

A young person with reddish hair, wearing a dark blue riding helmet and a black quilted jacket, is leading a brown horse. The horse is wearing a dark halter with gold-colored buckles. They are standing in a stable with wooden walls and a wooden fence. The background is slightly blurred, showing another horse in a stall.

The  
British  
Horse  
Society

Changing  
**Lives**  
through horses

# Participant Induction Pack



## Introduction

Welcome to  
the British Horse Society  
Changing Lives Through  
Horses Programme.

The British Horse Society is the UK's largest equestrian charity and over the past 75 years has worked extremely hard for the benefit of horses as well as the people around them. As a charity we aim to create as many opportunities as we can for young people to enjoy and experience the wonder of horses as their natural talent and strengths can, in turn, help us learn our own.

The BHS has Approved Riding Centres all over the UK. These centres offer a safe and caring environment in which people like you can learn and work with qualified coaches and alongside the best life coach – the horse.

This induction pack contains important information regarding the programme and your time at the equestrian centre. It contains details about the awards and the resources you will receive during the programme. It also contains a code of conduct for both yourself and the equestrian centre. The code of conduct must always be

adhered to, to ensure your time spent on the programme runs smoothly and is safe. Please be aware that your centre may have some additional rules for you to follow for your safety and enjoyment on the programme.

Through horses, the awards will help you to develop vital life skills which we all use in everyday life (such as confidence and responsibility) to achieve our goals. When working with horses, we discover natural talents and strengths we may not have known. Horses have the ability to teach us without us even knowing we are studying.

The programme has two award structures – The Achieve Awards and The Explorer Awards – both structures have horse care and ridden modules that you can progress through. Your coach will discuss with you which award structure to follow.

## Programme Outcomes

The programme will focus on the six topics below and by working through the awards, you will start to develop skills in each of these areas.



Communication



Confidence



Teamwork



Responsibility



Building Relationships



Perseverance

## How does it work?



### Example task

#### Putting a headcollar on a horse

By learning how to put a headcollar on a horse, it develops your ability to approach a situation with care and confidence. You will learn how to read body language, to establish a rapport with another being, be able to consider an animal's comfort and social boundaries, develop a communication channel appropriate to the task and work as a team to develop an end goal.

Horses are incredible natural coaches. They respond to clear and effective communication and teach us this. Horses encourage us to develop confidence and self-esteem and give us the gift of self-belief allowing us to strive towards our chosen goals.

This example task will allow you to learn skills needed

in everyday life to interact with others in a confident and friendly manner.

You will be given a book to record all of your achievements and things that you learn as you progress through the programme. You may also be asked to complete a survey periodically throughout your time so you and your coach can see how you are getting on.

More information on both of these is included in the resource section at the end of your pack.

For each award you complete you will receive a certificate which will enable you to start building a portfolio of achievement. A record of achievement is a great tool to use as you progress through your education and career.

# Important Information

Some of this information may need to be completed on your first session at the centre.

Changing Lives through Horses Centre Name: .....

My programme coach is: .....

Contact number for my centre: .....

Centre address .....

Other members of yard staff or coaches I need to know are:

## My diary of attendance:

Days of the week (circle them)

SAT

SUN

MON

TUE

WED

THUR

FRI

Start time

Start time

Start time

Start time

Start time

Start time

Start time

Finish time

Finish time

Finish time

Finish time

Finish time

Finish time

Finish time

Transport details (if applicable):

## What can I do if I cannot attend?

If you are unable to join the programme on any day for any reason, you or your parent or guardian must inform the equestrian centre within 30 minutes of your agreed arrival time on the day of your absence. This should be done by calling the equestrian centre office on the contact number given above.

# Code of Conduct



## Your code of conduct:

- Ⓢ We will respect each other and show this in the way that we act and speak
- Ⓢ We will work hard and make progress through the awards
- Ⓢ We will try to do our best and encourage others to do the same
- Ⓢ We will do our best to attend every session and arrive on time
- Ⓢ We will all move safely and sensibly around the centre, including in the classroom and stable area
- Ⓢ We will all acknowledge our mistakes and accept the opportunities to make amends
- Ⓢ We will all be well prepared for sessions, including what we wear and how we act (see equestrian centre dress code for further details on appropriate clothing)
  - Bare feet and open toe footwear is not appropriate at the centre – ideally wellies, walking boots or riding boots should be worn
  - Warm, waterproof clothing may be required during the winter months
  - Clothing that reveals undergarments are not acceptable
  - It is advisable to wear trousers such as jeans, jogging bottoms or leggings, not skirts or shorts

Alcohol and drugs are strictly prohibited in all areas of the equestrian centre.

# BHS Coach Code of Conduct



We will treat all participants, staff and volunteers with respect at all times



We will trust each other to uphold the values within the code of conduct



We will ensure that every aspect of our work is inclusive and ensure that all participants are welcome and supported to access the programme



We will always act with integrity in every aspect of our work



We will empower participants by providing opportunities for improved and higher levels of education, health, physical activity, inclusion and equality



We will always deliver the programme with passion and we are committed to creating positive outcomes for the participants that we work with

Please sign below to recognise you have both read and understood the programme's code of conduct.

Signed Participant: \_\_\_\_\_ Date: \_\_\_ / \_\_\_ / \_\_\_

Signed Parent/Guardian \_\_\_\_\_ Date: \_\_\_ / \_\_\_ / \_\_\_

Signed Centre: \_\_\_\_\_ Date: \_\_\_ / \_\_\_ / \_\_\_

Signed School: \_\_\_\_\_ Date: \_\_\_ / \_\_\_ / \_\_\_

# BHS Achieve Awards

The BHS Achieve Awards include a total of 16 awards and 10 skills. The learning outcomes associated with each award are shown below. There is no requirement for you as the participant to have had any previous experience with horses or in an equestrian centre. Riding is an optional part of the programme; however it has proved to be a very popular and fun part of the programme should you wish to try it!

## STABLE MANAGEMENT



### Achieve Award 1

- u Make friends with a horse in the stable
- u Groom with a body brush
- u Identify four different colours of horse/pony
- u Give a bucket of feed to a horse



### Achieve Award 2

- u Put on and take off a headcollar
- u Pick out and clean feet
- u Tidy a stable (remove droppings and sweep)
- u Identify two different leg and face markings



### Achieve Award 3

- u Lead a horse at walk
- u Groom the mane and tail
- u Check hay and water and refill both
- u Name five parts/points of the horse



### Achieve Award 4

- u Tie up and untie a horse
- u Name five items from the grooming kit and use them
- u Muck out a stable, lay down a bed and add clean bedding
- u Name four breeds of horse





### Achieve Award 5

- U Lead a horse to the field and turn out
- U Help with bathing/washing
- U Plait a mane
- U Understand horse expressions/behaviour



### Achieve Award 6

- U Catch a horse in the field and lead in
- U Plait a tail
- U Identify three different types of bedding
- U Name five signs of health in a horse



### Achieve Award 7

- U Lead a horse in trot
- U Prepare a horse for a show
- U Prepare feed for a horse (with direction)
- U Know how to reward a horse and what to do when they do not do what you want



### Achieve Award 8

- U Know how to move a horse backwards and over to the side
- U Put on and take off a rug on a horse
- U Identify three feedstuffs for a horse
- U Name four field checks



### Achieve Award 9

- U Navigate a horse through different obstacles
- U Put on and take off boots on a horse
- U Use a feed chart to make up a feed for a horse/pony
- U Give three reasons to call a vet



### Achieve Award 10

- U Present a horse for a show
- U Handle and trot up a horse in a show environment
- U Complete an in hand agility course with a horse

# BHS Achieve Awards

## HORSE RIDING



### Rider Achieve Award 1

- Mount a horse from a block
- Hold the reins correctly
- Ask a horse to walk on
- Dismount correctly



### Rider Achieve Award 2

- Adjust the rein length
- Be able to tell if the girth is too loose or too tight
- Be able to position feet in stirrups correctly
- Ask a horse to halt



### Rider Achieve Award 3

- Ask a horse to turn left and right
- Be able to tell if the stirrups are too long or too short
- Help adjust the girth
- Stand up in halt and use balance (can use neck strap)



### Rider Achieve Award 4

- Ride a simple change of rein (e.g. long diagonal, centre line)
- Help to adjust the stirrups
- Stand up in walk (can use a neck strap)
- Ask a horse to trot



### Rider Achieve Award 5

- Steer through cones or markers
- Trot for a minimum of a long side
- Halt at a named point
- Put a saddle on and take it off



### Rider Achieve Award 6

- Ride a 20m circle
- Show rising trot
- Navigate a simple pattern of obstacles (bend, stop, transitions)
- Put on a bridle and take it off

# BHS Achieve Skills

Not all of the BHS Achieve skills may be available during your time within the programme. This is due to them being individual to the facilities at each centre.

Please check with your centre if the 'skill' you wish to work on is available.



## Field Care

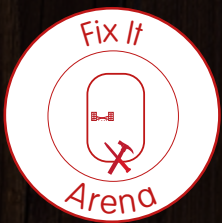
For each point individuals will need to check and report back.

- Boundary checks (fence/hedge etc.)
- Check for and remove litter
- Check the water amount and how clean it is
- Check for hazards (weather damage, poisonous plants, rabbit holes etc.)
- Poo picking



## Fix It - Field

- Field fencing
- Field gates
- Water troughs
- Electric fencing



## Fix It - Arena

- Arena fencing
- Arena gate
- Mounting block
- Jumps



## Fix It - Yard

- Haynets
- Wheelbarrows
- Buckets
- Tools
- Stable doors
- Rugs
- Signs



## Wildlife

Identify and give basic information on three animals, insects or birds living in and around your centre.

The information should include its name, where it lives and what it eats.

## Explorer Awards



The BHS Explorers awards include a total of 18 awards, 9 in horse care and 9 in riding. These are split across three levels, introductory, bronze and silver. The riding awards are optional (if your centre can offer these) should you wish to try it. Each one of these awards comes with its own booklet to help you work through each of the tasks.

## Explorer Awards

About the Horse				About the Rider			
Introduction to Horse Care				Introduction to Riding			
About the Horse Bronze				About the Rider Bronze			
Knowing your Horse	Caring for your Horse	Lungeing your Horse	Handling your Horse	Riding Flat	Riding Jump	Ride Safe	Riding Fit
About the Horse Silver				About the Rider Silver			
Knowing your Horse	Caring for your Horse	Lungeing your Horse	Handling your Horse	Riding Flat	Riding Jump	Ride Safe	Riding Fit

## Do's and Don'ts

Your centre is British Horse Society Approved which means the centre is regularly inspected to ensure they meet high standards of safety, horse welfare and teaching. It also means that the centre has the right insurance and complies with the latest Health and Safety legislation.

This means we are confident that you will be inspired and enjoy your equestrian experience through the programme in a safe and supportive environment.

### What do you need to know before attending the centre?

- All visitors must report to the centre reception or a member of staff on arrival
- Any form of bullying will not be tolerated
- Any accident must be recorded on an accident form
- Any injuries or accidents to horses must be reported to a member of staff
- Any damage to tack or equipment must be reported directly to your coach
- Jewellery must be kept to a minimum to avoid injury
- Appropriate clothing and equipment must be worn at all times  
(The centre may be able to provide suitable hats and boots for you)
- The welfare of the horses is a priority and should be considered at all times
- Any gates that you go through must be closed behind you
- Stable doors must be shut securely behind you



If you have any questions about any of the above points, please contact your programme coach (contact details can be found in the Important Information section of this pack).

# Programme Introduction

## Arriving at the Centre

When you arrive at the centre on your first day, you will need to make your way to reception, which will be clearly marked, where your 'Changing Lives through Horses' coach will be waiting for you.

During your first day at the centre, your coach will tell you about the programme and go through some of the things you might do during the first few sessions.

## The Centre and the Horses

During the day you will be given a tour of the equestrian centre and a chance to meet some of the horses that live there.

## Equipment

If the centre is providing you with equipment, they will discuss this with you during your first session and organise it for you at this time.



## What Happens at the End?



The programme will look to support you with your next steps, whether you hope to continue into further education programmes with school or college, training opportunities including apprenticeships or are looking to work towards a career pathway of your choice and gain successful employment.

There are many possible progression opportunities from the programme which will allow you to continue to develop and be in an environment which supports the changes you have made.

We have listed some ideas below of possible next steps to help you think about the many opportunities out there and what you may like to do following your time with the programme:

### Education

- Princes Trust Qualification route
- Young Equestrians Leaders Award (YELA)
- Riding for the disabled Association Volunteer Scheme
- BHS Recreational Awards
- College Courses – the programme can support you to look into what courses are available that may be of interest to you and explain the application process
- Local apprenticeship opportunities – the programme can support you to look into what apprenticeships are available and explain the application process

### Employment

- Apprenticeship scheme with the British Horseracing Authority
- BHS Professional Qualifications
- Local opportunities with BHS Centres
- Local opportunities with businesses or charities

Further support and information on the above is available from the BHS 'Changing Lives through Horses' team or from your programme delivery equestrian centre.



Changing  
**Lives**  
through horses

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