

LOS LAGOS BEGINNER RIDER LEVEL 1

Student Name: _____ Instructor: _____

Date: _____ Examiner: _____

An introduction to the fun and challenge of riding, establishing a foundation of safety habits and knowledge of the daily care of a horse/pony and tack. Beginning level-1 is where student learns to ride independently and with control, maintaining a reasonably secure position at the walk and trot. Rider learns the 2-Point position and walks and trots over ground poles.

EXPECTATIONS

Student should ride in an enclosed area (round pen or indoor arena) without lunge line, demonstrating basic balanced position at the halt and walk, and control at the walk and trot, with heels down and foot correctly placed on the stirrup.

HORSE MANAGEMENT

The Student is a beginning-level horse manager, willing to learn the simple routine necessary for safe handling of quiet, well-trained horses. His or her knowledge will vary widely depending on age, educational level, and experience.

TURN OUT

Rider is to be in safe and neat attire, as indicated in Los Lagos appropriate riding attire.
Horse neatly brushed; feet picked out (with assistance).
Tack safe and neat (properly adjusted, with assistance if necessary)

RIDING ON THE FLAT

Mount and dismount, with assistance if necessary.
Hold reins correctly between the thumb and forefinger at the halt.
Shorten and lengthen reins correctly at the halt.
Demonstrate basic correct position at the halt and walk. Demonstrate the 2-point position and the halt and walk.
Drop and pick-up stirrups with feet (no hands allowed) while mounted at a halt. Be sure foot is correctly placed on the stirrup.
Ride at the walk and trot, with control, keeping horse on rail.
Demonstrate simple change of direction at the walk and trot.
Perform gradual transitions from walk to trot and walk to halt.
Rider should demonstrate basic balanced position at the walk.

RIDING OVER OBSTACLES

Walk over poles on the ground in balanced and jumping (2-point) position.
Discuss with Instructor the reason for different positions when riding on the flat and over fences.
Rider should ride at the walk and trot over poles demonstrating basic balanced and 2-point position, with heels down and foot correctly placed on the stirrup.

PARTS OF THE HORSE/ TACK

Name 10 parts of saddle and bridle (any). _____

Give two reasons for cleaning tack. _____

KEY: ES = Exceeds Standard M = Meets Standard DNMS = Does Not Meet Standard

LOS LAGOS BEGINNER RIDER LEVEL 1

Name any 10 parts of the Horse (such as mane, tail, hoof, etc.). _____

STABLE MANAGEMENT

Groom Horse with brush and currycomb, pick out feet, with assistance.

Give one reason to pick out feet. _____

Tack up and untack Horse, with assistance.

EQUESTRIAN FACILITIES

List three different places in your area where you see horse activities and horse shows taking place. You may include where you have your riding lessons, and where you would like to participate in or watch a horse show or event.

LEADING / LUNGEING / CONDITIONING / NUTRITION

How to put on halter, mount safely, lead and turn correctly and safely.

Know one reason for cooling out mount after exercise.

Know how to give water, grain, hay and treats.

HEALTH CARE / VETERINARIAN

Discuss what a veterinarian is.

Give one reason why the vet might treat your horse. _____

ARENA ETIQUETTE

Know basic rules of safe riding in a group, in an enclosed area. (passing, stopping, etc)

Notes: _____
