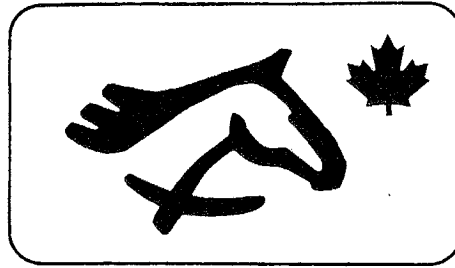




National
Coaching
Certification
Program



**CANADIAN EQUESTRIAN FEDERATION
FÉDÉRATION ÉQUESTRE CANADIENNE**



Western Intermediate Rider Course

Introduction

This program has been prepared for those individuals who are qualified Level IV Riders of the Canadian Equestrian Federation Western Rider Preparation Course. The purpose of this program is to develop, to the highest degree, the skill and harmony that should exist between riders of intermediate calibre and horses advanced enough to perform the specific exercises described in this program.

This manual has been designed to be delivered by a Certified Level II Western Coach. It is intended to be a guide and a learning aid.

Once this program has been assimilated, the next step for the graduate Intermediate Rider is specialization.

The Canadian Equestrian Federation will soon be developing specialized books and coaches for each major speciality.

Overview

Canada's National Coaching Certification Program is designed to meet the needs of practising coaches, male and female, whether they be beginner or experienced. The program is structured on five levels and presents coaches with the Theoretical, Technical and Practical aspects of coaching.



**National
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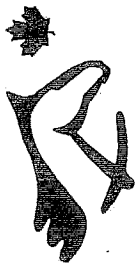
	THEORY	TECHNICAL	PRACTICAL	CERTIFIED
Level 1	✓	✓	✓	C
Level 2				
Level 3				
Level 4				
Level 5				

Each coach should participate in all components of the program to develop his/her full potential as a coach. The Theory courses are sponsored by the provincial/territorial governments across the country and relate detailed information on such topics as leadership, motivation, training and teaching methods, etc., common to coaches in all sports. The Technical courses are offered by the national and provincial (territorial) sport associations and present the specific skills, drills tactics of a particular sport in a progressive, logical sequence. The Practical component of the program consists of actual on-the-field coaching where the principles learned in Theory and Technical are practically applied by coaches working with their athletes. When a coach completes all three components of a level, that coach becomes formally certified and receives a national passport booklet. Therefore, for coaches who want to avail themselves of all aspects of coaching, opportunities are available through the Theory, Technical and Practical components of Canada's National Coaching Certification Program.

This manual has been produced with the cooperation and financial assistance of the Coaching Association of Canada and Fitness and Amateur Sport, Government of Canada.

The National Coaching Certification Program is developed and implemented through the combined efforts of the Federal/Provincial (Territorial) Governments, the National/Provincial (Territorial) Sport Governing Bodies and the Coaching Association of Canada.

12345



CANADIAN EQUESTRIAN FEDERATION
WESTERN RIDER PREPARATION PROGRAMME

is hereby certified as a rider
as recognized by the Canadian Equestrian Federation.

Date of issue _____

Chief Examiner

Provincial Representative

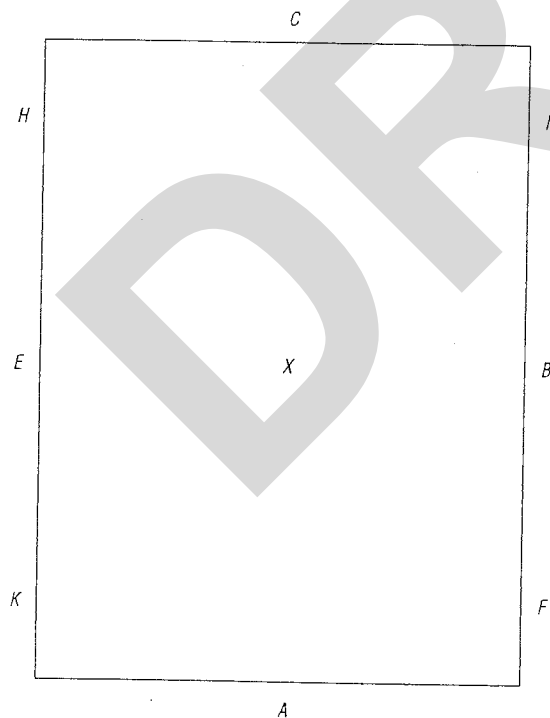
Western Intermediate Rider Program

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Requirements

1. The Intermediate Rider Program must be taught by a Certified Level II Western Coach and examined by a Certified Level II Western Coach other than the instructional coach.
2. Candidates wishing to enroll in the Intermediate Western Rider Course must be qualified Level IV Riders. There are to be no exceptions.
3. The general component must be completed first followed by any other component in any order. The General Component includes: Introduction to various Western events, Equipment, Riding Psychology, Bandaging, Longeing, Recreational Riding and a Riding test.
4. The passing grade for the Intermediate Rider Course is 70%.
5. Any number of Intermediate Rider Tests may be taken at one time.
6. Candidates for the Intermediate Rider Course may use more than one horse during rider examinations.



Marks - Ring-Size Examinations

1. The Intermediate Rider Tests will be scored according to the following scale:

- 0 - Not Executed
- 1 - Extremely Poor
- 2 - Very Poor
- 3 - Poor
- 4 - Fairly Poor
- 5 - Very Insufficient
- 6 - Insufficient
- 7 - Satisfactory
- 8 - Good
- 9 - Very Good
- 10 - Excellent

2. All Intermediate Rider Tests must be coordinated by Provincial offices.

3. Minimum ring sizes required for all Intermediate Rider tests are 100 feet in length and 50 feet width except for the Intermediate Western Riding is 120 feet in length and 50 feet in width.

4. Oral and warm-up of every component will contribute to overall score.

**CANADIAN
EQUESTRIAN
FEDERATION**

Western
Intermediate Rider:
General Component

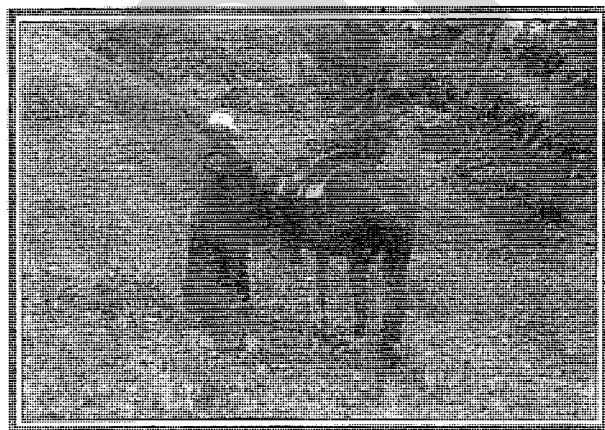
Horse Suitability Toward Specialization

The Western Intermediate Program has been developed to help you discover the many aspects and specialities available to you, ranging from Recreational Riding to the Show Ring. We hope that this program will save you money, time and most of all prevent you from having bad experiences. After reading the following pages you will be better prepared to choose the right horse that will fit your chosen interest. The two major roads that are offered to you at this point are; RECREATIONAL RIDING and HORSE SHOW COMPETITION. Be sure to have your veterinarian do a pre-purchase examination.

RECREATIONAL TRAIL RIDING:

More and more families are having fun riding. This activity is reasonably inexpensive, noncompetitive, and affords relaxation on nature's scenic trails.

Many individuals seek trail riding as a hobby. They enjoy acquaintances from past years and look forward to making new ones on each days ride. Youngsters enjoy the responsibility of a horse or pony as they ride with their families. This helps them grow up to appreciate the contribution horses can make to their development. The natural surroundings of scenic trails provide a most enjoyable setting.



What better way to enjoy nature than with a friend and their horse.

TRAIL RIDING:

Most any type, size, breed, and quality of horse can be seen on trail rides. This is one reason trail riding is popular; there is no competition between riders as they follow the trail leader over scenic grounds. Generally speaking, a good trail horse is large enough to carry the rider well. He is soft in his gaits, with average speed at the walk. He should travel with a purpose. He should be willing to keep up with the other horses without charging up on their heels. He should be safe to ride, willing to cross all obstacles, be sure-footed, and respond to a minimum of guidance from the rider.

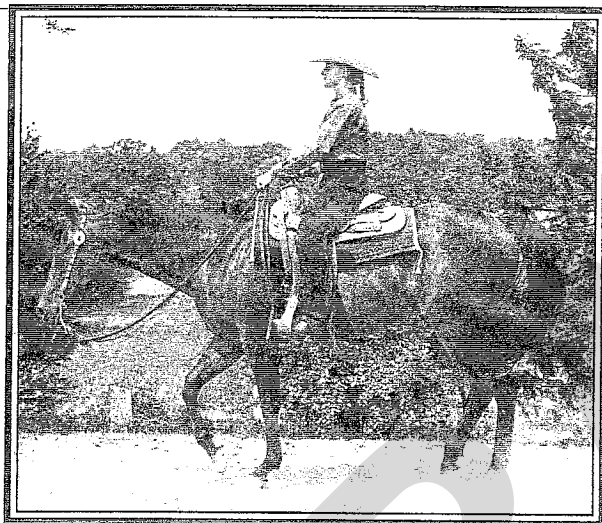
It is best to avoid dangerous horses that may buck run away, or intentionally kick. Since much riding is done at a walk, a horse should be able and willing to stride out. If most of the horses are walking in a line and your horse has to jog or trot much of the time to keep up, you may need a different horse. On the other hand, you don't want a prancey, chargey horse that will not settle down and walk.

There is a great difference in the weight-carrying ability of horses. Some horses should be rested every other day. Others can carry a rider every day. Horses should not be asked to carry much more than 20 or 25 percent of their body weight.

Horse Show Competition

The ideal Western Pleasure Horse has an unruffled disposition and a smooth and easy way of travelling. Western pleasure classes are extremely popular in today's western competitions. This event consistently out-draws all other performance events.

THE WESTERN PLEASURE HORSE:



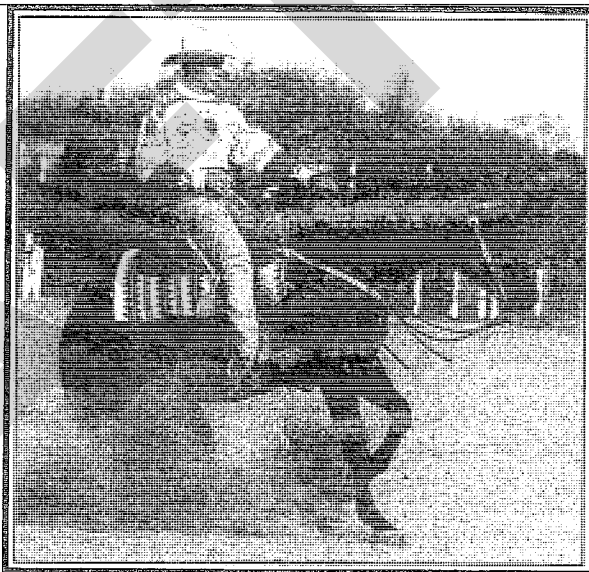
This horse shows the placid and pleasant attitude desired in a pleasure horse.

A good pleasure horse has a stride of reasonable length in keeping with his conformation. He has enough cushion to his pastern to give a pleasant, smooth ride. He carries his head in a natural position, not high and overflexed at the poll or low with the nose out. The horse should be relaxed but alert and ready to respond to a rider's aids without excessive cueing. Horses are to be shown at a walk, jog and lope on a reasonably loose rein or light contact without undue restraint.

THE REINING HORSE:

The reining horse knows no equal in the performance field, and in the reining class his proficiency in changing leads, turning, stopping and backing is judged. The reining division is one of the most exacting and beauti-

ful of all the performance events in which specific patterns are performed by competitors. The reining horse is quiet, supple and obedient, responding to almost imperceptible cues while performing intricate tasks. Reining builds on solid basics of good horsemanship to develop a communication between horse and rider that creates an art form that is pleasing for anyone to watch and especially exciting to perform.



Here we see the technical correctness strived for during the sliding stop.

THE SPEED EVENT HORSE:

A speed event horse is athletic with good conformation. Quick turns and short dashes demand good conformation and a good amount of heart and desire. His disposition and intelligence are important. It takes more than a fast horse to be a winning speed event horse; he must also have a sensible and trainable mind.

As the sport becomes more and more technical, the heavy-handed "whip and spur" method is being replaced by educated horsemanship. Riders are modifying their styles and training techniques to create better, and more consistent barrel horses that stay willing and enthusias-

The Cattle Events

tic for a longer period of time. The training program for speed events should be designed to put a good foundation on a horse and at the same time educate the rider. This enables the equine athlete to acquire a background that will allow him to reach the height of his ability.

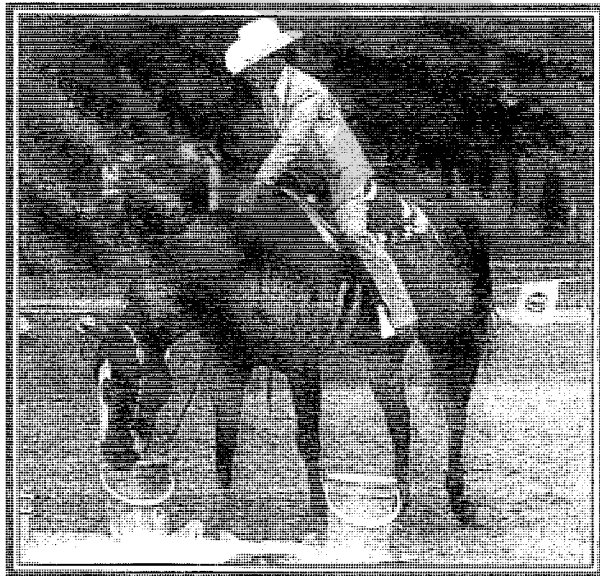
THE COMPETITIVE TRAIL HORSE:

Theoretically any horse can be trained for western trail events, but certain horses are more suited to trail work than others. It is important to understand what to look for before buying a trail horse prospect.

The most important feature of a trail horse is reliability. An unpredictable horse is not suitable. The trail horse must, above all else, be trustworthy. Initially it may be hard to judge this attitude, but there are telltale signs to watch for. Observe any horse being considered for use in trail events from the ground up. If he is skittish, or has nasty habits such as biting and kicking, he is not suitable.

A trail horse should be easy going, but not to the point of being sluggish. This can be a problem in itself, as serious as that of a high strung horse. The trail horse should be alert, calm and responsive to the rider's every movement.

When selecting a horse for trail competition, look him over completely to ensure he fulfills all your needs and qualifications. A trail horse can be less conformationally correct than other competitive horses as long as he is mentally and physically sound.

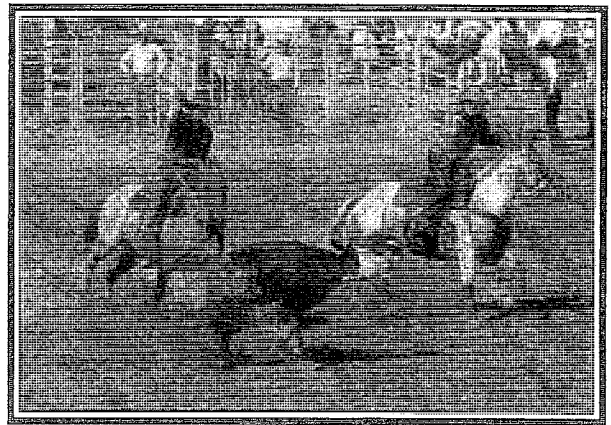


TEAM ROPING:

Team roping grew out of the early cattleman's need to handle cattle on the open range. A header would rope the animal's horns, and a heeler would rope the heels. The ropers would then stretch the animal between them causing it to fall on its side. The cowboy could then doctor or brand the animal in reasonable safety.

Dally team roping is recognized as a standard rodeo and competitive event. Generally, the rules require the two team members, one identified as the header, the other as the heeler, to start from behind a score line. Their ropes are not tied to the saddle horn but held free in their hands. After they have made the catch, they take several wraps of rope, called dallies, around the saddle horn to secure the rope.

The contest begins with the steer running from a chute followed by the ropers. The header must catch the animal and change its direction before the heeler can rope. Legal catches are: around the horns, head or half a head. After the header changes the animal's direction, the heeler ropes both hind legs. Catching only one hind leg results in a five second penalty. Each roper carries only one rope but team members may rebuild for a third loop. When both ropes are dallied and both horses are facing the stretched steer the run is complete.



CALF ROPING:

(May be either judged or straight timed event)

The performance calf roping horse is judged on manners behind the barrier, scoring, speed, rating of the calf, working the rope and the horse's manners while the roper is returning to the horse after the tie has been made.

The roper may throw only two loops within a two minute time limit. If more than one loop is thrown, the roper must use a second rope tied to the saddle. If the roper fails to catch, he will retire from the arena with no score. Any catch that holds is legal, but the rope must remain on the calf until the tie is completed and the roper has mounted the horse. If the calf is jerked down by the horse, it must be allowed to regain its feet and the roper must throw the calf by hand, cross any three feet and tie with not less than one complete wrap and a half-hitch. Failure of the calf to stay tied until the roper has remounted shall disqualify an entry.

If the roper carries only one rope and misses, he must retire from the arena with no score. The rope must be run through a foul rope around the horse's neck, and may, at the discretion of the rider, be run through a "keeper". If a keeper is used, it must be attached to the nose-band of the tie-down and cannot be attached to the bit or bridle. Only the roper may touch the calf while the horse is being judged. The Roper may dismount from either side and leg or flank calf.



CUTTING:

Cutting horses are bred with one purpose in mind: to sort and work cattle. They must possess cow sense, the inherent trait to out-think and outperform a cow. Although conformation is not judged directly in this event, the cutting horse must be sound, sure-footed and extremely intelligent to perform these tasks well.

The cutting horse must enter the herd of cattle readily, but calmly enough so as to not disturb the animals excessively. Once the rider decides which cow is to be cut out of the herd, the horse must quietly drive it out to as near the center of the arena as possible.

Two riders, known as turnback men, keep the cow from going past the working area, while another two riders, herd holders, keep the herd at the end of the arena. It is the cutting horse's job to prevent the cow from getting back into the herd. Points are deducted when the rider reins the horse during the performance. Essentially, the horse is on his own, putting to use his years of training and his cow sense.

Should the horse let the cow escape him, he is penalized. Any time the horse turns the wrong way, allowing his tail to face the cow, he is disqualified.



The quick agility required of cutting horses is demonstrated in this picture.

The cutting horse has always been and will continue to be a ranch necessity. The beauty and skill of an experienced and well-trained cutting horse performing is breathtaking.

WORKING COW HORSE:

(which consists of 2 components: reining pattern or dry work and cow work)

The working cow horse class tests the ability of a horse to perform numerous jobs common to ranch life. His ability to stop, run easily, start, turn sharply and travel in smooth even gaits are all judged in this event. Also the horse must show enough cow sense to watch a cow's actions, ever ready to counteract any undesirable moves.

The Working Cow Horse should show good manners. He is quick, smooth and has his feet under him at all times. He should be responsive to a light rein and have a soft mouth. In addition, the horse's head should be carried in its natural position, and he should work at reasonable speed while still under complete control of the rider.

During the cattle working position, a cow is turned into the arena and the contestant must make the animal stay at one end of the arena long enough to indicate to the judge that the horse is watching the cow. The cow is then allowed to run down the side of the arena, and the contestant must turn the animal twice each way against the fence. The contestant must then drive the cow to the centre of the arena and circle the animal once each way. The cow work portion of the working cow horse class must be completed within two minutes.

Both the cow work and the reined work portion are mandatory. An approved, predetermined pattern is used for the reining portion and is scored by the same guidelines of any reining pattern. There are three standard patterns that may be used in the working cow horse class. Each pattern includes: circles, lead changes, sliding stops, spins, rollbacks and backup.

Your certified coach can provide greater detail specifications pertaining to this event as well as any of the others described in this manual.



Riding Psychology

One of the objectives of the Canadian Equestrian Federation's program is to produce better horsemen in Canada. Therefore we must identify what makes a "good horseman".

Education coupled with experience is the ideal combination to produce the sophisticated horsemen. All horsemen respect and have a genuine love for horses. They discipline them as required, but always with patience and reason.

The attitude and skill which is used by the rider can create an attitude of willingness and positive effort from the horse.

Teaching the horse to respond to aids and execute commands is dependent upon the timing and application of the request.

Good horsemen and great horses are developed from a natural talent. That development takes years of experience and education. The main ingredients of a horseman are:

- Intelligence
- Tact
- Hard Work
- Experience
- Patience
- Attitude
- Education

UNDERSTANDING THE HORSE:

A relaxed mind and body usually produce a willing and obedient horse. Remember to teach the horse the necessary preparation steps for each new movement. Always give the horse a choice. Always give the horse a choice do not try to force him. Remember that a horse will usually take the path of least resistance. Therefore, always give the horse a chance to understand what is being asked of him. Your coach will explain horse psychology to you and will assist you in understanding your horse.

An important ingredient in developing a relaxed horse is a relaxed rider. A horse has a much keener sense for detecting body language and state of minds than most people. A horse can immediately sense fear, anger or nervousness in a rider and will react instinctively. It is

therefore important for the rider to be aware of his/her own moods and emotions and how they will affect the horse's performance. A horse cannot be expected to relax until the rider is relaxed.



When learning to ride, the advice from your coach can prevent you from confusing your horse due to the misapplication of your aids.

PSYCHOLOGY IN COMPETITION:

As in all sports, the competitor's state of mind entering the show ring will have great impact on the outcome of their performance. When the teammate is a horse, this factor is doubled. As a competitor, the rider's mental attitude not only affects his/her performance but also how he/she communicates with the horse and what he/she communicates to his/her horse. Especially at the beginning of someone's horse show career they may often find that a maneuver(s) mastered at home during lessons fall apart in the show ring. In many cases this can be attributed to the simple fact that at home the rider is relaxed and able to fully concentrate whereas at the show he/she is uptight, nervous and distracted. The horse feels the rider tighten-up and likewise becomes nervous and confused.

Your coach can help you deal with show ring jitters and other areas where the mind gets in the way of what matters. The competitive coach can equip you with good psychological exercises to compliment the physical ones and help you prepare for the competitive scene in a most positive manner.

Equipment

SADDLES

The most important thing to remember when buying a saddle is the fit. The saddle must fit the horse's withers, back and your seat. The horse's back is a complex structure consisting of bones, cartilage, ligaments and muscles, all working together to provide a platform of strength and flexibility and supporting the weight of the rider and his saddle. An improperly fitted saddle can cause discomfort, saddle sores or serious back problems for the horse and prevent the rider from ever maximizing the performance of the horse.

The saddle must fit the horse properly over the withers. The wither area seems to give more problems than anywhere else on the horse's back. The saddle must have ample room in the gullet so it will not rub. There should be enough room between the saddle gullet and the withers to allow you to slide your hand under the gullet even when pushing down on the saddle horn. The saddle should also fit properly and smoothly over the back and loins so that when the rider sits on the horse it does not hurt the horse's kidney area or cause pressure points in any other area.

The saddle must allow the rider to use his legs and body to ride the horse effectively. A good saddle should not have too much bulk between the rider's seat and legs and the horse's back and sides. The saddle should allow the rider to maintain good body position and balance. This is not to say that a saddle alone will make someone a good rider but it should help and not hinder a rider's position while learning, practicing and developing good equitation. The saddle seat should put the rider in the middle, not pushed against the cantle. The stirrups should easily allow the rider's legs to hang straight down.

There are many personal preferences such as horn height, type of rigging and seat padding that determine the type of saddle to choose. The events that are being ridden will also help to determine the type of saddle required. A certified coach is a valuable resource of knowledge about the different types of equipment available. He/she knows the student and his/her horse, and can be a great help in the selection of tack.

CINCHES

The cinch on the saddle should feel good to the horse. It should be wide enough so as not to roll, rub or irritate the horse in any way. There are many good mohair, fleece and neoprene cinches on the market today. The type of cinch chosen will be determined by what is the most comfortable on the horse. For some western events a rear or back cinch will be needed to keep the saddle from raising up in the back during sharp turns and hard moves.

BREAST COLLAR

The use of a breast collar will be determined by the type of event being performed. In a Western Pleasure class a breast collar may be more decorative than practical but it helps to complete the overall picture. When trail riding a breast collar will help to keep the saddle securely positioned on the horse's back as it navigates rough terrain. The breast collar is a must for the speed event horse. It helps balance the saddle in the turn and keeps it in place as the horse leaves a barrel. It also provides a keeper to hold the tie-down strap in place so that the horse can't get caught up in it.

BRIDLES AND BITS

The basic style of bridle does not change much from one western event to another. There are browband bridles and split or one-ear bridles. Show bridles tend to be fancier with silver pieces and detailing. Working bridles are usually plain, serviceable and more substantial.

There are many types of western bits to choose from. A number of factors will determine what type of bit to use on your horse such as the type of work being done; the desired effect of this work and the way the horse responds. A horse normally begins his training in a ring snaffle and eventually graduates to a shanked bit but a finished horse may often be schooled in a snaffle. The speed events allow more diversity in headgear such as

gag-bits and mechanical hackamores. Events such as western pleasure and reining are more restrictive in the types of bits that are considered legal. Be sure to consult the appropriate rulebook for details on the type of equipment permitted for the event being worked on. This is an area in which a certified coach can be very helpful by showing their students different bits and how and why they work. A coach can also help to select the best type of bit for a particular horse and a particular event.

Remember: A bit is only as severe as the hands at the end of the reins.

PROTECTIVE BOOTS

It is important to protect your horse's legs from injury whenever possible. Even a winning horse will quit working if every time he performs he is injuring himself. Boots are used for support as well as protection. Later in this manual is a detailed section on bandages but this section will address some of the protective boots available.

A protective boot should be as light as possible while still offering ample protection and flexible enough so that it will not restrict the movements of the horse.

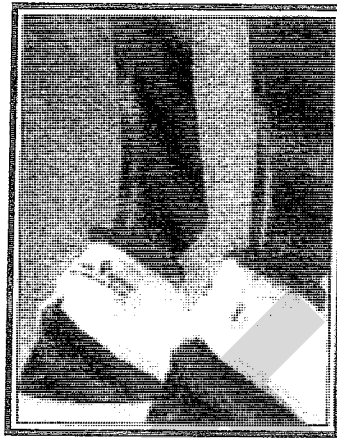
A Splint boot protects the splint, cannon, and depending on the design of the boot, also the ankle and fetlock both inside and out.

The Bell boot protects the coronary band; a very delicate and vulnerable part of the horse's foot. These boots, used on the front, to protect from cuts and bruises should the horse overreach. They should be lightweight because weight on the horse's feet causes him to pick his feet up higher.

Skid boots keep a horse from burning the rear fetlocks when getting down in a turn or a sliding stop. Many horses hit the insides of the back ankles together in their turns; this boot also offers protection against this.

Polo bandages are also very popular. It is primarily a support bandage but can also be used for protection. For extended use during wet or muddy weather conditions, it is advisable to use leather or rubber leg protection.

There are many excellent boots on the market that can save horse and rider a lot of pain and disappointment. It is important to keep protective boots clean and in good repair so that they can effectively protect the horse.





Addendum to the Western Intermediate Rider Course Manual

NEW: Basic Training Certificate (update to the General Component section)

The General Component section of the Intermediate Rider Manual is renamed 'Basic Training'. A passing mark in the Basic Training rider exam is a pre-requisite to the new Western Competition Coach certificate.

The following required material for Basic Training is in addition to and embellishes, what is currently found in the Western Intermediate Rider Course manual, General Component section.

Rider 1 – 4 teaches the rider to execute the basic rider skills. This next stage of development requires the rider to understand, explain and demonstrate training methods to teach a horse these skills. Knowledge of various training exercises will be needed to choose the appropriate one for a horse depending on its age, temperament, training level or breed. In addition to a written exam, the following three elements will be part of an assessment:

1. Freestyle Pattern

During a 15 minute (plus or minus) warm up, a progression through transitions and maneuvers will be ridden to show an effective preparation to present a freestyle pattern of 4 minutes maximum duration. The warm up and pattern will be ridden in two hands.

The compulsory gaits and maneuvers are, as in Rider 4:

1. At least three circles to the right and three circles to the left at the lope
2. Change of size and speed of lope circles in both directions
3. Simple lead changes in both directions – may be on a straight line or between circles
4. Rising trot with changes of diagonal in each direction
5. Turn on the forehand, turn on the haunches, side pass, and two track at the jog, all in both directions
6. Jog, stop, back up
7. At least one transition from lope to stop, and one from walk to lope

The candidate will be asked to analyse the performance, as well as, answer questions from the assessor regarding technical knowledge. Topics may include collection, lateral work, supplying and balancing exercises, the pattern maneuvers, and warm up procedures. Assessment will be based on correctness of components, smoothness and understanding.

2. Riding on the Rail

A rail work assessment will follow the freestyle pattern. This section will show the rider's ability to prepare a horse to be ridden on the rail with one hand in a horsemanship frame.

A five minute (plus or minus) warm up will be given. The rider will demonstrate upward and downward transitions, circles and any other exercises that may be required to prepare the horse. Two hands may be used if needed, to be more effective while correcting.

The candidate will be assessed in one hand at the walk, jog and lope in both directions and a stop and back. Emphasis will be placed on effectiveness of aids, collection, smoothness, quality of upward and downward transitions, speed control and rider position.

The candidate will be asked to analyse the ride and give training solutions for improvements.

3. Problem Solving

Plus or minus five minutes will be used to simulate a training session. The rider will be asked to explain and demonstrate how to solve a problem encountered during the pattern or rail work, or improve a movement such as a lateral maneuver, collection or transition. This work will be done in two hands. The assessor will choose the topic. Assessment will be based on the problem solving technique or exercise and effectiveness.

Bandaging

At some point, people involved with horses will be required to put bandages on a horse for a variety of reasons. In Rider III of the Rider Preparation Program the application of bandages such as the stable, shipping and tail bandage was examined. The Intermediate Rider must be comfortable with the application of these basic bandages as well as how to safely and correctly apply effective exercise and first-aid bandages. Bandages can be very beneficial, but if incorrectly or carelessly applied they can become a danger to the horse. It is imperative to understand certain the principles of bandaging before beginning to practice. Practice is the only way to develop good bandaging skills.

As with most horse-related skills, there are many ways of bandaging safely. The following system is recommended and endorsed by this program as a safe and effective method.

GENERAL RULES FOR ALL BANDAGES

- Ensure that the equipment being used is suitable for the type of bandage desired. i.e.: Thick cottons are desirable for shipping bandages, while thinner cottons are used for support bandages.
- Ensure that the material being used will fit the animal being bandaged, i.e.: that the padding adequately covers the area to be bandaged. In some cases, a custom made bandage is necessary for a proper fit.
- Ensure that the equipment is clean.
- If cottons and bandages are tightly rolled before they are applied, a neater bandage will result.
- Apply the padding base snugly.
- Apply bandages firmly without making them overly tight.
- Apply even tension throughout.
- Start the bandages and cottons on the side of the leg, not on the tendon.
- Apply bandages from side to back of all legs (clockwise on the right legs and counterclockwise on the left legs) This will ensure that the tendons are wrapped towards each other.
- When using masking tape to fasten the bandage, it

should not be pulled tighter than the bandage nor joined at the ends as this will create a pressure point on the horse's leg.

- Ensure there are no wrinkles in the bandage either in the cottons or wraps.
- Apply the bandage to cover the appropriate areas needing protection.
- The same person should apply all bandages to ensure the same tension on each leg.
- Remove a bandage quickly, passing it from hand to hand. NEVER attempt to roll a bandage as it is being removed from the leg.
- Rub the leg to restore circulation after removing a bandage.
- Apply a support bandage to the opposite leg.

EXERCISE BANDAGE:

Equipment

- Method 1 - Thin cotton padding and a bandage.
- Method 2 - Polo wrap.

Purpose:

- To protect and support tendons during work
- To prevent injury.

NB: Proper application of these bandages is essential as incorrect application can cause serious injury to the horse.

Application

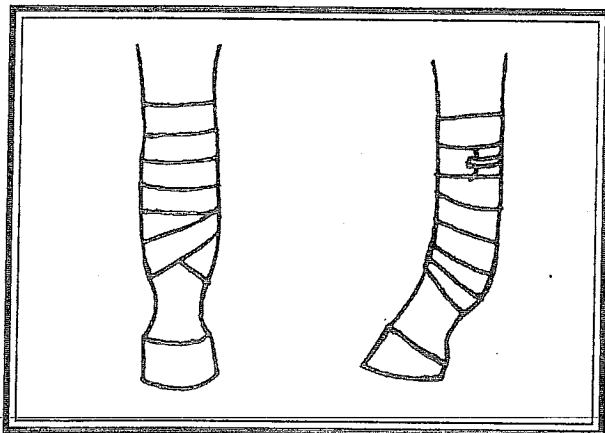
(Method 1)

- Similar to a stable bandage with less padding.
- Should cover the leg from just below the knee to the ergot at the back of the fetlock.
- Should be secured with Velcro and/or tape.

(Method 2)

- Apply a polo wrap as a stable bandage but no padding is used underneath.

The following diagram shows a rundown polo bandage used to support suspensory ligaments as well as tendons.



Exercise Bandage

This bandage should cup the back of the fetlock joint with a "v" in front to allow joint movement.

Although it is important for a horseman to learn how to properly apply all kinds of leg wraps or bandages, there are many very good protective boots available that also offer good support and protection.

FIRST AID BANDAGES:

Spider Bandage

Equipment

Cotton and wrap to create a stable bandage. Muslin or hand towel cut with 1 1/2" strips. Thick cotton padding to cover the knee. Dressing for the injury.

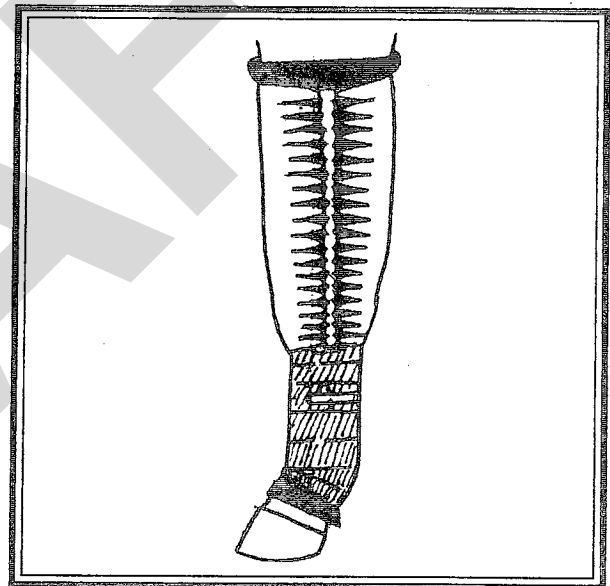
Purpose

To keep a dressing on the knee (or hock) in place while allowing some mobility of the joint.

Application

- Apply medication and gauze to injury
- Apply a regular stable bandage to the lower limb to support the spider. The stable bandage may be applied after the spider, if preferred. Either way the stable bandage prevents the spider bandage from slipping down.
- Start the bandage as high as possible.
- Apply the cotton over the knee, overlapping the stable bandage by several inches if the stable bandage was applied first.
- Secure the cotton with a small piece of tape.

- Apply the spider over the padding with the solid portion over the inside of the knee.
- Knot or braid the strips on the outside of the leg pulling until quite tight.
- If tying - tie with reef knots: left over right (twice to prevent slipping) and right over left once.
- Tie or braid each subsequent knot over the tails of the preceding.
- The spider should blend neatly with the stable bandage below it.
- At the end of the bandage, tuck in the remaining strips.
- The off leg should be wrapped in a stable bandage for support.



Spider Bandage

Figure 8 Bandage

Equipment

Fairly thick padding, bandage and cotton and wrap for a stable bandage.

Purpose

Used to secure a dressing to a hock (or knee) while allowing mobility of the joint.

Application

- Apply a regular stable bandage on the cannon. This will prevent the Figure 8 from slipping.
- Secure the padding over the injured area with tape. Start the bandage above the joint and make several wraps around to secure the top. Continue to apply the bandage in a figure eight pattern around the joint. Secure with tape or Velcro.
- NB: Ensure there is sufficient padding under the figure eight bandage and check often to be sure circulation is maintained.
- The off leg should be wrapped for support.

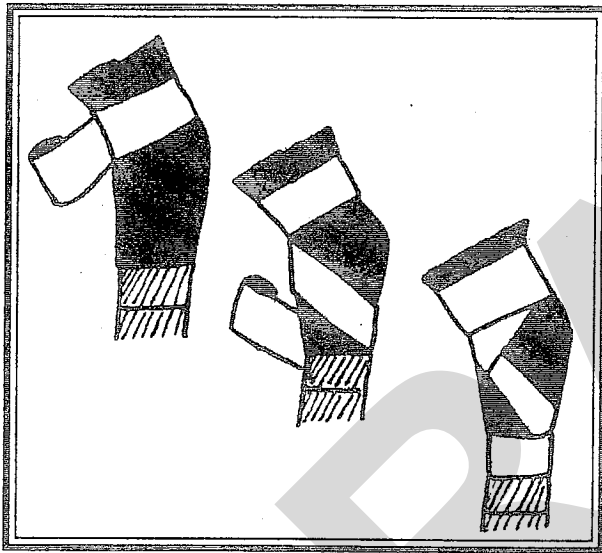


Figure 8 Bandage

Hoof Bandage

Equipment

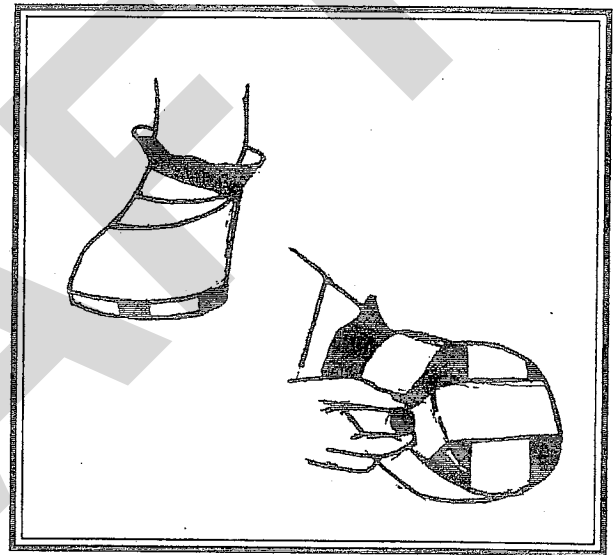
Vet wrap or other self-adhesive tape. Sanitary pad or other thick, clean padding.

Purpose

- To provide pressure to an injury.
- To keep a hoof injury clean and protect it.
- To apply medication.

Application

- Clean and apply appropriate dressing.
- Apply the pad to the affected area over the dressing, (assuming the injury has been cleaned and an appropriate dressing applied).
- Secure with vet wrap, ensuring there are no pressure points above or on the coronary band.
- The heel area may be filled with cotton to keep dirt out.
- A stable bandage should be applied for support on both the affected limb and the off leg.



Hoof Bandage

Making Bandages

If quilts are being made to fit a specific horse, the area to be covered should be measured on that horse. The front cannon bones are generally shorter than the back ones, so the quilts should be different sizes. A quilt size which will fit most horses for a stable bandage is 12"-15" wide and 36" long for a front leg, and 14"-17" and 36" long for a hind leg. Washable quilt batting covered with flannel is a good material to use. Since these quilts are quite long and thick, a long, wide wrap is required. Wraps that are 5" wide and about 10' long should suit as stable or shipping bandage depending on where the wrap is started on the horse's leg. Shorter wraps will be needed over thinner quilts. Polyester material is good for making wraps as it has some stretch, is easily washed and does not unravel.

Canadian Equestrian Federation Western Intermediate Rider

Bandaging Work Sheet

<u>FIRST AID BANDAGE:</u>	Mark out of:	Observations
Tension	20	
Effectiveness	10	
Proper Application	10	
Neatness	5	
<u>EXERCISE BANDAGE:</u>		
Tension	20	
Effectiveness	10	
Proper Application	10	
Neatness	5	
General Impression and Comprehension	10	
Total score out of:	100	

Longeing the Green or Problem Horse

Work on the longe line can add dimension to a horse's education and well being. Longeing a horse properly, however, is not easy. The purpose of longeing is twofold; it gives the horse exercise and teaches him obedience. Longeing helps the trainer establish authority and rapport with the horse. It can help horses develop a longer concentration span and provide them with help to improve and develop their muscular and cardiovascular systems.

Most problems occur when longeing difficult or green horses because the proper precautions have not been taken.

LOCATION:

A small enclosed area such as a round pen is best or you can use the corner of a ring or arena. Try to eliminate any distractions. Always ensure good footing for all longe work.

THE YOUNG HORSE:

It will be necessary to proceed much slower with an unbroke, young horse than with an older horse with problems. When you first send him out he is liable to stop, stand and give you a blank stare, telling you clearly he does not understand the whole procedure. To longe to the right, attach the longe line to the side ring on the halter to control the horse's nose. Hold the longe line in your right hand with excess coils and whip in the left hand. Initially, the longe line should be kept short (about 6-8 feet long) to keep the horse close to you, but far enough away so that he can walk in a circle. Ask the horse to move forward by "clucking" (voice aid), and use the whip to gently encourage him to keep moving forward. As he walks in a circle, keep the whip near his hind quarters to encourage him to move if he stops and at his barrel if he tries to move in towards you.

Try to keep the horse on the circle with a "pull and release" on the line while you are walking a small circle and slightly behind his line of travel. Creating this forward motion and controlling it is the key to the success of the training program.

Repeat the exercise 4 or 5 times to the right at a walk and jog. Then reverse and repeat to the left.

Once forward motion has been established, the horse must be taught to stop. It is important that a sequence of aids be used. Say "whoa", step across the circle to cut off his line of travel, and allow him to stop and relax. At this point, walk to the horse (do not pull horse to you) and pet him. Step back to the centre of the circle behind the line of travel and repeat the sequence for forward motion.

Voice aids become very important at this time. The handler must establish distinct voice aids for the walk, jog and lope. These basic voice aids may be used repeatedly throughout the entire program whether mounted or on the ground.

By the third session (more if the horse is nervous), the horse should be starting to lope. When asking the horse to lope, don't expect him to lope a full circle the first time. Ask him to lope a short distance, then allow him to relax at a trot before asking him again to lope. Repeat in the opposite direction.

It is very important for the handler to understand that the horse must be taught everything from both sides. His brain is divided into two halves and everything must be seen from both sides. When an exercise is taught on the horse's left side, the exact same procedure must be repeated on the right side. To a horse's way of thinking, what happens on the left side is separate from what happens on his right side.

EQUIPMENT:

- *Horse* - With protective boots or bandages.
- *Cavesson* - May be used over the bridle and under the cheek pieces
- *Halter* - over the bridle may be used.
- *Side reins* - Attached to the cinch rings or other appropriate rings on the saddle depending on the corrections needed for the horse but no lower than the horse's elbow. Side reins must be tied to each

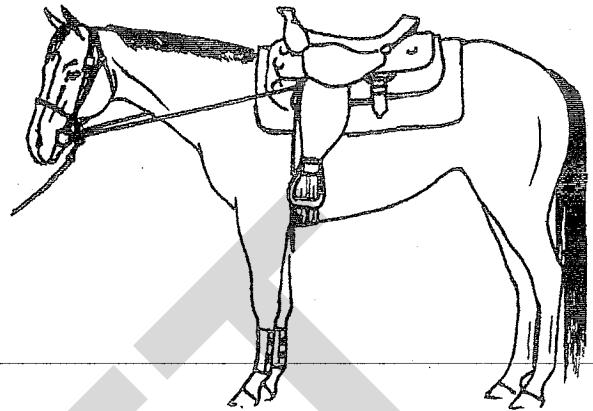
side individually.

Longe line:

Canvas or nylon, 30 feet minimum length. Chain should not be used unless necessary. Recommended method of using chain: chain will pass through side ring completely around the horse's nose and out through the same side ring; then fasten back to the longe line. Snap should swivel.

Longe whip:

Thong and lash should not be too long. i.e. longe lash should be 1 1/2 lengths of the handle position. It is acceptable to put the longe whip down while adjusting the side reins.



PURPOSE OF SIDE REINS:

- to help keep the horse in a frame
- to aid in control

TYPES OF SIDE REINS:

All leather or other non-stretch material:

- Gives a steadier feel to the horse's mouth.
- Most horses maintain a steadier head and neck position.
- Regular split reins may be used.

Leather with rubber doughnut as insert:

- Allows some give, should the horse resist.

Leather and elastic:

- These types of reins are *not* recommended. Because:
 - They encourage horses to play with contact rather than giving and accepting.
 - They cause unsteady head carriage.
 - The elastic stretches and then becomes very difficult to maintain evenness of side rein length.

This diagram shows the equipment used for longeing. The longe line is moved to the cheek ring on the halter for longeing.

LONGEING TO CORRECT

PERFORMANCE: (THE PROBLEM HORSE)

Horses that do not want to flex vertically or accept the bit can be worked with this equipment to improve their response. It is important whenever using side reins to adjust them correctly. Side reins that are too loose or too tight will provide no benefit and can create more problems.

Proper longeing will improve most horses, although it is not a substitute for correct riding. Longeing can help coordinate certain stages in a horse's training and in certain emergency situations. Longeing the young horse is the most logical introduction to work under saddle. Fresh horses are more mannerly after work on the longe. Longeing is an effective means to teach a horse to go forward, balanced and straight.

Canadian Equestrian Federation Western Intermediate Rider

Longeing Work Sheet

Longeing Test	Mark	Observations
Equipment Adjustment & Effectiveness	20	
Young Horse - Oral	10	
Difficult Horse - Oral	10	
Handler's Position	20	
Handler's Control	20	
Upward Transitions	10	
Downward Transitions	10	
Total Score out of:	100	

Recreational Riding Section

Recreational riding, or trail riding, is one of the most widely enjoyed equestrian activities. It returns immense pleasure for a minimal dollar investment. It is noncompetitive and appeals to all ages.

EQUIPMENT:

- A sharp knife and a lariat.
- Tack should be in good condition and repair.
- Silver show equipment is not necessary; good working equipment is more suitable
- All equipment should fit both the rider and horse properly
- Saddle pad should be clean, absorbent and thick
- Halter and lead shank should be carried
- Extra equipment includes saddle bags, camera bag or cantele pouch
- Extra long saddle strings can be added to a Western saddle to enable secure tying of slicker, etc..
- D rings can be added to saddles providing more attachments for gear
- A breastplate and back cinch will help keep the saddle in position on hills.

YOUR HORSE:

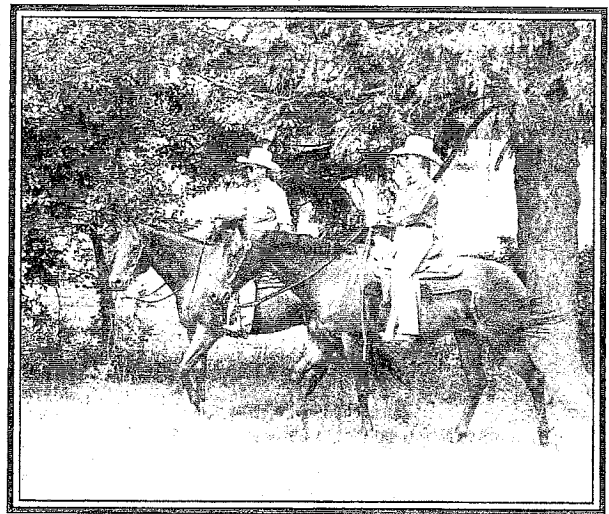
- Should be in good health and conditioned for the work asked of him.
- Should be neatly groomed, bridle path clipped.
- It is not recommended to clip out ear hair as this provides protection against insects and debris. If desired, the ear edges may be trimmed for appearances
- Proper hoof care is essential - regular trimming or shoeing will keep a horse sound and ready for travel
- Do not freshly shoe a horse before leaving on an extended ride.

WHAT TO TAKE:

What and how much to take varies greatly with the duration and location of the planned ride. Here are some suggestions:

Any Ride:

- First Aid Kit. The group leader should organize a First Aid Kit for horse and rider.
- Halter and lead shank for tying during stops or rests.
- Tack repair kit consisting of an extra leather thong, Chicago screws or rivets and a small leather strap. Most minor repairs can be done with these items and they are generally enough to get horse and rider home for proper repairs.
- Fly repellent for both horse and rider.



Nothing can compare with riding with a friend, or friends, to understand what "getting away from it all" really means.

Extended Rides (Overnight or longer:)

- Hay and grain for the horse (normal rations;)
- Appropriate food for the number of people;)
- Camping equipment;
- Small survival kit (matches, string, candle, etc.);)
- Map of the area and compass (know how to use them;)
- Enlarge the tack repair kit to include extra cinch, rein and equipment to do proper repairs on trail;
- Proper dress for the weather, i.e. extra coat, slicker, etc.;
- Chaps are recommended for brush riding or in cold weather;
- Some farrier's tools for emergency use on trail.

An extended ride takes planning. Know your trail well, prepare ahead and check and recheck your equipment and horses.

TRAIL RIDING SAFETY AND GUIDELINES:

Because trail riding activities takes place outside the confines of the training ring, many unpredictable factors affect you and your horse. This situation requires the implementation of common sense, rider etiquette and safety guidelines. These guidelines apply whether you are riding alone, in a small group or with a large number of others.

Environmental Awareness:

- Do not smoke while riding. A careless butted cigarette can easily start a fire. Dismount to smoke in a safe area and butt the cigarette completely;
- Do not litter. What you carry in you can carry out;
- Camp only in designated areas and leave them cleaner than you found them;
- Do not damage crops, trees or other such things while riding past or through them;
- Leave nothing but hoofprints to tell of your passing;
- Keep your horse moving while dropping manure. Small lumps disappear more quickly.

Public Awareness:

- Do not drink alcoholic beverages while mounted;
- Walk your horse in public areas;
- Have control of your horse at all times, avoid showing off;
- Present a neat appearance remembering that you represent all other equestrians when in the public eye;
- Respect private property;

- Do not cut fences, leave gates as you found them and stay on the trail and off lawns, sidewalks etc.;
- Respect other trail users.

Equine Awareness:

- Place a red ribbon in your horse's tail if he is a kicker; (this type of horse is not recommended)
- Leave two horse lengths between you and the next horse;
- Notify the rider ahead if you would like to pass. Pass on the left;
- Care for your horse properly at stops and campovers;
- Set an easy pace for all riders and horses.

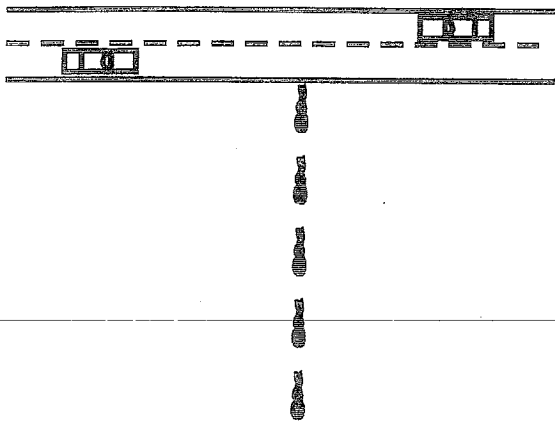
Combine these guidelines with the 3 C's (Courtesy, Consideration and Common Sense) and you will be a safe and cheerful rider.

ROAD RIDING SAFETY:

Riding on the roads is not a recommended practice, however in some areas the roads may be the only space in which to ride, or provide access to other riding areas. If you must ride on the road, follow the following safety rules:

- When riding near or in water, tie downs should be disconnected in the event a horse might fall into the water;
- Ride on the right side of the road, same as vehicle traffic;
- Use the same hand signals as a motorist or bicyclist for turns and stopping;
- Ride in single file, well off to the side of the road;
- Have an experienced horse lead the group and another bring up the rear;
- Obey all traffic signals, police and signs;
- Have your horse under control at all times -expect the unexpected but do not be tense or nervous;
- Pass only on the left as other traffic, and only when way is clear;
- Be aware of road conditions at all times;
- Cross the road only when the way is clear for all the horses in your group to cross together -avoid being separated;
- When crossing walk quickly and quietly directly across to the opposite shoulder of the road;
- When crossing a busy road with a large group of riders, it is recommended that you use the following method: (see diagrams on following page.)
- Inform a responsible person of the planned course and time expected to be gone.

ROAD CROSSING WITH A LARGE GROUP:



Riders filter, single file back onto trail corridor on opposite side. (Figure #3)

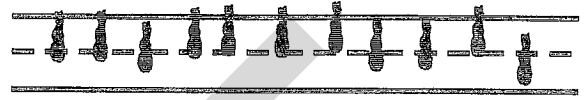


Figure #3

Leader turns one direction while second horse turns the opposite way. Alternate each horse, either direction, staying on shoulder. (Figure #1)

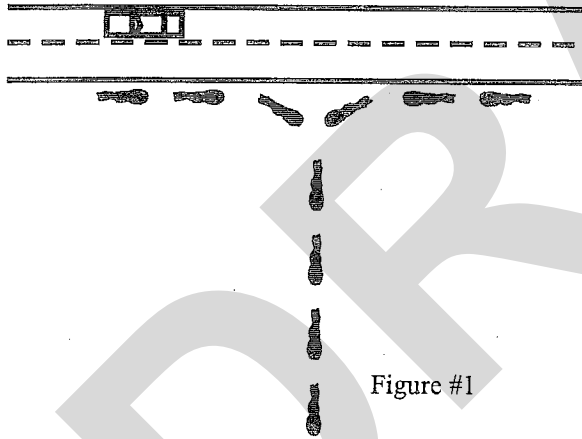


Figure #1

Line up horses facing road. (Nervous horses can be turned backwards, then turned on signal). At a signal from each of the end riders, the whole group crosses the road as one horse. Ride directly across the road to the opposite shoulder. (Figure #2)

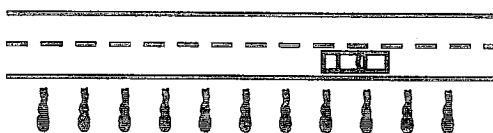


Figure #2

Approach roadway at a spot where visibility is good.

Night Riding:

Riding on the road at night is dangerous and not recommended. However, if for some unavoidable circumstance you must ride at night, consider these safety rules:

- Keep well off to the right shoulder of the road;
- Carry a light that shows red to the rear and white to the front;
- Braid reflective material into your horse's tail, wear reflective arm bands on legs and arms;
- Attach bicycle reflectors to your stirrups or saddle bags;
- Make yourself as visible to oncoming traffic as possible;
- Choose your footing carefully, watch the ditches for dangerous obstacles.

The Recreational Rider's Code of Ethics

CHOOSING A TRAIL HORSE:

Trail horses come in unlimited shapes, sizes, breeds and quality. However, all good trail horses have certain common traits. Many less than "perfect" horses are seen performing admirably on the trail.

Conformation:

- Should have good conformation, avoid any extreme faults;
- Special attention should be paid to the legs and feet;
- Interferences should also be avoided;
- The horse should be of a suitable size for the rider and his/her gear.

Disposition:

- Is an important consideration in a trail horse; he should be steady, level headed, and amiable towards other horses.

Gaits:

- He should be sure-footed;
- He should have true gaits - a good steady, ground covering walk, an honest and comfortable jog, and a controllable lope.

TRAINING:

- He should be well broken to ride - walk, jog, lope, stop and backup - neck rein. Advanced training such as sliding stops or spins etc. are not necessary for a trail horse;
- He should load and unload easily in a trailer;
- He should stand tied without incident.
- He should be willing and able to cross natural trail obstacles such as water, logs, etc.;
- He should be quiet in traffic and with a group of horses

1. Respects the rules and requirements of the host.
2. Respects nature and the environment.
3. Always cleans the site after sleeping or resting.
4. Always deposits his waste material in a proper manner.
5. Cleans his own stall if invited to stable his horse in somebody's barn.
6. Never drinks liquor or beer when mounted or in front of the public.
7. Rides only on the routes identified for the trail.
8. Always respects private property.
9. Always closes the gates and never cuts fences.
10. When riding in public places proceeds only at a walk.
11. Always camps in authorized sites.
12. Never brings dogs, cats or other pets on trail rides.
13. Never cuts trees.
14. Builds camp fires only at authorized places.
15. Has control of his horse on the trail and at resting areas.
16. Never abuses his horse.
17. Takes good care of his horse at halts and at overnight stops.
18. Follows the gait and pace of the leader.
19. Tries to help riders in trouble or riders with less experience than himself.
20. Avoids showing off.
21. Never forgets to thank his host after the trail ride.

Canadian Equestrian Federation

Western Intermediate Rider

Practical Riding WorkSheet

	Mark out of 10	Observations
Enter at walk. Take the rail and proceed to the left. Jog.	10	
Walk, then lope. Walk and reverse.	10	
Jog and lope. Walk.	10	
Line-up and back.	10	
Paces. (Freedom & regularity)	15	
Vertical flexion.	15	
Rider's seat and hands.	15	
Rider's general impression. (Tack, Appointments, Oral and Warm-up)	15	
Total score out of:	100	

Canadian Equestrian Federation Western Intermediate Rider

General Component Work Sheet

	Mark out of	Observations
Written	/25	
Bandaging	/25	
Longeing	/25	
Railwork	/25	
Total Score out of:	/100	

In order to pass a mark of 70% is required all components.

**CANADIAN
EQUESTRIAN
FEDERATION**

Western
Intermediate Rider:
Horsemanship

Western Horsemanship

The horsemanship rider is judged on seat, hands and the ability to control and show the horse. Results as shown by the performance of the horse are not to be considered more important than the method used by the rider.

BASIC POSITION:

The rider should sit in the centre of the saddle with legs hanging to form a straight line, from the ear, dropping down through the centre of the shoulder and hips, touching the back of the heel. Stirrup length should allow the heels to be lower than the toes, with a slight bend in the knee and the foot directly under the knee. The rider's body should always appear comfortable, relaxed and flexible, and the back should be nearly flat. A stiff and/or arched back should be avoided. The feet may be placed home in the stirrup, with boot heel touching stirrup, or may be placed with the ball of the foot in the stirrup. Riding with the toes only in the stirrup is penalized.

HANDS:

Both hands and arms should be held in a relaxed, easy manner, with the shoulders back and down and upper arm in a straight line with the body. The arm holding the reins is bent at the elbow forming a straight line from the elbow to the horse's mouth. When using a romal, the rider's off hand must be around the romal with at least 16 inches of rein between the hands. Wrists are to be kept straight and relaxed, with thumb on top and fingers closed around reins. One finger between the reins is permitted when using split reins, but not with romal. Some movement of the arm is permissible, but excessive pumping will be penalized. Reins are to be carried im-

mediately above or slightly in front of the saddle horn. Only one hand is to be used for reining and the hand cannot be changed. Reins should be carried so as to have light contact with the horse's mouth and at no time should the reins be carried more than a slight hand movement from the horse's mouth. Excessively loose reins will be penalized.

All movements of the horse should be done by the use of imperceptible aids. Exaggerated shifting of the rider's weight is not desirable.

LEGS:

The rider should sit on the inside or flat side of the thighs. This allows for frictional grip with the saddle (flat of the leg making maximum contact with the flat saddle jockey). The inside of the leg should make contact with the saddle all the way down to the foot which is cocked with more weight on the inside. Feet will be parallel to the horse or slightly angled out depending on the rider's conformation. The knee and ankle will be relaxed and flexed to absorb shock. The legs will hang close to the horse in order to give imperceptible aids.

SEAT:

The rider balances his weight on his thighs and seat bones being neither forward on the crotch nor back on the tail bone. The rider must sit centered to assist the horse in moving correctly. Sitting off centre may cause the horse to travel crooked. The rider's weight acts as an aid similar to a leg aid. Most of the rider's weight should be carried on the thighs and seat, not the feet.

APPOINTMENTS:

Clothing must be clean, workmanlike and neat. The saddle must fit the rider.

Consult the appropriate rulebook with your coach for details on class specifications and types of patterns.

CLASS ROUTINE:

Each rider is to work individually. These individual works will be any of the maneuvers the judge feels are necessary to determine the horsemanship ability of the rider. Individual work may be comprised of any of the following:

- Walk, jog, trot, lope or gallop in a straight line, curve or circle, or any combination of these gaits and patterns, such as a figure eight.
- Stop
- Back
- Turn on the haunches, including spins and roll-back or turn on the forehand
- Sidepass
- Simple change of lead through the trot, walk or stop, in a straight line, figure eight or any other pattern
- Flying change of lead in a straight line, figure eight or any other pattern
- Counter canter
- Dismount and mount
- Ride without stirrups

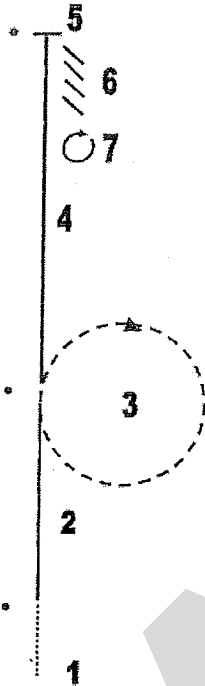
The use of markers helps to standardize patterns and guide riders but they also increase the degree of difficulty somewhat, so their placement should be carefully planned and indicated on the pattern. Following the individual pattern work the riders are called back for rail work.

The following Horsemanship pattern has been developed for the Intermediate Rider Program and is a required element of this component

Horsemanship

Pattern A

1. Walk to the 1st marker
2. Lope off on the right lead to the 2nd marker
3. Jog and do a circle to the right
4. Lope off on the left lead to the 3rd marker
5. Stop
6. Back up 6 steps
7. Turn on the HAUNCHES to the right -
- turn on the FOREHAND to the left

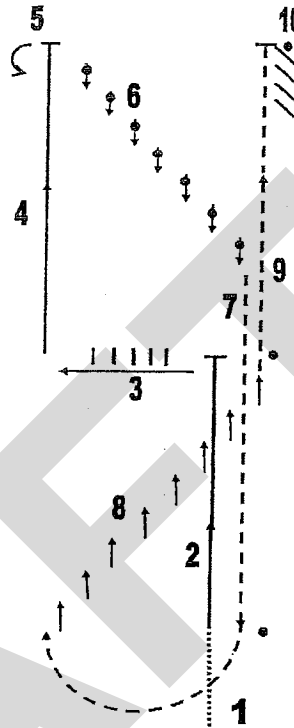


Legend	
Walk
Jog	-----
Lope	-----
Back up	////
Turn	○
Marker	•

Horsemanship

Pattern B

1. Walk to the 1st marker
2. Lope off on the left lead to the 2nd marker
3. Stop, execute a sidepass to the left
4. Lope off on the right lead to the 3rd marker
5. Stop, do a 180° on the HAUNCHES to the left
6. Two track at the walk to the left
7. At the 2nd marker do a transition to the jog, execute half circle
8. Two track at the trot to the right until the 2nd marker
9. Jog to the 3rd marker
10. Stop, back up 6 steps

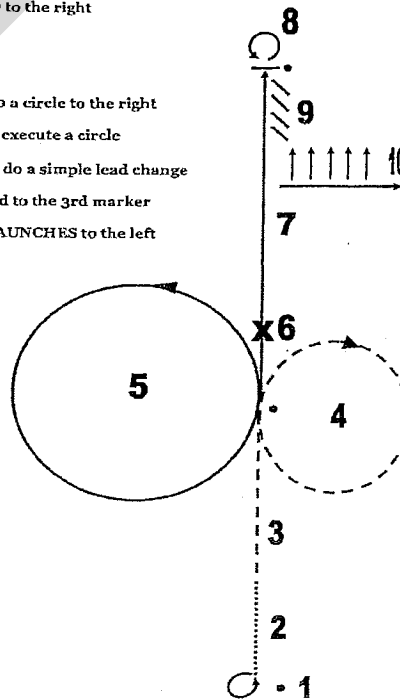


LEGEND	
Walk
Jog	-----
Lope	-----
Side pass	
Two track at the walk	↑↑↑↑
Two track at the trot	↓↓↓↓
Back up	////
Marker	•

Horsemanship

Pattern C

1. Turn on the FOREHAND to the right
2. Walk
3. Jog
4. At the second marker, do a circle to the right
5. Lope off on the left lead, execute a circle
6. After the second marker do a simple lead change
7. And lope on the right lead to the 3rd marker
8. Stop, do a turn on the HAUNCHES to the left
9. Back up 6 steps
10. Side pass to the right



LEGEND	
walk
jog	-----
lope	-----
simple lead change	X
turn	○
back up	////
side pass	
marker	•

Canadian Equestrian Federation

Western Intermediate Rider

Horsemanship Work Sheet

This test must be done with a leverage bit, rider using one hand.

	Mark	Observations
At "A" enter at walk. Proceed to "F". At "F" walk in two-tracks towards "X" and then towards "M"	10	
At "M", jog, proceed to "H". At "H" jog in two-tracks towards "X" and then towards "K"	10	
At "K", walk towards "A" execute a left side pass (5 to 7 strides) and stop. Walk 3 to 5 strides towards "F". Stop. Execute side-pass to right (5 to 7 strides) and stop.	10	
Execute a right 360 turn on the forehand. Stop.	10	
Execute a left 360 turn on the haunches. stop.	10	
Walk to "X" and lope a complete circle to the left back to X.	10	
Change leads at centre. (Simple or flying)	10	
Lope a complete circle to the right.	10	
Stop at X and back 4-5 steps. Stand on loose rein.	10	
Paces (Freedom and Regularity).	2	
Collection.	2	
Rider's Seat, Hands and Legs.	2	
Rider's Attire & Tack.	2	
Oral & Warm-up.	2	
Total score out of:	100	

DRAFT

**CANADIAN
EQUESTRIAN
FEDERATION**

Western
Intermediate Rider:
Showmanship

Intermediate Showmanship

Horse handling skills in the Level I Western Coaching Manual mainly involve the principles of control and safety. Showmanship skills, therefore, at this level should concentrate not only on control/safety, but also on accuracy and presentation of horse and handler. The ultimate goal is to become a handler capable of presenting a halter horse to be judged on conformation.

The following basic skills will be examined at this level:

1. Turnout of Horse:

- The horse should be clean, well groomed and fit;
- Feet shod correctly, clean, natural colour;
- Bridle path trimmed (recommended length is to animal's ear or style appropriate to breed);
- Mane groomed appropriate to breed;
- Excess hair trimmed from ears, muzzle, jaw and fetlocks.

2. Turnout of handler:

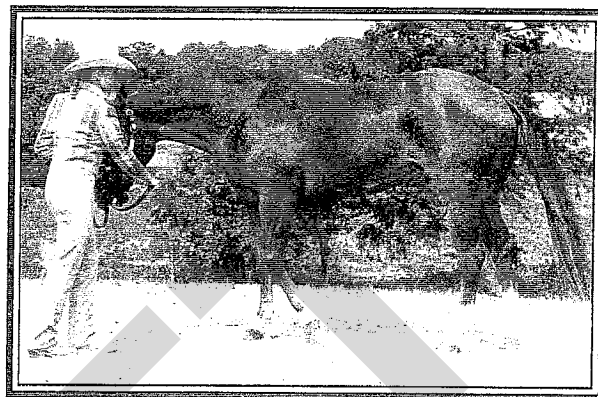
- Clean, well shaped hat
- Neat hair
- Boots shined;
- Belt, long sleeved shirt, tie; (jacket optional)
- Pants touching boot heel.
- Gloves - (dark and snug fitting)

3. Equipment:

- Chain permitted;
- Silver on halters optional;
- Halters well fitted: noseband approximately 2" below cheek bone.

4. Straight Tracking of Horses Moving Forward at Walk and Jog-trot:

- At the trot, handler's body quiet from waist up;
- No excessive leaning forward;
- Busy hands and elbows out will be penalized.



Notice how the horse's poll in the photograph is lowered as the handler positions the hind feet.

5. Straight Lines When Backing:

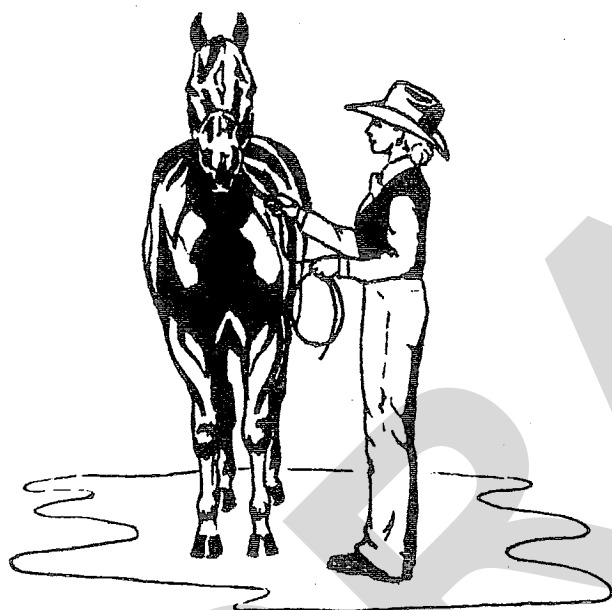
Always back the horse from the left hand side regardless of the position of the examiner. The horse's head should be kept straight and level with the withers. The horse should back straight and willingly.

6. Proper Setup (suitable to breed of horse being shown):

Begin with the Training method: set one hind leg, then lower the head of the horse slightly and position the other hind leg. Say "whoa" and raise the head of the horse. This will put weight back on the back end to stabilize the hind feet and enable the front legs to obtain correct position. Always move the head of the horse in the opposite direction of the leg that is expected to move. This lightens the leg and makes it easy for the horse. During the initial training period, it is wise to position the feet by hand until the horse understands. A good rule to keep in mind during training and competition is to lower the horse's head when fixing the back end, and raise the head slightly to position the front end.

7. Accuracy of Turns over Haunches: [(1/4 (90°), 1/2 (180°), full (360°)]:

The head of the horse has to be higher than the withers to keep the weight on the haunches. Always teach the horse to keep straight during turns. Begin slowly to maintain accuracy and gradually build to quicker turns while



This drawing clearly shows how the handler should stand.

maintaining smoothness of movements. In showmanship, turning over the haunches is done with the feeling of forward motion.

8. Relationship of Handler to Horse and Examiner:

There are only two basic body positions:

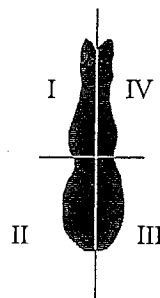
- i). Facing the horse and standing at an angle with toes pointing to the shoulder of horse. This enables easy awareness of horse and examiner without undue movement.
- ii). Body facing forward only when forward motion is required of the horse. The horse will quickly learn to

identify with these two positions and react accordingly. The handler should never come between the horse and the examiner.

Positional movements by the handler when the horse is inspected will be the 1/4 system. When posing your horse, stand toward the front facing the horse, but not directly in front of the horse and always in a position where you can keep your eye on the examiner. Pose the horse with his feet squarely under him. Use the lead shank to position the horse, do not kick or touch the horse's feet into position. Be careful not to crowd any of the handlers around you or the examiner at any time. When the other horses are being observed, let your horse stand if posed reasonably well. Be natural; over showing, undue fussing and maneuvering are objectionable. Show your horse at all times, not yourself. Be courteous and sportsmanlike at all times and respond quickly to any requests from officials. Keep alert and be aware of your position in the ring at all times. Don't be distracted by people or things outside the ring. Keep showing until the class is over.

9. The 1/4 System

Imaginary lines bisect the horse into four equal parts as seen in Figure. One line runs across the horse just behind the withers. The other imaginary line runs from head to tail. When the examiner is in I the handler should be in IV. As the examiner moves to II, handler should move to I. When the examiner moves to III, the handler moves to IV. As the examiner moves up the horse to IV, the handler returns once more to I. This method is based on safety as the handler can keep the horse's hindquarters from swinging toward the examiner should the horse become fractious.



10. Transitions:

Promptness and clarity.
The horse should respond willingly and lightly.

11. Corrections:

Promptness of corrections by the handler should the horse not perform correctly.

11. Safety:

Position awareness in relation to other horse, examiner and self.

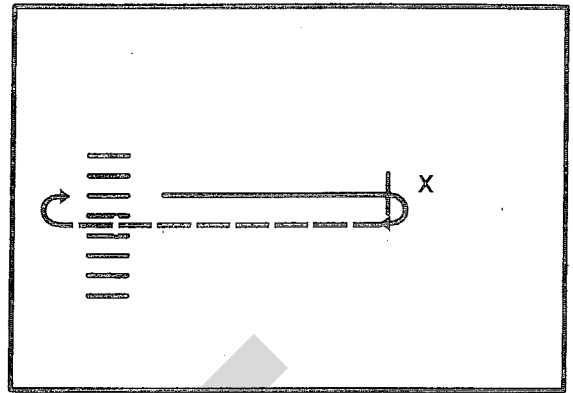
CLASS PROCEDURE FOR ALL PATTERNS:

- Enter the arena at a brisk walk in a counterclockwise direction. Abrupt movements of hand and body should always be penalized
- Line up parallel to each other in the designated area at the direction of examiner;
- A chain on the lead will not be penalized providing the hand is not directly on it and the horse is not abused;
- Always lead from the left side of the horse with the right hand on the lead shank about 6" from the halter;
- Any extra length of shank is to be held in left hand in a figure 8 or large coil.
- The handler's position is to have the left arm bent at the waist with the elbow close to his side. An erect posture and head carriage is expected;
- From the lineup, the handler will be expected to work individually. Lead the horse from the left and always turn the horse over the haunches to the right.
- The handler should be prepared upon request to open the horse's mouth for inspection of the bite.

KEY	Line up ≡	Back <i>www</i>
	Judge x	Walk —
	180° ↻	Trot - - -
	360° ○	

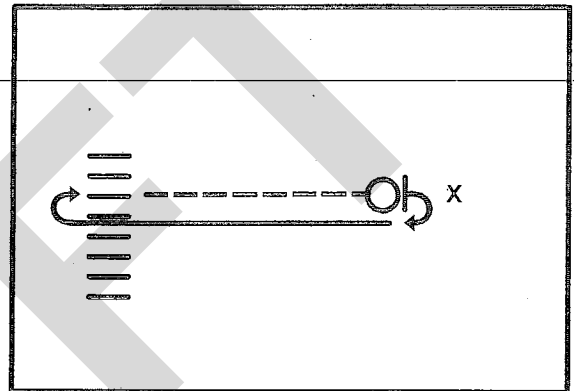
PATTERN "A"

1. Walk to judge.
2. Stop, stand for inspection.
3. 180° turn over haunches.
4. Trot through the line.
5. Square stop, 180° over haunches.
6. Stand square in line.



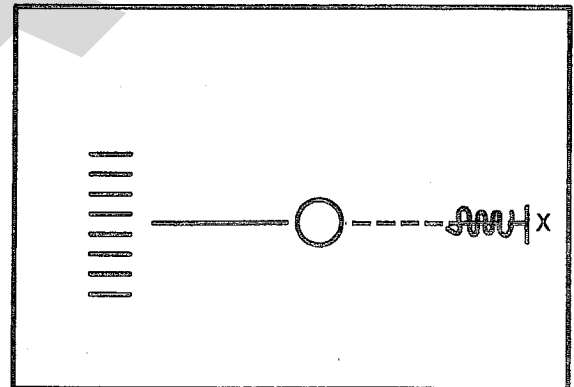
PATTERN "B"

1. Trot to judge, hesitate.
2. 360° turn over haunches.
3. Stand for inspection.
4. 180° turn and walk through the line.
5. 180° turn over haunches.
6. Stand square in line.



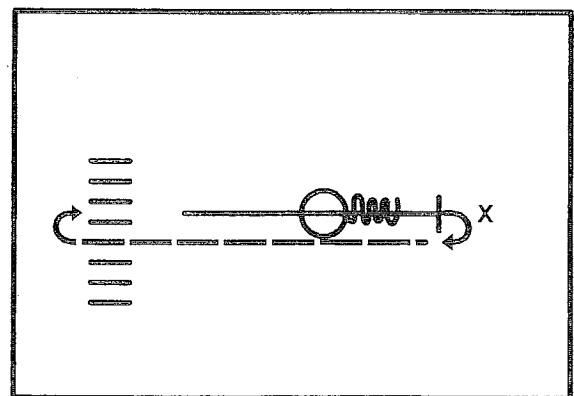
PATTERN "C"

1. Walk to center of arena.
2. Stop, execute 360° turn.
3. Trot to end stop square.
4. Back 4 steps.
5. Stand for inspection.



PATTERN "D"

1. Walk to judge.
2. Stop back 5 steps.
3. 360° turn.
4. Walk to judge for inspection.
5. 180° turn trot back through the line.
6. 180° turn over haunches.
7. Stand square in line.



Note: During the execution of the above patterns the examiner may ask the handler to profile the horse in a straight line, head to tail.

Canadian Equestrian Federation Western Intermediate Rider

Showmanship Work Sheet

	Mark out of 10	Observations
Grooming, cleanliness and turn-out of horse, handler and tack.	10	
Straight tracking of the horse moving forward at a walk and jog-trot.	10	
Straight line when backing.	10	
Proper set-up.	10	
Accuracy of quarter, half or full turns over haunches.	10	
Relationship of handler to horse and examiners.	10	
Transitions.	10	
Corrections & Oral.	10	
Safety.	10	
Smoothness.	10	
Total Score out of:	100	

**CANADIAN
EQUESTRIAN
FEDERATION**

Western
Intermediate Rider:
Western Pleasure

Western Pleasure

A good pleasure horse has a free-flowing stride of reasonable length in keeping with his conformation. He should cover a reasonable amount of ground with little effort. Ideally, he should have a balanced, flowing motion. He should carry his head and neck in a relaxed, natural position, with his poll level with or slightly above the level of the withers. He should not carry his head behind the vertical, giving the appearance of intimidation, or be excessively nosed out, giving a resistant appearance. His head should be level with his nose slightly in front of the vertical, having a bright expression with his ears alert. He should be shown on a reasonably loose rein, but with light contact and control. He should be responsive, but smooth in transitions when called for. When asked to extend, he should move out with the same flowing motion. The ideal pleasure horse is balanced, flowing, willing and looks like a pleasure to ride.

CONFORMATION:

Conformation has a direct bearing on how easy a horse's gaits are. The horse with the short neck, wide chest, straight shoulders, and short straight pasterns doesn't ride smoothly. However, the horse with the thoroughbred conformation isn't ideal either because he has too much spring to his gait and a high lift to his lope. Undesirable characteristics are winging, forging, paddling, dragging the toes of the hind feet, and irregular gait. The Western Pleasure Horse must have attractive colour and markings, a nice head, a long neck and be well balanced. He must be smooth at all gaits.

FAULTS:

Faults in western pleasure are scored according to severity and can be cause for disqualification. The following is a list of things that the western pleasure horse will be penalized for:

- Excessive speed (any gait)
- Being on the wrong lead
- Breaking gait
- Excessive slowness in any gait, loss of forward momentum
- Failure to take the appropriate gait when called for

- Touching horse or saddle with free hand
- Head carried too high
- Head carried too low (tip of ear below the withers for five or less strides)
- Excessive nosing out
- Opening mouth excessively
- Stumbling
- Use of spurs forward of the cinch
- A horse which appears sullen, dull, lethargic, emaciated, drawn or overly tired
- Quick, choppy or pony-strided
- If reins are draped to the point that light contact is not maintained

Faults which will be cause for disqualification, except in novice amateur or novice youth classes which will be faults:

- Changing hands or two hands on reins, except when showing with a hackamore or snaffle bit
- More than one finger between the reins
- Head carried too low (tip of ear below the withers consistently for more than five strides)
- Overflexing or straining neck in head carriage so the nose is carried behind the vertical consistently for more than five strides

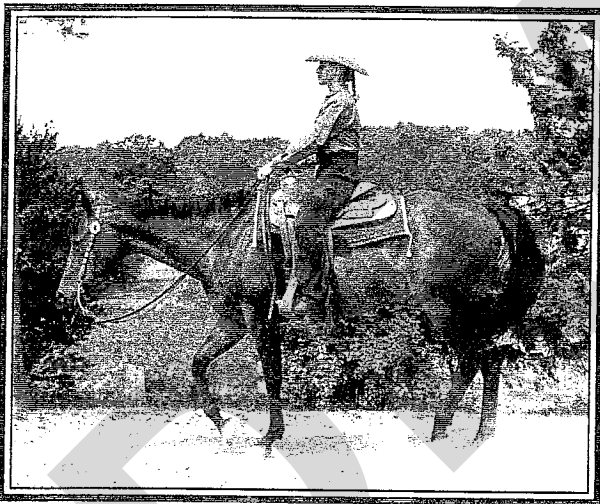
TECHNIQUE:

Winning a pleasure class in competition requires rider technique as well as horse talent. He must be ridden where he can be seen by the judge. The proper place is on the rail and not out in the centre of the ring. Judges resent being run over, splattered with mud or covered with dust. The rider must endeavour to stay out of traffic which at times is not easy. Often the rider can gain a little distance from the horse ahead by riding a little deeper into a corner or by cutting a corner, depending on the problem confronting him.

It is not proper or safe to pass between a horse and the rail. The accomplished rider will sometimes move to the inside to let a horse pass rather than have his horse distracted or made nervous by a horse that is crowding him.

A major breach of etiquette and safety in the show ring is to "park" or position your horse too closely behind another horse in the effort to slow a faster horse down. Anyone who exhibits or watches pleasure classes should remember that the judges opinion may or may not agree with theirs, and the next judge may change the placings of the same horses based on his own likes or dislikes and on the horse's performance.

Exhibitors should also keep in mind that horses performances can alter during the course of a day therefore leaving the possibility open to the morning's winner not being placed in an afternoon class or yesterdays winner being further down in the placings today. Movement analysis is subjective. Go to many quality competitions to ascertain what type of horse is popular before purchasing one for yourself.



THE WESTERN PLEASURE CLASS

The Western Pleasure Class is judged on performance, condition and conformation. Horses must work both ways of the ring at all three gaits to demonstrate their ability with different leads. At the option of the judge, horses may be asked to extend the walk, jog or lope, one or both ways of the ring. (Riders should sit at the extended jog.) The Western Pleasure horse is required to back easily and stand quietly. Horses are to be reversed to the inside

(away from the rail). They may be asked to reverse at either the walk or the jog at the discretion of the judge. A junior western pleasure horse (five-years-old and younger) may be shown two-handed in either a snaffle bit or a hackamore (Bosal). A senior western pleasure horse (six-years-old and older) must be shown one handed in a curb bit.

Once again, a Certified Western Coach is a valuable resource with access to appropriate rulebooks with detailed class specifications on equipment, attire and appointments.

Canadian Equestrian Federation Western Intermediate Rider

Western Pleasure Work Sheet

This test must be done with a leverage bit, rider using one hand. There must be a group of 4 to 6 horses in the ring to create a show atmosphere. The number of horses varies according to the size of ring used. Horses and riders should be scored one at a time.

	Mark out of 20	Observations
Collection	20	
Transitions	20	
Consistency and quality of gaits.	20	
Control of horse.	10	
Rider's aids (hands, seat, legs).	10	
Attire and equipment.	10	
General Impression, Oral & Warm-up.	10	
Total score out of:	100	

**CANADIAN
EQUESTRIAN
FEDERATION**

Western
Intermediate Rider:
Trail

Practical Trail Horse Techniques

(ONE HAND ON REINS)

In this event the rider will guide the horse through and around a series of obstacles that could be encountered during a trail ride. The course will be set up to demonstrate the care and concentration of the horse. A walk, jog and lope are included in the pattern.

Prerequisites for the horse:

1. Backup
2. Turn on the forehand
3. Sidepass
4. Transitions
5. Turn on the haunches
6. Stop

The five mandatory obstacles in the intermediate rider program are: gate, logs, back-through, bridge, and sidepass.

The optional obstacles are: 360° turn and carrying an object.

The following will be penalized:

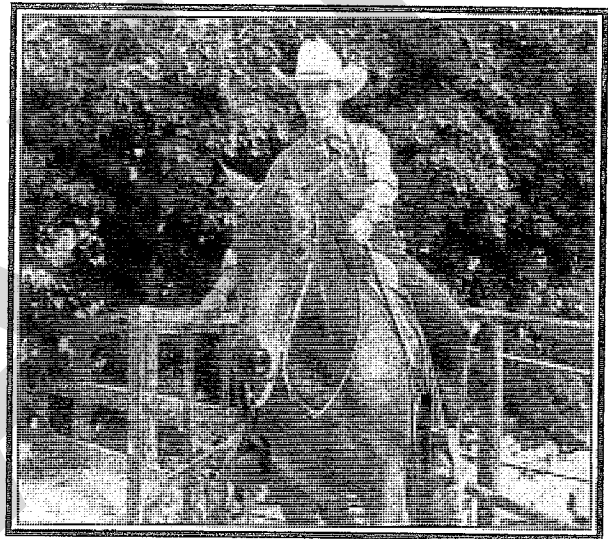
- Rushing obstacles.
- Working obstacles too slow.
- Poor transitions.
- Incorrect leads.
- Disturbing obstacles.
- Going off pattern will result in no score.

Prerequisite for the rider:

- Patience
- Rapport with the horse - horse must trust the rider
- Understanding horse psychology
 - a) Claustrophobia - even in a seemingly unconfined obstacle such as a gate the horse may be apprehensive
 - b) Fear, flight, fight instinctive reactions - avoid these by being able to perform the prerequisite skills in both an open area and up against solid objects before introducing the trail obstacle.
 - c) Avoid any form of negative reinforcement in the obstacle as this may cause the horse to fear the ob-

stacle and thus anticipate a negative experience each time it is approached.

As horses are creatures of habit, try to keep them from anticipating by going through the obstacle in a variety of ways - forwards, backwards, using left hand, using right hand. For example, there are 8 ways to go through the gate:



Right hand on gate:	Forward push	Backwards push
	Forward pull	Backwards pull
Left hand on gate:	Forward push	Backwards push
	Forward pull	Backwards pull

Safety:

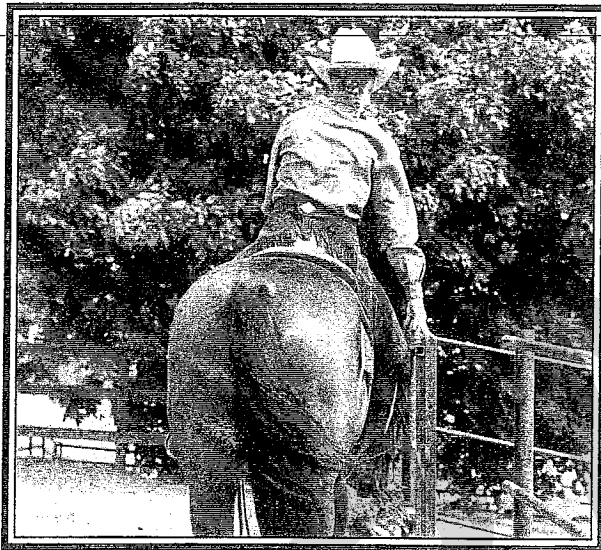
Make sure all obstacles are stable and in good working order. Also check for good footing. Make sure there is nothing on the tack or clothing that could get caught.

Method:

Make doing it right easy. Don't ask for more than the horse can give. There is nothing wrong with stopping and leaving an obstacle if the horse is showing resistance. Review the basics outside of or away from the obstacle before returning to the obstacle.

When introducing a horse to an obstacle make the degree of difficulty very easy and increase it as horse and rider become more competent. This can be done by making the distance more challenging (tighter space from previous obstacle) or increased speed between obstacles (jog or lope). Obstacles requiring backing should be addressed in a forward manner until the horse is relaxed.

When walking over obstacles such as bridges or logs,



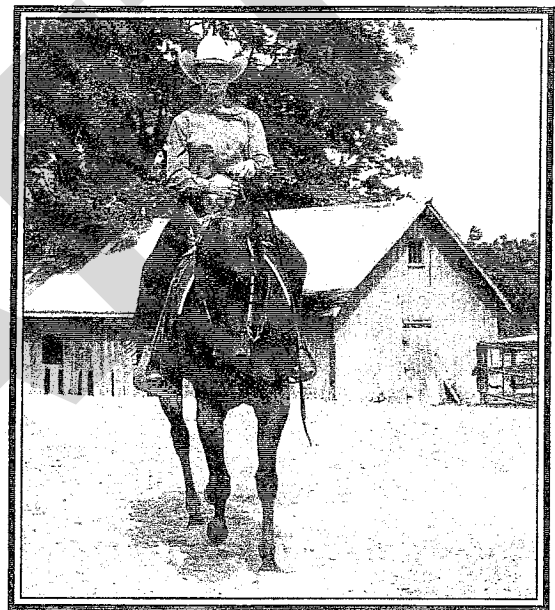
Note the straight position of the horse's body as the rider closes the gate.

the rider may lean slightly forward to give the horse enough rein to reach the head and neck forward and down to investigate. When working a gate, back-through or side pass, the horse will require more collection. Proper position is necessary without leaning.

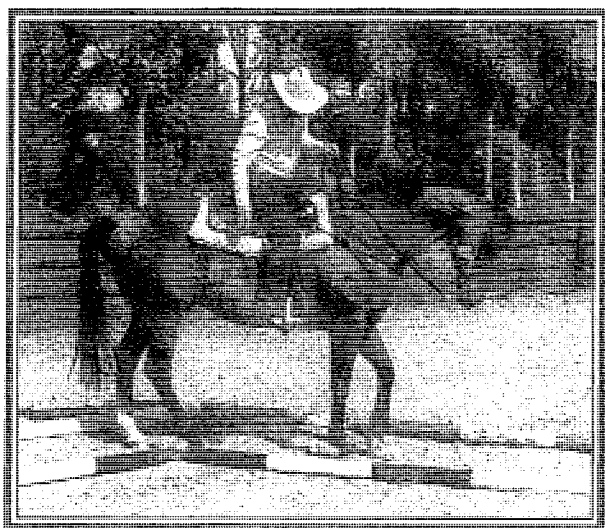
The horse has to be obedient to the word "whoa", and trained to take small steps when asked. Basic training is best accomplished in a snaffle bit.

Trail is a fun and challenging event for the novice horse show rider. A horse that is not a pretty enough mover to compete in Western Pleasure or is not athletic enough to perform Reining skills can often be very competitive in the trail class. Also a novice horse show competitor can do very well in trail once they understand how each obstacle

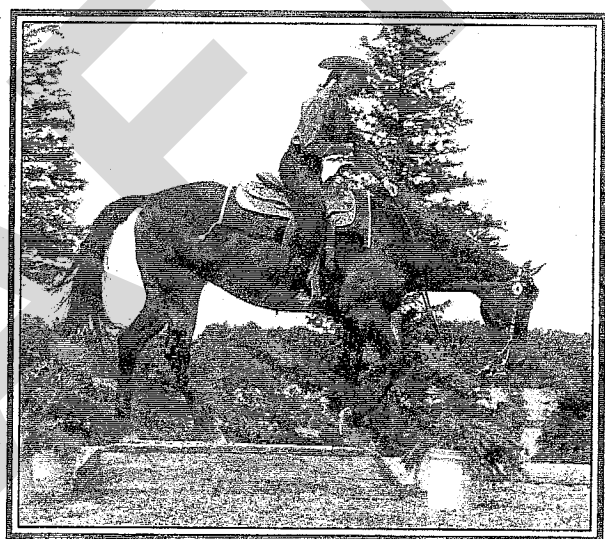
should be done. Often a novice show competitor will win tough Trail classes because they have developed the essential ingredient with their equine partner - TRUST!



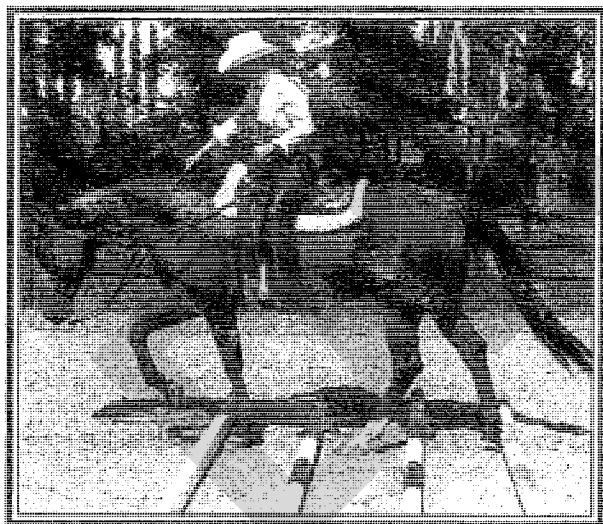
This horse is just beginning to perform a side pass. Notice the way he faces the direction in which he is being asked to go in a smooth sideways action. Ideally the finished horse will crossover with both his front and hind legs when executing the sidepass movement.



This horse is carefully placing his feet as directed by the rider.



This horse demonstrates interest and suppleness as he passes over the trail bridge.

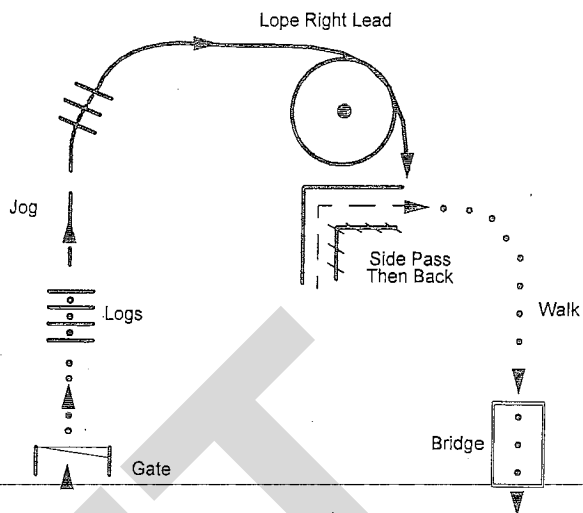


This horse is very attentively finding his way through the logs without disturbing them.

PATTERN "A"

ORDER OF OBSTACLES

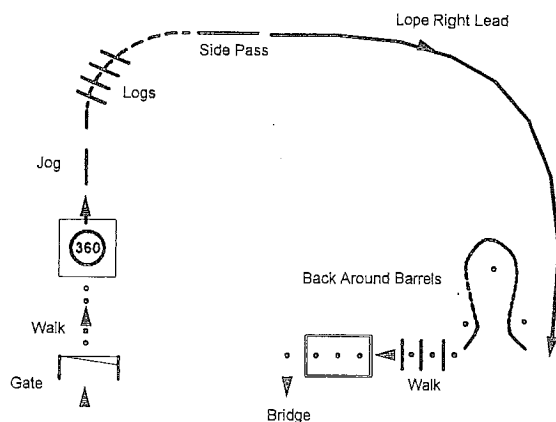
1. Gate
2. Walk to & over logs.
3. Jog to & over logs.
4. Lope right lead & circle marker.
5. Walk
6. Side pass right. Haunches between poles.
7. Back.
8. Walk to & over bridge.



PATTERN "B"

ORDER OF OBSTACLES

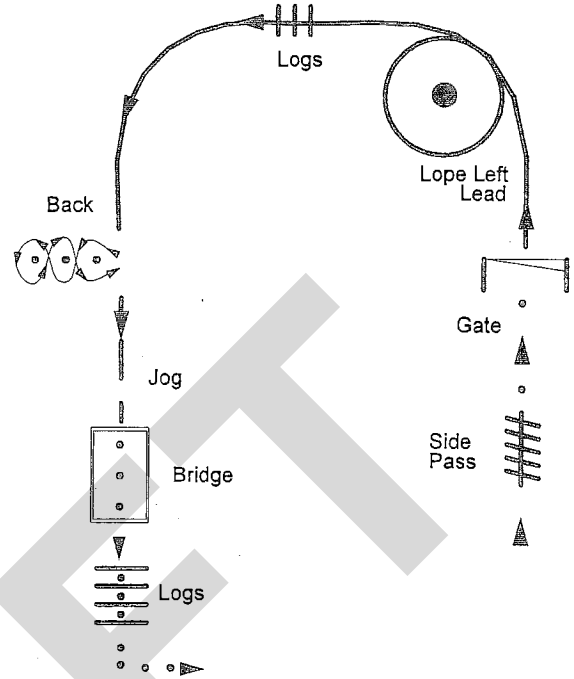
1. Gate.
2. Walk
3. 360° turn inside box.
4. Jog to & over logs.
5. Side pass left.
6. Walk
7. Lope right lead.
8. Back around cones.
9. Walk to & over logs.
10. Walk to & over bridge.



PATTERN "C"

ORDER OF OBSTACLES

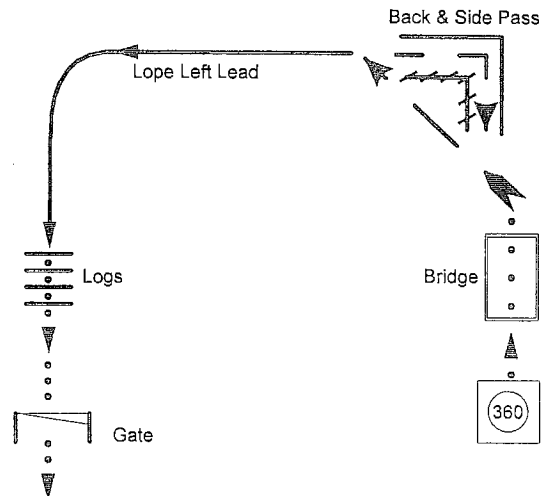
1. Side pass right.
2. Gate.
3. Lope around marker.
4. Lope over poles.
5. Walk
6. Back around cones.
7. Jog to bridge.
8. Walk over bridge & poles.



PATTERN "D"

ORDER OF OBSTACLES

1. Turn inside box.
2. Walk to & over bridge.
3. Jog to poles and back through them.
4. Side pass left. Front end to inside.
5. Lope left lead to logs.
6. Walk over logs.
7. Gate.



Canadian Equestrian Federation Western Intermediate Rider

Practical Trail WorkSheet

This test must be done with a leverage bit, rider using one hand.

	Mark out of 10	Observations
Gate.	10	
Gaits - Walk, Jog, Lope.	10	
Sidepass.	10	
Back.	10	
Bridge.	10	
Circle marker or 360 turn.	10	
Logs.	10	
General Impression.	10	
Accuracy and Smoothness.	10	
Attire, Equipment, Oral & Warm-up.	10	
Total score out of:	100	

DRAFT

**CANADIAN
EQUESTRIAN
FEDERATION**

Western
Intermediate Rider:
Western Riding

Western Riding

The western riding class is very exciting to perform on a horse. It is a class judged on lead changes, movement, the horse's response to the rider's aids and his attitude while performing a specified pattern. Emphasis is placed on smooth, even cadence of gaits and the horse's ability to change leads precisely, easily and simultaneously both hind and front at the center point between markers. The horse should have a relaxed head carriage showing response to the rider's hands, with moderate flexion at the poll.

There are two different patterns for the western riding class. (refer to C.E.F. rule book) The lead changes in both patterns must be done half way between the markers in the diagrams. The horse must show regularity and demonstrate fluidity through the entire pattern and will be penalized if he anticipates lead changes, opens his mouth or displays an attitude problem. Specific penalties are given in the execution of the pattern. (refer to C.E.F. rule book)

Most horses can execute one or two lead changes in a row but not all of them can do seven or eight in a very short time and stay in balance. When looking for a western riding horse you should look for a well broke horse. A four or five year old trained horse will make a better prospect because he is stronger, more mature and knows how to jog and lope in cadence and balance and already knows how the transitions work.

The western riding horse possesses the same qualities and conformation as the pleasure horse. The most important attributes are: a nice hip and hock that can cover ground and give balance and strength to execute lead changes. Another desirable trait is a long neck that can easily flex at the poll to allow the horse to respond correctly to the rider's hand when asked to execute a maneuver. A good mind is essential.

The horse has to be athletic to execute a western riding pattern. A series of exercises must be implemented that will help him develop these qualities.

Circles, lateral movements, pivots, counter canter, serpentine and transitions are examples of the exercises useful in training your western riding horse. Some horses need to do more lateral movements than others, some will need to counter canter to develop the suppleness and cadence.

You and your coach have to figure out a training program for "your" horse. Every horse is an individual and needs a personalized training program in order to reach his maximum performance capability.

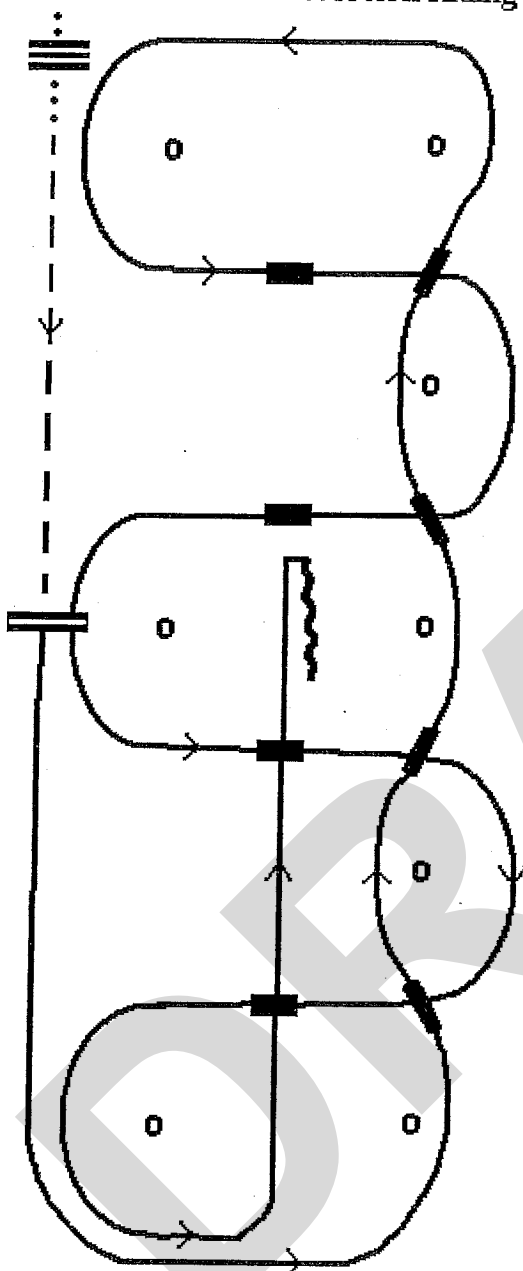
It takes months to train a horse to do a western riding class because of the degree of difficulty it requires. The horse must execute seven or eight lead changes in a row in cadence and rhythm. The lead changes must be flat, meaning that the horse must not become elevated during the change. The horse should not show effort when changing leads and must keep his tail and ears quiet. For these reasons you train a western riding horse over a long period of time to allow him to be very comfortable throughout his maneuvers.









The western riding pattern also includes the jog and a lope over a log. Don't take for granted that a horse will do these things naturally. These obstacles must be practiced often for the horse to be comfortable going over them without losing cadence. Going through a gate may also be required. In order to be able to go through a gate without major problems the horse must be responsive to leg aids, execute the sidepass, respond to a neck rein very softly and, of course, have seen all kinds of different gates before entering the show pen.

The last maneuver in a western riding pattern is the stop and backup. The horse should respond to "whoa" promptly in order to avoid having the rider on the reins and provoking him to open his mouth or shake his head. This will also reflect badly on the backup. The horse should backup softly and quietly between the reins in a straight line.

The following Western Riding pattern has been developed for the Intermediate Rider Program and is a required element of this component.

Western Riding Pattern I



-  LOPS
-  JOG
-  WALK
-  GATE
-  LOG
-  MARKER
-  BACK
-  CHANGE OF DIRECTION

Western Riding Pattern I

1. Walk & jog over log
2. Transition to left lead & lope around end
3. First line change
4. Second line change
5. Third line change
6. Fourth line change lope around end of arena.
7. First crossing change
8. Second crossing change
9. Lope over log
10. Third crossing change
11. Fourth crossing change
12. Lope up the centre, stop & back

Canadian Equestrian Federation Western Intermediate Rider

Western Riding Work Sheet

This test may be done with rider using two hands. The type of bit is optional.

	Mark out of 10	Observations
Transitions, stop and back-up.	15	
Lead Changes	25	
Two Tracking	10	
Horse's smoothness, collection & respect of pattern.	20	
Rate of Speed (freedom & regularity).	20	
Attire, Equipment, Oral & Warm-up.	10	
Total score out of:	100	

Sample Judges Card

Western Riding Pattern #1

If you enjoyed the modified Western Riding pattern done in this program, ask your coach to show you the Western Riding patterns used in horse shows. Here is a sample score card to help you understand how it will be judged.

- 5 pts. Releasing gate due to horse's disobedience
- 5 pts. Use of free hand to instill fear.
- 3-5 pts. Breaking gait at lope, including simple change.
- 5 pts. Failure to complete a designated lead change.
- 1/2 pt. Failure to change lead from one half to one stride.
- 1 pt. Per additional stride.
- 3-5 pts. Additional lead changes anywhere on course.
- 3-5 pts. Failure to start the lope within 30 ft. after crossing the log at the jog.
- 1 pt. Hitting log.
- 1/2 pt. Ticking log.

Off pattern: Incomplete pattern, incorrect order of maneuvers, knocking over markers, passing on wrong side of marker, missing log, knocking over gate.

		Walk + Trans-Jog	Jog-Log Trans-Lope	Line 4 Changes	Crossing 2 Changes	Lope - Log	Crossing 2 Changes	Stop + Back	Composite	Penalties	Score
	Penalty 70 Score										
	Penalty 70 Score										
	Penalty 70 Score										
	Penalty 70 Score										
	Penalty 70 Score										
	Penalty 70 Score										

DRAFT

**CANADIAN
EQUESTRIAN
FEDERATION**

Western
Intermediate Rider:
Speed Events

Speed Events

Speed events require a well broke horse that is fast and athletic. It must be well balanced, have good conformation and an extremely trainable personality. These events require the ability of maximum acceleration combined with multiple lead changes and 360 degree turns. To produce a competitive Speed Event horse will require patience, diligence and countless hours of repetition and hard work.

In the Intermediate Rider Program you will be introduced to Barrel Racing and Pole Bending. We will discuss: tack/equipment, choosing the Speed Event prospect, exercises, patterns and rider position.

EQUIPMENT

SADDLES:

Specialized Speed Event saddles have been adapted to offer maximum usability to both horse and rider. These saddles are light weight and the seat is slightly built up in the front to form a pocket for the rider. The horn is low to prevent interference and small enough to easily grasp. The skirts are cut back to decrease weight and interference.

BREAST COLLARS:

A V-shaped breast collar is used to stabilize the saddle in turns and quick acceleration. It conforms to the contours of the neck and shoulder reducing the possibility of restricting the horse's airways. It is attached to the D rings and hobbled to the centre ring of the cinch.

TIE-DOWN:

This is a misleading term, as the tie-down does not tie the horse's head down but offers balance in turns and stops. It is introduced to thoroughly schooled horses who are advanced to the point of running with speed and control. The tie-down runs down and through a ring attached

to the breast collar and is fastened to the centre cinch ring. It must fit the horse's muzzle and be adjusted to a length that allows the horse to perform to its fullest.

REINS:

A single "roping rein" is used to ensure quick hand adjustment and maximum control. Split reins are used to school, their added length are useful for lateral work and correction.

HEADSTALLS:

All good quality, well fitted Western headstalls are suitable for Speed Events.

BITS:

A wide variety of bits are used on Speed Event horses. They range from a training snaffle or gag to curbs and hackamores. These bits are interchanged and used at different stages of training.

BATS AND OVER AND UNDER STRAPS:

Bats and Over and Under straps are used when necessary to encourage the horse to achieve his maximum output.

LEG PROTECTION:

Combination splint and bell boots are used to prevent injury to the front legs. Various back boots such as splint and skid boots are also available for protection against any hind leg interferences. Leg protection may also be worn by the rider to protect them from injury if impact with the Barrel or Pole is made.

CHOOSING A SPEED EVENT PROSPECT

The Speed Event prospect must be balanced with an extremely trainable mind. He will be required to perform at top speed with the capacity to rate for turns up to 360 degrees. He must be structurally correct as any imperfections are magnified with speed.

When choosing a speed event prospect, consider the following: the size of horse to rider ratio; length of neck, back and underline; the slope of the hip, shoulder and pastern; balance of bone to body weight and most important, attitude.

The Speed Events are some of the most demanding and require an exceptionally talented individual to perform well over a lengthy career.

Consult your Coach for advice and guidance before you purchase your Speed Event horse.

BASIC EXERCISES

All horses must give to the pressure of the bit, respond to seat, hands, leg and voice and move away from pressure. Basic maneuvers such as: backing, leg yielding, turn on the forehand, turn on the haunches, side-pass, two-track, simple lead change and basic collection are covered in the Rider Preparation Levels I to IV. Your training program should include all of the above as well as a variety of circles, serpentines, stops incorporated with rolling back over the hocks and bending and flexing both laterally and vertically. These exercises should be initiated in the most basic form and as the horse gains confidence and ability, the degree of difficulty is increased. Each of the exercises can lead from one to another in any sequence so that the horse does not anticipate what is coming next. After reaching a winning competitive level, a maintenance program must be built around each individual horse to ensure a long and successful career.

RIDER POSITION

There is no substitute for good equitation. Balance and body position are developed through a lifetime of devotion and self improvement.

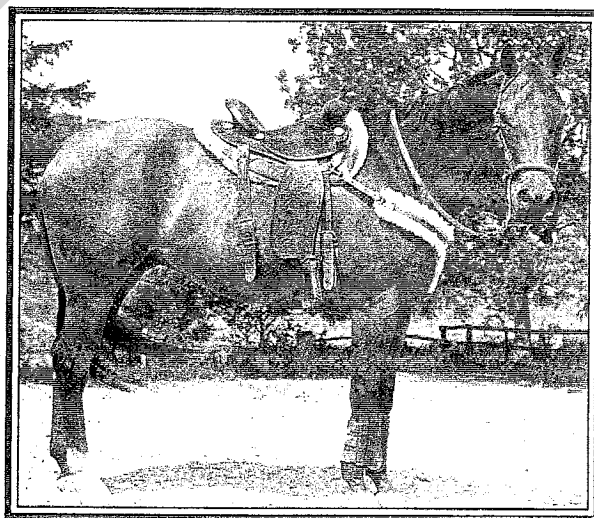
It was previously mentioned that speed magnified im-

perfection in the horse, and this also applied to the rider. The rider's balance and timing are of utmost importance because they affect the horse's every stride. The rider must keep his/her feet flat and parallel to the ground, the legs directly under your body, stay up over the horse when running and sit down through turns to encourage rate. This a monumental task when it is all performed in an average run time of 16 seconds.

SUMMARY

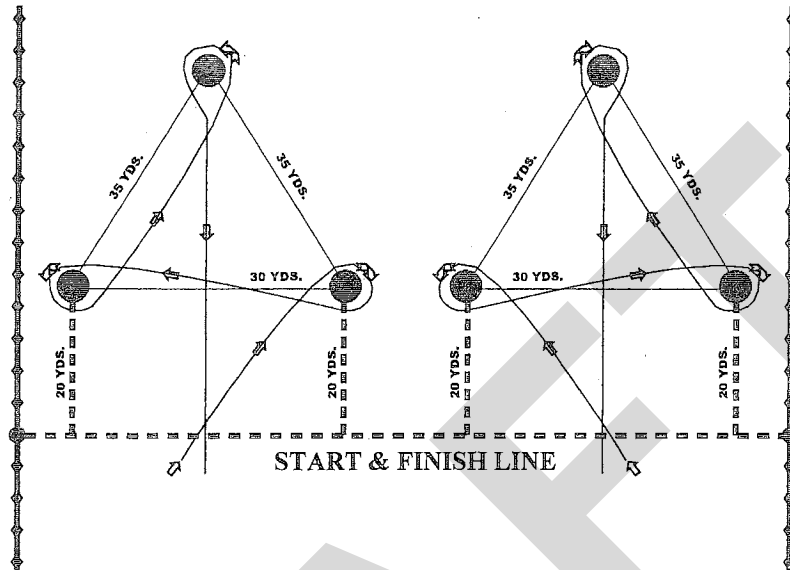
Speed Events offer the western horseman an exciting, thrill-packed experience of unbelievable power, exhibited by a talented equine athlete.

For information on general rules, attire, equipment and timing procedures consult a current C.E.F Western General Performance Rulebook.

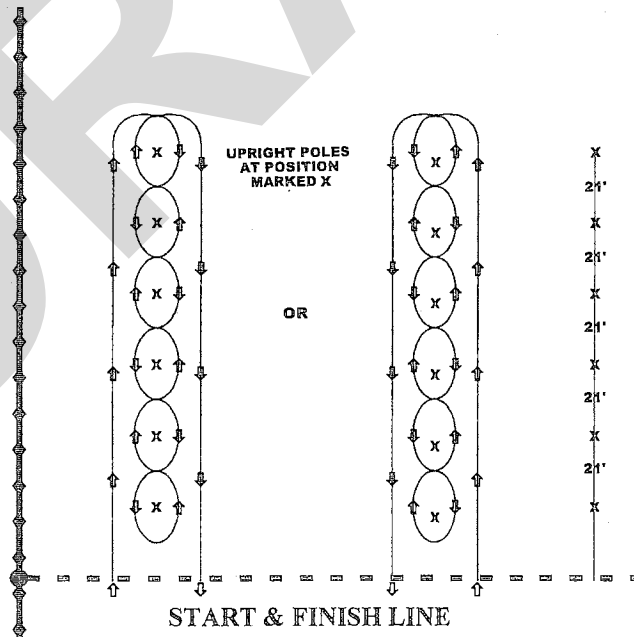


This horse is fitted with a specialized barrel racing saddle which has shorter skirting and a back cinch. Note the breastplate and splint boots for protection. The Hackamore has joined reins which will provide the rider with a safe and effective way to guide the horse at high speeds.

BARREL RACING PATTERNS



POLE BENDING PATTERN



Canadian Equestrian Federation Western Intermediate Rider

Barrel Racing Work Sheet

This test must be done with the rider using two hands. The type of bit is optional.

	Mark	Observations
Proper Equipment, Oral & Warm-up.	10	
Rider Position (hands, legs, seat).	20	
Rider Aids & Effects (timing, leads).	20	
Speed (ability of horse, consistent forward momentum).	10	
Straight lines.	10	
Turns - Barrel 1	10	
Barrel 2	10	
Barrel 3	10	
Total Score out of:	100	

Canadian Equestrian Federation Western Intermediate Rider

Pole Bending Work Sheet

This test must be done with the rider using two hands. The type of bit is optional.

	Mark	Observations
Proper equipment, Oral & Warm-up.	10	
Rider Position (hands, legs, seat).	20	
Rider's Aids and Effects (timing, leads).	20	
Speed (ability of horse, consistent forward momentum).	10	
Straight line.	10	
Turns - Far Pole	10	
Near Pole	10	
Between Poles (lead changes)	10	
Total score out of:	100	

**CANADIAN
EQUESTRIAN
FEDERATION**

Western
Intermediate Rider:
Reining

Reining

The reining horse has to be an athlete. When considering the purchase of a reining horse prospect - breeding and conformation are important considerations. When looking for a reining horse, you should appreciate the following qualities:

- The reining horse should have a long neck, well attached to the poll to permit lateral and vertical flexion.
- He must also have a strong back but not too short to allow the horse to use his rib cage properly when spinning.
- A reining horse should be well balanced, his withers and his hip should be level.
- A long sloping hip and shoulder will give him the power and the strength needed to spin, roll back and stop.
- The horse's hocks should be low and his legs straight with strong bone. The size of his feet should be in proportion to his body.

Besides the conformation, the mental attitude and a good disposition are of great importance when buying your reining horse. The most athletic horse is not necessarily a winner when he does not show the desire and willingness to perform and execute a pattern.

Most important, choose a horse according to the person who will be showing him. A beginner or an inexperienced rider should look for an older experienced horse to get him/her through the process of learning and showing. It is also important that the horse being bought will fit with the rider physically and mentally, meaning that a tall person should look for a bigger horse that will make him feel comfortable and stay more in balance and a nervous type of person should be sure to get a calm horse.

CONFORMATION & BREEDING:

When considering the purchase of a reining horse prospect, breeding and conformation is an important consideration. Remember that although the foal of two good reining horses should become a desirable athlete, sometimes combinations don't work.

The horse's conformation must be carefully considered. Generally speaking, halter type horses are not desirable because they carry too much muscle to be truly athletic. The reining prospects must be structurally sound and not have major faults such as: crooked legs, too straight in the hocks, a short thick neck, a long back and weak loins. Size is also a consideration, the reining horse is usually between 14.3 and 15.1 hands high.

Natural athletic abilities are important. The reining prospect should, when turned loose in a ring, show quickness, agility and balance. His lead change should come naturally and effortlessly. When cut into a corner, he should be able to stop easily with his hindquarters well under him.

Disposition is the final ingredient to complete a partnership. The reining horse's attitude and heart have to work for the rider. These are the hardest factors to determine, and in some cases can be identified only after some months of work. We cannot judge them until we ride the horse, although generally speaking you can get some idea with working him on the ground. If he is ill tempered or stubborn when handled, he will probably be that way when ridden.

REINING MANEUVERS:

Reining patterns are made up of specific maneuvers performed to exact specifications and at exact locations. The emphasis is on executing correct maneuvers rather than speed. If speed can be added to a correct maneuver then higher scores will result. However, if higher speed results in incorrect maneuvers then lower scores will result.

STOPS:

Stops are the act of slowing the horse from a lope to a stop position by bringing the hind feet and hocks under the horse in a locked position and sliding on the rear shoes. The horse should enter the stop position by bending the back, bringing the rear legs and hocks further under the body while maintaining forward motion and ground contact with the front legs. Throughout the stop, the horse should continue in a straight line and position of the hocks, rear feet and back should not vary.

SPINS

Spins are a series of 360 degree turns, executed over a stationary (inside) hind leg. Propulsion for the spin is supplied by the outside rear leg and front legs. There should always be contact with the ground by at least one front leg. The location of the hind quarters should be fixed at the start of the spin and maintained throughout.

ROLLBACKS

Rollbacks are the 180 degree reversal of forward motion achieved by running to a stop, rolling (turning) the shoulders back to the opposite directions over the hocks and departing at the lope, in one continuous motion. The rollback must be executed with no more than slight hesitation after the stop, and the horse should not step ahead or back prior to rolling back.

CIRCLES

Circles are maneuvers performed at the lope in a designated area and at a designated speed. Their purpose is to demonstrate control with smoothness, finesse, a willing attitude and little or no apparent resistance. The degree of difficulty is determined by the amount of speed and speed changes. Circles must at all times be run in the geographical area of the arena specified in the pattern description and must have a common centre point. There must be a clearly defined difference in the speed and the size of the small circle and the large fast circle.

BACKUPS

A backup is a maneuver requiring the horse to be moved in a reverse motion in a straight line for a required distance (i.e. at least 10 feet).

HESITATE

To hesitate is the act of demonstrating the horse's ability to stand in a relaxed manner at a designated time in a pattern. In a hesitation, the horse is required to remain

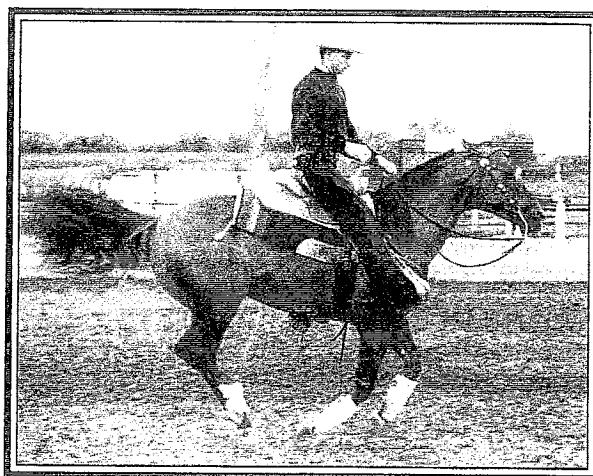
motionless and relaxed. All patterns require hesitation at the end to demonstrate completion to the judge.

LEAD CHANGES

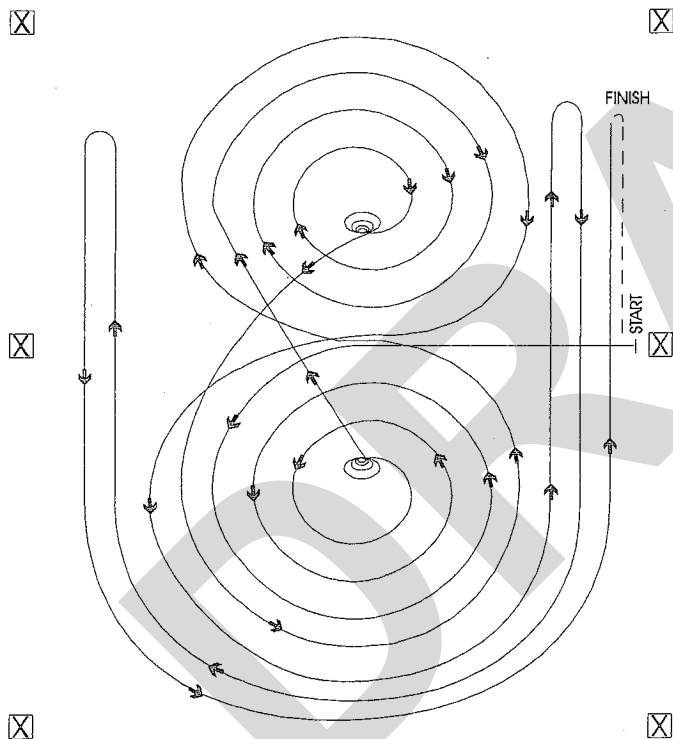
Lead changes are the act of changing the leading legs of the front and rear pairs at a lope when changing the direction traveled. The lead change must be executed at a lope with no change of gait or speed and must be performed in the exact geographical position in the arena specified in the pattern. The change of front and rear leads must take place within the same stride to avoid penalty.

RUN DOWNS

Run downs are the runs down the centre line of the arena and runs along the side and ends of the arena before a stop. They should be executed at approximately the same speed as demonstrated in the large fast circles. Run downs should show speed control with a gradual build up of speed from the beginning to a maximum speed immediately before the stop.



Western Intermediate Rider Reining Pattern



Begin at the centre of the arena facing the left wall or fence.

1. Beginning on the left lead, lope three circles to the left; the first two circles, large and fast; the third circle small and slow. Stop at the centre of the arena.

2. Complete four spins to the left. Hesitate.

3. Beginning on the right lead, lope three circles to the right; the first two circles, large and fast; the third circle small and slow. Stop at the centre of the arena.

4. Complete four spins to the right.

5. Beginning on the left lead, lope a large, fast circle to the left, change lead at the centre of the arena, lope a large fast circle to the right and change lead at the centre of the arena.

6. Continue around the previous circle to the left but do not close this circle. Run up the right side of the arena past the centre marker and do a right roll-back at least 20 feet from the wall or fence - no hesitation.

7. Continue around previous circle but do not close this circle. Run up the left side of the arena past the centre marker and do a left rollback at least 20 feet from the wall or fence - no hesitation.

8. Continue back around previous circle but do not close this circle. Run up the right side of the arena past the centre marker and do a sliding stop at least 20 feet from the wall or fence. Backup at least 10 feet. Hesitate to demonstrate the completion of the pattern.

Canadian Equestrian Federation

Western Intermediate Rider

Reining Work Sheet

	Mark	Observations
Beginning on the left lead, lope three circles to the left; the first two circles large and fast; the third circle small and slow. Stop at the centre of the arena.	10	
Complete four spins to the left. Hesitate.	10	
Beginning on the right lead, lope three circles to the right; the first two circles large and fast; the third circle small and slow. Stop at the centre of the arena.	10	
Complete four spins to the right. Hesitate.	10	
Beginning on the left lead, lope a large fast circle to the left, change leads at the centre of the arena, lope a large fast circle to the right and change leads at the centre of the arena.	10	
Continue around the previous circle to the left but do not close this circle. Run up the right side of the arena past the centre marker and do a right rollback at least 20 feet from the wall or fence - no hesitation.	10	
Continue around previous circle but do not close this circle. Run up the left side of the arena past the centre marker and do a left rollback at least 20 feet from the wall or fence - no hesitation.	10	
Continue back around previous circle but do not close this circle. Run up the right side of the arena past the centre marker and do a sliding stop at least 20 feet from the wall or fence. Back up at least 10 feet. Hesitate to demonstrate the completion of the pattern.	10	
Accuracy and Smoothness.	10	
General Impression, Oral & Warm-up.	10	
Total score out of:	100	

Sample N.R.H.A. Judges Card

CREDITS

- Straight controlled run downs
- Consistent, positioned turns
- Maintaining suppleness and proper head position
- Square smooth stops
- Straight backups
- Easy lead changes
- Controlled figure eights

PENALTIES

1/2 pt.

- failing to remain 28+ feet from fence
- in run down, no lead change by 1 stride
- starting lope departure at a jog or exiting roll backs up to 2 strides
- delayed lead change by 1 stride
- over or under spins to 1/8 turn

1 pt.

- no lead change from start to 1/4 circle
- in run down no lead change past 1 stride but prior
- not on correct lead in run-around
- over or under spin to 1/4 turn

2 pts.

- no lead change from start to 1/2 circle
- in run down, no lead change prior
- freezing up in spins or rollbacks
- jogging beyond 2 strides but less than 1/2 circle or 1/2 the length of the arena
- break of gait
- failure to go beyond markers
- incorrect lead on runaround past centre

3 pts.

- delayed change of lead from start to 3/4 of circle

4 pts.

- horse fails to change to a specified lead
- no lead change for entire circle

5 pts.

- spurring in front of cinch
- use of free hand to instill fear

0 SCORE

- failure to complete the pattern
- use of two hands or a finger between reins
- performing in unspecified order
- equipment failure causing delays
- fall to ground by horse or rider
- jogging over 1/2 circle, 1/2 of arena while circling or exiting a rollback
- overspins of more than 1/4 turn
- illegal use of romal
- inclusion of maneuvers
- balking or running away

NO SCORE

- failure to drop bridle to the judge
- use of illegal equipment
- disrespect or misconduct by the exhibitor
- willful abuse of animals in the arena
- use of unnatural tail devices

Maneuver Scores: -1.5 Extremely Poor -1 Very Poor -.5 Poor 0 Average .5 Good 1 Very Good 1.5 Excellent

Entry #	Position	Maneuver	1	2	3	4	5	6	7	8	Com- posite	Penalties	Score
	Penalty 70 Score												
	Penalty 70 Score												
	Penalty 70 Score												
	Penalty 70 Score												
	Penalty 70 Score												

Summary

The Western Rider Preparation Course was developed following definite guidelines set forth in order to organize basic western riding skills and to assure standardization. The Western Intermediate Rider Course was developed to follow the basic objectives set forth in the Rider Preparation Course. At the Intermediate Level, however, the objectives are to produce riders who are capable of competing at recognized competitions and to have an appreciation of the major scope of Western competition events.

The following are some of the advantages of using the course outline and manual.

- The manuals permit the rider to follow the objectives of the course.
- The rider may look over previous subject matter as well as prepare for subsequent lessons by reading ahead.
- The rider is assured that even in changing coaches the guidelines of the course will not change!
- Through exams, the rider is able to evaluate his/her theoretical and practical learnings.
- Completion of the Intermediate rider program is an important prerequisite in becoming a Level II Coach.

In order to be recognized as successful CEF Western Riders Graduates, candidates over the age of ten years must be at least recreational members of the Canadian Equestrian Federation and their Instructor must be a current fully certified CEF Western Coach.

If you wish, you may continue on to become a Certified Western Coach. Intermediate rider graduates must attend a Practical evaluation and a Technical examination of the CEF and NCCP approved Certification Courses in order to become certified as a Level II Equestrian Coach. To obtain your coaching certification, you must attend a Theory Course by the National Coaching Development Program which is given at most community colleges. This course deals with:

- The Role of the Coach
- Group Goal Setting with Athletes
- Training Methods
- Nutrition and Sport Performance
- Sports Psychology "A" Motivation, Dropouts and

- Special Needs
- Sports Psychology "B" Competitive Anxiety
- Care of Sports Injuries
- Advanced Teaching Skills
- Skill Analysis
- Seasonal Planning

Level I Candidates must complete Rider Level I-IV, & along with the Theory component, complete a Basic First Aid Course given by St. John's Ambulance or the National Ski Patrol and have had at least 2 years teaching experience.

In order to maintain status as a fully certified coach, a current Senior Competitive membership is required. Coaches lists shall be published in the Official CEF Bulletin annually.

For information regarding CEF Coaching Activities and Rider Preparation Courses within your province you should contact:

Western Coaching Coordinator
Canadian Equestrian Federation
1600 James Naismith Rd.
Gloucester, Ontario
K1B 5N4

References:

- Step By Step Progressive Horse Training - Vern Sapergia
- Manual of Stable Management in Canada - CEF publication
- AQHA's Official Handbook of Rules and Regulations
- C.E.F. General Performance Rule Book

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