



**Therapeutic Riding  
Association of  
Virginia**

**TRAV SILVER RIDING  
CERTIFICATE**  
(Student-directed, Instructor guidance)

Student \_\_\_\_\_

Instructor \_\_\_\_\_

Date	LESSON SKILLS	Comments
	<b>Grooming</b>	
	Demonstrates use & directional strokes (curry comb, body brush, mane & tail comb) on appropriate parts of horse	
	Picks front hooves	
	Demonstrates after-care (brushing & sponging off sweaty areas) following lesson	
	<b>Tacking</b>	
	Places saddle with orientation on back of horse	
	Attaches girth on right side (recognizes leather vs. elastic end; attaches girth on left side to tighten)	
	Unbuckles noseband & throatlatch of bridle	
	Pulls horse's bridle down off over ears	
	Wipes off saddle with saddle soap & water	
	<b>Safety Rules</b>	
	Removes all brushes, objects, etc. away from horse's feet	
	Maintains one horse length distance from another horse while riding in ring	
	Recognizes horse's body language (swishing tail, pinning ears back, perking ears forward)	
	Recognizes worn equipment (worn straps & buckles)	
	Checks girth for tightness before mounting	
	<b>Leading</b>	
	Leads horse from left side in open area	
	Turns the horse: left / right	



**Therapeutic Riding  
Association of  
Virginia**

**TRAV SILVER RIDING  
CERTIFICATE**  
(Student-directed, Instructor guidance)

Student \_\_\_\_\_

Instructor \_\_\_\_\_

<b>Date</b>	<b>Mounting</b>	<b>Comments</b>
	Mounts horse from left side (right side if needed)	
	Collects reins: contact in left hand	
	Places left foot in stirrup	
	Lifts right leg over back without touching horse	
	Asks for assistance to lengthen or shorten stirrup leathers	
	Holds reins at equal length while mounting	
	<b>Dismounting</b>	<b>Comments</b>
	Takes both feet out of stirrups	
	Holds both reins in left hand & places right hand on or near pommel	
	Lifts right leg, clearing saddle and back of horse	
	Slides down to ground, landing on both feet	
	Runs up stirrups on both sides	
	<b>Knowledge</b>	<b>Comments</b>
	Locates parts of saddle ( pommel, billets, & cantle)	
	Locates parts of bridle ( bit, browband, & headstall)	
	Locates parts of horse (poll, shoulder, chest, hip, barrel, & rump)	
	Identifies three foods that horses eat (pellets, hay, grain, bran, sweet feed )	
	<b>Riding Skills</b>	<b>Comments</b>
	Cues horse to walk & halt (using legs, voice, weight shift)	
	Increases horse's speed from slow to brisk walk	
	Walks a complete circle without center obstacle as guide	
	Maintains two-point (or jumping position) walking over 4 ground pole, for 50 feet, in straight line	
	Turns horse / changes horse's direction by performing serpentines (weave cones while at walk)	
	Performs simple change of direction by completing half circle to left & right	
	Completes figure eight at walk using two cones as guides	
	Maintains balanced seated position without use of stirrups at walk on long straight rail	
	Retrieves stirrups & places feet into them, uses hands if necessary	
	Completes sequence of seven-step dressage pattern (see pattern below)	
	Demonstrates control while riding on outside periphery of ring at a walk	

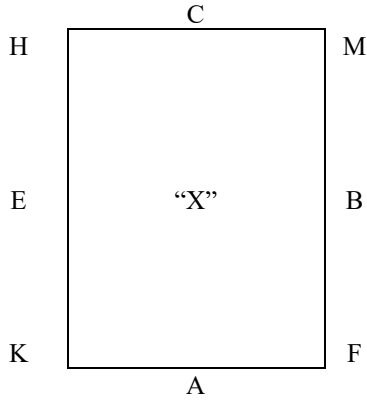


**Therapeutic Riding  
Association of  
Virginia**

**TRAV SILVER RIDING  
CERTIFICATE**  
(Student-directed, Instructor guidance)

Student \_\_\_\_\_

Instructor \_\_\_\_\_



Sample Pattern in the dressage ring:

- X Proceed at walk to C
- C Turn left
- H-E Continue walk
- E-X-B Change rein by crossing arena
- B Turn right
- F-A-K Sitting trot
- K-E-H Posting trot
- H Walk
- C Halt

Instructor (signature) \_\_\_\_\_

Student \_\_\_\_\_

Center \_\_\_\_\_

Address \_\_\_\_\_

Email/Fax \_\_\_\_\_

Phone \_\_\_\_\_

Date \_\_\_\_\_