

## **“Trail Riding – Safe and Fun”**

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### **Module 1: PREPARATION FOR TRAIL RIDING**

#### **THEORY**

- A quick overview of the horse and human nature
- Confidence on the trail ride
- Control yourself and your horse anytime – in every situation!
- Preparation before going for a ride

#### **PRACTICE WITH THE HORSE**

- Protecting your personal space
- The Helicopter technique
- Backing your horse
- Preparation for riding
- Mounting and Dismounting from both sides
- Control the head and the nose of your horse,
- Get ready to get off your horse from both sides anytime

### **Module 2: RIDING OUT WITH A PURPOSE AND A PLAN**

#### **THEORY**

- Leadership means having a plan
- Developing Confidence in your own leadership
- How good is the communication with your horse before riding out?

#### **PRACTICE WITH THE HORSE**

- Rein position and techniques
- Ride with focus and a plan
- Ride your horse on a loose rein - in all 3 gaits
- Going forward
- Slowing down

### **Module 3: LEAVING YOUR COMFORT ZONE – STEP BY STEP**

#### **THEORY**

- Emotional and mental fitness in stressful situations
- Trail riding gives a purpose for your horse
- The importance of choosing the right trail mates

#### **PRACTICE WITH THE HORSE**

- Mounting outside the arena
- Pick an easy trail to start with
- Leaving the stable with a focus return in a relaxed way
- Stop, wait, relax – anywhere - anytime
- Walk casual rein and teach your horse to follow the trail
- Creative exercises on your ride (Freestyle, Dressage)

### **Module 4: NARROWS – TEACH YOUR HORSE TO BECOME BRAVER**

#### **THEORY**

- Why does my horse gets emotional or refuses to go forward?
- Building up emotional and mental fitness of your horse

#### **PRACTICE WITH THE HORSE**

- Send your horse and teach him to touch things with his nose
- Nose, Neck, maybe the feet
- Overcome narrow and scary places
- Ride to the target outside

### **Module 5: TEACH YOUR HORSE TO PAY ATTENTION WHERE HE IS GOING**

#### **THEORY**

- Creative exercises on the trail ride

#### **PRACTICE WITH THE HORSE**

- Walk, trot canter over poles
- Crossing Water
- Jumping logs
- How to close and open cattle guards and gates
- Trot in an uneven pasture
- Canter in the open space

## **Module 6: RIDING UPHILL AND DOWNHILL**

### **THEORY**

- Benefit of riding up and downhill
- Why horses easily get emotional going up -and downhill
- THE FORMULA: FOCUS – FEELING – TIMING - BALANCE

### **PRACTICE WITH THE HORSE**

#### **In the arena**

- Backing your horse on the ground
- Backing your horse in the saddle
- Teach your horse to stay behind and respect a distance
- Teach your horse to follow a feel forward on the lead rope
- Use your bodylanguage

#### **On the trail**

- Teach your horse to back up
- Backing up on uneven ground or a hillside
- Teach your horse to go forward: play with your energy
- Fun and creative exercises along the trail

## **Module 7: PREPARTION FOR UNEXPECTED CHALLENGES**

### **THEORY**

- Think outside the box and get ready for anything
- Savvy with raincoat, paper map, tractor, bicycle

### **PRACTICE WITH THE HORSE**

- Zones of the horse – know which zone my horse is fine with something or not!
- Raincoat / Map / Umbrella / Noisy Bag
- Tractor / Quad / Cars & Trucks
- Bicycles, Motorbikes
- Joggers, people with dogs
- Invisible factors that trigger fear (Noise, Deers, Foxes, Wolfs, Wildboars...)

## **Module 8: RIDING IN A GROUP**

### **THEORY**

- Teamwork is the key
- Herd effect

### **PRACTICE WITH THE HORSE (IN A GROUP)**

#### **Group Friendly Games**

- Friendly Game to build up trust
- The “Follow the Leader-Game”: Walk, Trot, Canter
- The “BipBip-Game”: keeping the distance
- The “Passing-Game”: overtaking in walk and trot
- The “Separation-Game”: ride away from the group
- The “Gates-Game”: opening and closing gates

## **Module 9: PONY A SECOND HORSE /RIDING WITH A NEAR HORSE**

### **THEORY**

- Prerequisites to pony a second horse
- What factors do we need to pay attention to?

### **PRACTICE WITH THE HORSE (AND THE NEARHORSE)**

#### **Control both of your horses on the ground first**

- Standing still and wait
- Mounting

#### **Rope handling and tools**

#### **Teach your pony horse to:**

- Feel confident - you and your horse
- synchronize with your handhorse
- follow the feel of the halter forward
- does your nearhorse respects personal the space of your horse
- yield and turn by pushing forequarter and hind quarter

#### **Safe Riding on the Trail**

- Know which side you should place your pony horse
- Teach your horse to stay behind you
- Trotting on the trail
- Fun things to do with both horses

## **Module 10: ONE - DAY RIDE**

### **THEORY**

- Careful preparation
- Physical fitness of Rider and Horse
- The right and complete equipment for Rider and horse
- Prepare your trail map
- Check your horses hooves / shoes / boots
- Unsaddle after a long ride – what we need to pay attention to!

### **PRACTICE WITH THE HORSE**

- Tying advice & safety measures
- How to make a High line
- Saddle and saddle bag
  - How to fit your saddle bag
  - Check your horses reaction to a saddle bag
- Equipment
  - Tools
  - For your horse
  - For the rider
  - Injury – what do I do?
  - Lost a horseshoe – what do I do?
- Fun things to do on the trail rides