**REACHING STRIDES EQUESTRIAN CENTRE**

**RIDER LEVEL/INSTURCTOR PROGRAM REGISTRATION FORMS**

Reaching Strides will be offering once again a lecture series of the Equine Canada Rider Level and Instructor program, starting in February, 2016 (different times for different levels) and every two weeks, until the end of May for 12 sessions, with testing to be held in late spring or early summer. We will be offering levels 1-8 including Instructor Certification.

This 10 week lecture series will be concentrated on the necessary stable management skills that will be needed to complete each level. Riders DO NOT have to participate in the testing in order to take in the lectures, so anyone wanting to learn more about stable management and horse care is welcome to attend. Lectures will also include the necessary material for those participants wanting to complete their Instructor certification as part of their high school credit.

The Equine Canada Rider Level Program is a national program that provides a progressive format for each rider to follow. As you complete each level, riders receive certification with Equine Canada, receive a certificate, will be added to the national list as to having achieved certification to that level as well as a badge for each level completed. The program requires commitment, practice, and studying. Levels range from 1 (learning to groom, mount, walk and trot) to 8 (comfortably jumping a 3' course and completing an equitation pattern)...the program is also child friendly with a beginner version available called the P'tit trot program (riders 7 - 10 years of age)

The Rider Level Program is also a program that is designed for adult riders, and for anyone wanting to learn more about horsemanship.

You can download complete PDF of the Rider Level requirements by each level at <http://www.equinecanada.ca/index.php?option=com_docman&task=doc_view&gid=2820&Itemid=365&lang=en>

Fees for the full 12 week lecture series will be $200 plus the necessary Rider Level Manuals for each level. Rider Levels 1-6 books are $30 each, Stable Management manual is $47.50, and the P'tit Trot book is $39. Riders are required to be a member of the NSEF (Nova Scotia Equestrian Federation). The annual membership fees are $45 with family discounts available. Forms can be found at http://www.horsenovascotia.ca/Memberships

IF you want to find out more about the Equine Canada Rider Level Programs please visit the Equine Canada website at www.equinecanada.ca or the NSEF website at www.horsenovascotia.ca

**DEADLINE FOR REGISTRATION WILL BE ON WEDNESDAY, JANUARY 20th, 2016**

The following is a detailed list of the requirements for each level to help you determine at what level you should be tested at…Please consult with your coach to make certain you are testing for the right level. For those that are not planning on participating in the testing process, you will have the option to choose what lectures you would like to attend.

**P’Tit Trot:**

* *Ages 7-10*
* *Colours and Markings*
* *Basic horse care and handling*
* *Tack and Equipment*
* *Body Parts*
* *Mounting and Dismounting and proper basic position*
* *Walk and Halt*
* *Starting Trotting and work over Poles*
* *Introduction to the basic rein aids*
* *Certificates: Bronze, silver, gold and platinum*

**Rider Level 1:**

**At this level riders must be able to demonstrate the following**

* *Demonstrate good position and knowledge of the aids*
* *Fitting and adjusting tack*
* *Safe horse handling*
* *Mounting and Dismounting properly*
* *Posting to the trot (start to recognize a basic understanding of diagonals)*
* *Know how to change diagonals when asked to do so*
* *Demonstrate an independent seat*
* *Slow down, stop and turning your horse*
* *Knowing the parts of the horse and tack*
* *Cleaning and properly putting away tack (bridle in a figure 8)*
* *Correctly putting on and taking off a halter*
* *Properly leading your horse*

**Rider Level 2:**

**Must demonstrate all of the above plus the following**

* *Identify facial markings*
* *Knowing how often the farrier visits and what your horse has done*
* *Knowing what your horses diet consists of*
* *Know reasons and method of tack cleaning*
* *How to properly hold and use a whip and crop*
* *Showing effective and efficient transitions between the gaits (halt, walk, trot)*
* *Accurately riding an equitation pattern*
* *Showing the beginning of proper 2-point position*
* *Riding a 20 m circle*
* *Knowing your posting diagonals*

**Rider Level 3:**

**Must know all of the above plus the following**

* *Riders at this level will be tested individually on certain parts during the testing*
* *Putting on and removing a blanket with leg sraps*
* *Tying up a haynet and being able to properly tie a quick release safety knot*
* *Taking apart and reassembling a snaffle bridle*
* *Knowing the equipment used on their horses and what it is for*
* *Knowledge certain horse ailments and treatment (ie. Mud fever, thrush, etc…)*
* *Properly riding a show ring reverse*
* *Riding accurate transitions at all gaits*
* *Demonstrate a posting and sitting trot with and without stirrups*
* *Knowing your diagonals and staying on the correct one*
* *Maintain a balanced 2- Point position*
* *Cantering and knowing your leads*
* *Changing the rein on the short diagonal*
* *Jumping a cross rail with a straight approach and get away*
* *Jumping a course of cross rails at the trot*
* *Having steady, sympathetic contact to the horses mouth*

**Rider Level 4:**

**Know all the above plus the following**

* *Demonstrating an idependent warm up*
* *Knowledge of understanding of how to ask the horse to relax his jaw*
* *Demonstrating the basics of a proper bend*
* *Know how and where to clip the horse in preparation for the show ring*
* *Identify at least 6 different snaffle bits*
* *Demonstrate how to properly measure a horses height*
* *Using the aids independently*
* *Drop and regain your stirrups at the canter*
* *Canter a 20 meter circle*
* *Show short, medium and long releases*
* *Demonstrate simple changes through the trot*
* *Jumping at the height of 2’*

**Rider Level 5:**

**Know all of the above plus the following**

* *Demonstrate taking the horses vitals TPR*
* *Know how the horses body uses water*
* *Knowledge of skin conditions and possible treatments*
* *Understanding the pressure points that certain bits will act upon*
* *Use of body language*
* *Demonstrate maintaining rhythm, relaxation and tracking up*
* *Use of the 5 different rein aids*
* *Non-progressive transitions*
* *Turning on the forehand*
* *Demonstrate control, presentation and confidence*
* *Jumping a cross-rail without stirrups*
* *Jumping a course of 2’3”*

**Rider Level 6:**

**Know all of the above plus the following**

* *Your horse at this level must be neatly turned out with proper neat braids*
* *Riding on the flat must be forward from hand to leg and starting to keep the horse on the bit*
* *You must maintain a good rhythm along with a regularity and evenness in pace*
* *Demonstrate consistent and correct bending*
* *Demonstrate correct position at all gaits*
* *Demonstrate smooth and accurate transition at all gaits*
* *Turn on the haunches and changes of bend*
* *Demonstrate simple changes through the walk*
* *Hold consistent contact and demonstrate different releases over fences*
* *Jumping a course at the height of 2’6”*

**Rider Level 7:**

**Know all of the above plus the following**

* *Understand/discuss different types of shoeing/therapeutic shoeing and why they may be used*
* *Understand different types of bits and their uses*
* *Demonstrate different types of bandaging*
* *Lunge a horse with side reins*
* *Know the differences of lateral and longitudinal suppleness*
* *Demonstrating an understanding of lateral movements*
* *Riding on the bit while properly maintaining proper rhythm, impulsion and suppleness*
* *Demonstrate shortening and lengthening of strides at all gaits*
* *Build a proper gymnastic*
* *Riding a medal type course with confidence and consistancy*
* *Riding jumps at the height of 2’9”*

**Rider Level 8:**

**Know all of the above plus the following**

* *Knowledge of ailments, their treatments and medication that may be applied*
* *Being able to discuss dehydration and capillary refill time*
* *Have knowledge of confirmation and how it may affect performance and soundness*
* *Discuss horse trailering practices*
* *Lunging a bratty horse*
* *Demonstrate a turn on the haunches and shoulder in*
* *Your horse should be round at all gaits, and you should be able to maintain a proper bend and make necessary corrections at all gaits*
* *Being able to judge a proper distance when riding over fences and make necessary adjustments and corrections*
* *Jumping a medal type course at the height of 3’ (course will include a trot fence, roll back and broken line)*

**REACHING STRIDES EQUESTRIAN CENTRE**

**423 DUNMORE ROAD,PORT HOOD NS B0E 2W0**

**PHONE: 902-787-2519 OR 902-870-1583 FAX: 902-787-2720**

**Equine Canada Rider Level Program Registration**

**Lecture series will run for 12 weeks, every second week starting in February, 2016**

**Deadline to register: Wednesday January 20th, 2016**

**Name of participant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Age (if under 21) \_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of parent or guardian if under 21: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Phone number (s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Current Rider Level achieved & date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Rider Level testing at: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**I am paying for: (please circle)**

**Lecture series ($200) Rider Level 4, 5 book ($30)**

**P’Tit Trot book ($39) Rider Level 6,7,8 book ($30)**

**Rider Level 1, 2, 3 book ($30) Stable Management book ($47.50)**

**Total Payment: \_\_\_\_\_\_\_\_\_\_\_\_\_ How Paid: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature of Parent/Participant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**