

# **CIHF Youth Riding Program**

**Developed by the CIHF Education  
Committee**

# CIHF Riding Program

## Ethics of a Horse Friend

1. Every person who deals with a horse is totally responsible for the living creature in his/her care.
2. The care and well-being of the horse must be consistent with its natural habitat and needs.
3. The most important priority when caring for a horse is its mental and physical health, regardless of the horse's purpose in life.
4. Humans must always respect every horse despite its age, gender, breed or its abilities.
5. The knowledge about horses' history, care, needs and education must be righteous and be passed down from one generation to the next.
6. Relationship with horses has proven to help humans grow, and improve compassionate skills, therefore should be encouraged and supported.
7. Humans are responsible for the education and the training of themselves and the horse. Every contact with the horse should maintain the greatest harmony between themselves and the horse.
8. Humans must choose well and carefully the disciplines the horse must perform, keeping in mind the horse's capability and willingness. Any attempt at influencing performance with drugs or unkind/harsh methods is to be rejected and must never be allowed.
9. The responsibility for a horse must also include the possibility the end its life. The decision must always be made with kindness and with the welfare of the horse topmost in mind.
10. Finally, an excellent sense of sportsmanship must be displayed at all times

## **Introduction**

This Riding Program was developed by the Education Committee of the Canadian Icelandic Horse Federation (CIHF). It relied heavily upon the German Riding Program with additional outside sources.

The program consists of several achievement levels that must be taken consecutively.

The subject areas are selected to provide an overall background on the equestrian sport with special emphasize on riding and care of Icelandic Horses. The theory behind each segment is presented through the use of questions. In many cases, some of the questions are repeated in the next higher level. All these levels will be presented in an hourly manner over many months by an instructor of choice. The goal of each level is for the student to understand and answer all of the questions and to successfully perform practical exercises.

## **Participants**

This program is available to any Member of the CIHF with a minimum age being 10 years old. Instructors are to verify before starting the program that their students are all current with their Membership with the CIHF.

The CIHF requires instructors of each level to provide information about the participants including:

1. Name;
2. Address;
3. phone number;
4. e-mail; (if available)
5. level of certification passed or failed; and
6. Membership number

to the CIHF Education Committee for the Chairman to send out certificates to the passing participants.

## **Examination**

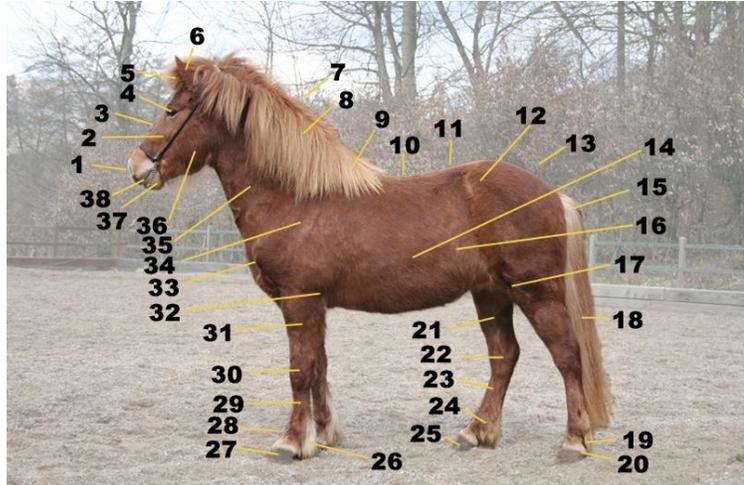
The theory test can be done in-person or via Skype. The practical test can be done in-person or via video. Videos must be of good quality and lighting and cannot be altered or cut.

Only current and Certified National Canadian judges are qualified to judge this program. Contact the Chairman of the Education Committee for a current list of Canadian Judges. A judging fee of \$75 is to be paid by the student. In the case of failing one or both portions of the exam, the tests may be re-taken. Only failed portions have to be retaken with a minimum wait period of 60 days and an additional judging fee of \$75.

# Basic Level 1

## General Knowledge

1. What is different about Icelandic Horses compared to the other breeds?
2. Name the 5 gaits of the Icelandic Horse.
3. What does the beat of each gait sound like?
4. Name the body parts in #image 1. Why is it important to know them?



5. Name at least 6 colors of the Icelandic Horses.
6. What are the possible natural markings of an Icelandic Horse?
7. Name the 5 senses of a horse.
8. How do you know if a horse is in a good or bad mood?
9. How do horses communicate amongst each other in a herd?
10. What dangers are present in a herd situation?
11. What do we call a baby horse (male and female), an intact male horse, a castrated male horse and a female horse?
12. Describe the visual field of a horse and where its' blind spots are?
13. What are whiskers and eyelashes for?
14. What purpose do mane and tail have?

## Basic Care

1. Name the characteristics of a healthy horse
2. Name the ideal PBT-rates (pulse, breath, temperature) of an Icelandic horse at rest. How can you measure them?
3. What are the most recommended shots/vaccinations in your living area? How often do they need to be updated?
4. How can parasites be controlled?
5. How often is deworming a horse recommended?

6. What are the indications that a horse may have a fever?
7. What do you do if a horse coughs?
8. What do you do if a horse has a runny nose?
9. What do you do if a horse has minor injuries?
10. What is a colic and its symptoms?
11. How do you treat a colic in first aid?
12. How do you care for the horse's teeth?
13. How do you recognize a lame horse?
14. What would a sick horse look like?
15. When do you need to put a blanket on your horse?
16. Describe the symptoms of a hoof abscess and its treatment
17. How does a horse get a hoof abscess?

### Handling and Grooming

1. What is the proper attire of a rider? Explain why.
2. How do you catch a horse? What do you have to pay attention to?
3. How do you lead a horse?
4. What potential dangers are present when dealing with horses?
5. How and why do you tie a horse?
6. How do you move a horse away from you while standing on the ground?
7. What precautions are necessary when walking behind a horse? Why?
8. How do you groom a horse and why (4 reasons)?
9. Which kind of tools do you use for grooming?
10. What do you do with the mane, forelock and tail when grooming a horse?
11. Why and how would you wash an Icelandic Horse?
12. How do you take care of a horse after riding?
13. Name the hoof parts in image 2. How do you clean and care for the hoof?



14. Why and how often do you shoe or trim a horse?
15. How can you tell if a horse is due for a trim or needs new shoes?
16. Name potential reasons to shave an Icelandic Horse.

# Theoretical Test

The judge will ask 10 questions. The questions are randomly chosen by the judge and should cover all categories of the tested level. To pass the theory section of each level 70% must be achieved of the 10 questions asked.

## Practical Test

### LEVEL 1

Can the participant perform these tasks successfully?

1. Catch a horse in a herd
2. Put a halter on the horse
3. Lead a horse safely (e.g. to the barn or other area to tie up the horse).
4. Tie the horses with a quick release knot.
5. Demonstrate how to move a horse away from oneself.
6. Efficiently groom a horse.

**Minimum Demands** (each minimum demand is to be shown on both reins)

- Catch horse in a herd
- Put halter on horse
- Lead horse safely
- Tie quick release knot
- Move horses away
- Cleaning coat curry comb
- Brush body
- Brush face
- Brush legs
- Pick hooves

### Scoring

The above-described demands are to be shown live, or via video and to be judged by a current Certified National Judge.

The individual test elements as well as the general impressions (A. attitude towards horse, B. general behavior when with horses) will be judged with a scale of marks from 0.0 to 10.0 (inclusive) with half points.

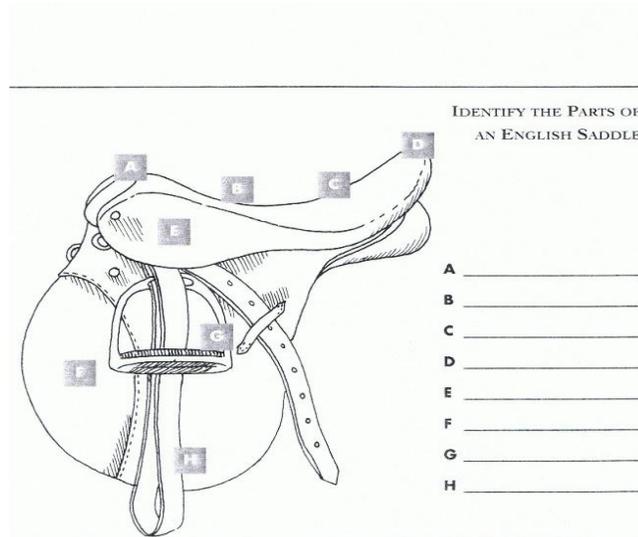
When getting 0 for more than two test elements/general impressions combined, the rider is disqualified.

The total to be reached consists of the sums of the marks for the individual (10) test elements plus the two marks for the general impression. A maximum of 120 points can be reached. The rider passed the test when reaching 70%. The minimum score for passing is thus 84 of 120 points.

# Basic Level 2

## Tack

- 17. Name the basic tack used for Icelandic Horses
- 18. How do you correctly put a saddle on a horse?
- 19. Name all parts of a saddle



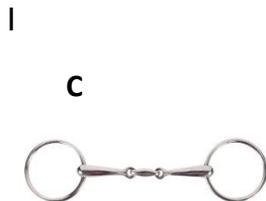
- 20. How do you correctly put a bridle on a horse?
- 21. Name all parts of an Icelandic bridle



22. Name the following nosebands. How do you adjust each of them to fit properly?



23. Name the following bits. How do you know if the bit fits the horse properly?



## **Horse Husbandry**

1. What is the ideal environment for keeping Icelandic Horses?
2. What is the difference between stall and pasture board?
3. Why would you keep an Icelandic Horse in a stall?
4. What is important to know/do if you keep a horse restricted to a stall?
5. What is a paddock?
6. What is the best ground quality in a stall, pasture and paddock?
7. How do you keep a stall clean? Which tools do you use?
8. Describe the ideal fencing for horses.

## **Feeding**

1. How much water does an Icelandic Horse approximately need per day?
2. What is the main source of feed for a horse?
3. What can you feed a horse to supplement/complete their diet?
4. Describe the different kinds of roughage.
5. Describe the qualities of good hay.
6. What are potential problems of having a horse on pasture feed?
7. Name at least 3 poisons plants for horses in your area.
8. What do you have to keep in mind when a horse eats/drinks after (hard) work?

## **Riding Technique**

1. How do you mount properly?
2. How do you dismount properly?
3. Name 4 ways a rider communicates with the horse (aids)?
4. Name the 3 different seats in trot.
5. Describe the aids used to make a horse walk.
6. How do you turn a horse?
7. How do you come to a full halt?
8. How do you slowdown from a faster gait to a slower gait?
9. Describe the aids used to make a horse trot.
10. Describe the aids used to make a horse tolt.
11. Describe the aids used to make a horse canter.
12. Name the measurements and markers in a dressage arena.
13. Name at least 4 figures that you can ride in a dressage arena.
14. Describe the measurements of an oval track.
15. What is the riding etiquette in a dressage arena?
16. What is the riding etiquette on an oval track.

# Theoretical Test

The judge will ask 10 questions. The questions are randomly chosen by the judge and should cover all categories of the tested level. To pass the theory section of each level 70% must be achieved of the 10 questions asked.

## Practical Test

### LEVEL 2

Can the participant perform these tasks successfully?

1. Tacking up a horse (saddle and bridle).
2. Mounting a horse (on each side).
3. Dismounting a horse (on each side).
4. Ride at a walk (full school).
5. Ride a turn.
6. Bring the horse to a full halt.
7. Ride a trot (full school) in a seat of choice.
8. Ride a trot and return to a walk (full school).
9. Ride a tolt (full school).
10. Ride a tolt and return to a walk (full school).
11. Ride a canter (full school).
12. Ride a canter, return to a middle gait and return to walk (full school).

**Minimum Demands** (each minimum demand is to be shown on both reins)

- Put saddle on and take it off
- Put bridle on and take it off
- Mounting
- Dismounting
- Ride walk
- Turn
- Trot
- Tolt
- Canter
- Full halt

### Scoring

The above described pattern is to be shown live, or via video and to be judged by a current Certified National Judge.

The individual test elements as well as the general impressions (A. seat and use of aids, B. regularity of the gaits) will be judged with a scale of marks from 0.0 to 10.0 (inclusive) with half points.

When getting 0 for more than two test elements/general impressions combined, the rider is disqualified.

The total to be reached consists of the sums of the marks for individual (10) test elements plus the two marks for the general impression. A maximum of 120 points can be reached. The rider passed the riding test when reaching 70%. The minimum score for passing is thus 84 of 120 points.

# **Basic Level 3**

## **Trail Riding**

1. What is the golden rule when you are riding in a group of two or more?
2. How do you cross a street when riding(in a group)?
3. How do you cross a bridge when riding (in a group)?
4. How do you ride downhill?
5. How do you ride uphill?
6. What do you have to keep in mind when you are riding on the road?
7. What do you need when riding in the dark?
8. What do you do when you encounter wildlife on your trail ride (e.g. bears, cougars)?
9. How do you cross rivers safely?
10. What do you do when the trail is blocked (e.g. tree that fell down)?
11. What do you do in case of lightning storms while riding?

## **Gaits**

1. What is the beat of a walk/trot/tolt/canter/flying pace?
2. Name the sequence of steps in walk/trot/tolt/canter/flying pace.
3. What does a good walk/trot/tolt/canter/flying pace look like (describe)?
4. What are the aids used to keep walking/trotting/tolting/cantering?
5. Describe the 3 different seats in trot. Describe when to use them.
6. What are the 2 different seats in canter? Describe when to use them.
7. How do you know if a horse is on the correct lead in canter?

## **Equipment**

1. What kind of protective gear is used for the Icelandic Horses? Explain why.
2. When and why are weighted boots used?

## **Dressage**

1. What is dressage and what is its purpose?
2. What is turn on the forehand?
3. What is turn on the haunches?
4. What is side stepping? (Schenkelweichen)
5. What is shoulder in?
6. What is the size of a volte in walk/trot/canter?

# Theoretical Test

The judge will ask 10 questions. The questions are randomly chosen by the judge and should cover all categories of the tested level. To pass the theory section of each level 70% must be achieved of the 10 questions asked.

## Practical Test

### Level 3

#### Dressage Pattern

1. Enter arena at a walk on center line. Stop at X, salute judge.
2. Walk on, towards C. At C take right rein, go full school.
3. At A go on a 20m circle, 1 time around. Then continue full school.
4. At E start a trot, post the trot, full school.
5. Trot across the long diagonal (M to K). Then left rein.
6. At A full seat, 20m circle 1.5 times around.
7. Change reins between circles (now right rein), 1.5 times around.
8. Full school at C, walk at B, go full school.
9. At A full halt. Turn on forehand (bent to the left). 0.5 circle. (now left rein).
10. Walk on. At C full halt. Turn on forehand (bent to the right). 0.5 circle (now right rein).
11. Walk on. At B trot in light seat, canter at A full school, 1 time around.
12. 20 m circle at A, 1 time around, full school trot at E, walk at H.
13. At C, go on centerline. Side stepping from X to K. At K left rein.
14. Trot at A, canter at C, full school 1 time around.
15. At C, 20 m circle 1 time around. Full school.
16. At F trot, at M walk.
17. At C, go on centerline. Side stepping from X to F (now on right rein). Full school
18. At K medium tempo tolt
19. At M tolt across the short diagonal (M to E) (now on left rein). Full school.
20. At A 20 m circle, 1 time around. Full school. Walk at M.
21. At C, go on center line. Full halt at X, Salute judges.
22. Walk on, leave the arena with loose reins.

#### Minimum Demands (each minimum demand is to be shown on both reins)

- Medium Walk
- Medium Tolt
- Medium Canter
- Medium Trot
- Change of reins
- Bending
- Full halt (4 sec)
- Salute
- Leg yielding / side stepping
- Turn on forehand

## **Scoring**

The above described pattern is to be shown preferably live, or via video and to be judged by a current certified national judge.

The individual test elements as well as the general impressions (A. seat and use of aids, B. regularity of the gaits) will be judged with a scale of marks from 0.0 to 10.0 (inclusive) with half points.

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