

# Equestrian



**1. Show that you know how to dress safely for riding.  
Explain why it's important to wear a hard hat and the proper footwear.**

**2. Point out the main body parts of a pony or horse.**

**3. Point out the main parts of a saddle and bridle.**

**4. Learn how to approach a pony or horse correctly.**

**5. Learn how to mount and dismount a horse safely.**

**6. Show the correct way to sit in the saddle.**

**7. Show how to hold the reins correctly.**

**8. Show how to walk and trot safely in an enclosed area, without a leading rein.**

**9. Show you can do two of these skills:**  
**a. Walking without stirrups.**  
**b. Walking on a loose rein and shortening the reins.**  
**c. Riding up and down a hill at walking pace.**  
**d. Canterng.**  
**e. Riding over a single pole or very small fence.**