a suitably balanced and independent position at walk, trot and canter.
13. Show a progressive build-up of exercises based on your assessment of the horse's way of going.
14. Apply correct aids given to help maintain the horse's balance and quality of pace.
15. Discuss how you feel the horse is going today using the scales of training as a template, and including your assessment of the forwardness, tempo and balance.
16. Discuss the quality of paces and acceptance of the aids.
17. Show consideration for safety when riding alone and in groups.

Jump a Round of Show Jumps (fences approximately 90cm)

18. Maintain a suitably, balanced and independent position between and over fences.
19. Ride a round of show jumps including a double and related distances.

20. Show the correct aids for the pace and turns required to ride a fluent and balanced round.
21. Manage and discuss appropriately the challenges presented during the round.
22. Assess the round and the balance of the horse during the round.
23. Explain the distances between trotting poles, a placing pole to a fence and a one stride double. (Distances to be given in metres, yards or feet).
24. Show consideration for safety when riding alone and in groups.

Jump a Cross Country Round (fences approximately 90cm)

25. Show an understanding of the reasons for and the effect of the bit and tack being used.
26. Maintain a suitably balanced, independent position for cross country, including gallop when conditions allow.
27. Ride up and down banks and hills in trot and canter at a speed suitable for the level of training and fitness of the horse.
28. Demonstrate bold but controlled riding showing the correct aids for the pace, speed and lines required for the varied fences. This should be at a rhythm, pace and balance suitable for the horse, relating to the terrain and ground conditions.
29. Ride a cross country round which may include drops, doubles, technical fences, up or down hill.
30. Manage and discuss appropriately the challenges presented during the round.
31. Assess the cross country round.
32. Show consideration for safety when riding alone and in groups.