

## Expedition Training Framework for horseback expeditions

### Aim

- To ensure that DofE participants are capable of riding and caring for a horse or pony on a mounted expedition without direct adult supervision or intervention.
- To ensure that DofE participants have been trained to an appropriate level of riding for their chosen expedition.
- To ensure that DofE participants have an evidenced knowledge of the care and workings of a horse.
- To ensure that DofE participants have a proper regard for the environment and will be in control of the horse on the roads and in the countryside.

*This training syllabus is approved by the BHS.*

### General training

All participants must complete the DofE Common Training Syllabus for the appropriate level of expedition.

Riders must know and adhere to the Countryside Code.

Supported by an appropriately qualified or experienced person, participants must understand how to prepare the horse for the expedition, including developing a fitness programme and ensuring appropriate feeding.

A training competence certificate signed by an appropriately qualified or experienced person is recommended.



### Riding

The participant must be properly dressed for the expedition. They must wear a hard hat with a safety strap at all times when riding, approved to the current BSI safety standard, and appropriate footwear. Footwear must be appropriate to ride in; this should be checked with the team's Supervisor.

In addition participants must be able to undertake the following, when wearing a daysack:

- Mount and dismount correctly on either side.
- Hold the reins correctly.
- Alter stirrups correctly when mounted.
- Tighten and loosen girth correctly when mounted.
- Be secure and in control at a walk, trot and canter when outside of an enclosed area.
- Execute turns and circles at a walk, trot and canter.
- Ride up and down hill.
- Open and close a gate when mounted.
- Independently work in the open.
- Ride in the countryside, across farmland and bridle paths with due regard to the Countryside Code.
- Be able to recognise dangerous ground.

### Road sense and safety

- Participants must maintain the correct behaviour when riding in teams and in pairs on the road and have a plan in place for enabling traffic to pass safely.
- Participants must be prepared/equipped/able to deal with an accident. First aid training must include treating unconscious casualties and head injuries.

### Note:

Most serious riding accidents involve vehicles and occur on roads. It is essential that DofE participants are trained in riding and road safety to a standard that the supervisor is satisfied with. The DofE recommends participants complete the BHS Riding and Road Safety Test or the Pony Club Road Rider test or training to these standards.

## Horsemanship and horse care

the participant must be capable of looking after their mount, without direct adult supervision or intervention, for the duration of the expedition. They must be fully able to manage the horse or pony either at grass, corralled, or stabled, as appropriate for the expedition.

Tethering is not recommended for DofE expeditions and should only be considered by those who tether their horses on a regular basis and who have the specialist equipment required. Participants will need to be trained in tethering and should adhere to the BHS Code of Conduct.

### Participants must therefore be able to:

- Care for and lead a horse off grass or from a stable as required.
- Feed, water and groom the horse.
- Use the essential grooming kit correctly.
- Pick up and pick out the feet correctly.
- Know when a horse needs to be re-shod.
- Tack up the horse (including the correct fitting of anything being used).
- Lead a horse in hand walking, trotting and turning.
- Care for and clean saddlery, including numnahs and girths, and check for safety.
- Load and fit saddlebags.
- Tie up during rest breaks on the expedition.

### If required they must also be able to:

- Know how to take a horse in and out of a horse-box or trailer.
- Understand the importance and the means of protecting the legs whilst travelling.
- Put on a rug, roller and tail bandage, and a New Zealand rug.

## Equine first aid

Participants should be able to:

- Know the main indications for health in the pony or horse.
- Treat minor wounds, and manage major injuries until help arrives.
- Recognise when a horse is lame.
- Recognise and deal with colic and azoturia until help arrives.
- Know the importance of daily checking/ inspections of the horse's back, mouth and girth area for injury – and be able to undertake this.

### Important:

All training requirements should be read in conjunction with *The Handbook for DofE Leaders* (7th edition), the *DofE Expedition Guide* 13th edition and the *DofE Expedition Training Framework*.

