



# ANIMALS AS NATURAL THERAPY

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## Horsemanship Skills Checklist - LEVEL I

Student/Volunteer Name: \_\_\_\_\_

SKILL/KNOWLEDGE REQUIREMENTS	Date Validated/ Initials of Validator
<b>HORSEMANSHIP KNOWLEDGE</b>	
Horse language (ears, eyes and tail)	
Herd behavior (Cougar skit)	
Parts of a horse	
Parts of a saddle English/Western	
Parts of a bridle English/Western	
<b>FACILITY SAFETY</b>	
Farm rules, Barn rules, Arena rules	
Tools and feeding rules	
Safety protocol: phones, fire extinguisher, First Aid kits & directions	
Full Value Contract	
<b>HORSE CARE AND HANDLING</b>	
Horse safety protocols	
Approaching a tied/or loose horse	
Method of tying/quick release knot	
Halter	
Lead	
Groom	
Hoof picking – parts of the hoof	
Endorphin release – massages and stretches (bonding)	
Take and give (Ask, Response, Release)	
Building intimacy	
The dance begins	
Desensitizing	
Ballet on the ground	
Saddle and bridle English	
Saddle and bridle Western	
Farm Chores (small animals and Babes/Toby)	
Taking horses through gates	
Blanketing horses	
Horse herd order of dominance	
<b>RABBIT CARE</b>	
Catch, hold and release	
Feeding/watering	
<b>LLAMA CARE</b>	
Catch and halter	
Feeding/watering	

### Signatures:

Name	Initials	Name	Initials



## Horsemanship Skills Checklist - LEVEL 2

Student/Volunteer Name: \_\_\_\_\_

SKILL/KNOWLEDGE REQUIREMENTS	Date Validated/ Initials of Validator
<b>RIDING SKILLS</b>	
Contract with horse	
Adjusting stirrups	
Mount	
Dismount	
Basic seat E/W (inhale and exhale)	
Hand position E/W	
4 natural aids (voice, hands forward, legs and soft eyes)	
Basic control - stop, start, steer (rein game)	
Walk	
Circle at walk (direct with belly button)	
Halt from walk	
Trot	
Walk from trot	
Circle at trot	
Reverse at trot	
Halt from trot	
Mounted exercises	
Emergency stop	
Emergency dismount	

### Signatures:

Name	Initials	Name	Initials



## Horsemanship Skills Checklist - LEVEL 3

Student/Volunteer Name: \_\_\_\_\_

Date Validated/  
Initials of Validator

### SKILL/KNOWLEDGE REQUIREMENTS

HORSEMANSHIP KNOWLEDGE	
Horse sense - instincts and training	
Horse colors & markings	
Parts of the horse	
Horse breeds	
Pony breeds	
Basic gaits and footfalls	
HORSE CARE AND HANDLING	
Catch and turn out	
Cool out hot horse	
Stable chores (entire herd handling)	
RIDING SKILLS	
Balance position w/o hands	
Seat at trot	
Half seat at trot	
Posting trot	
Good position & balance in turns:	
--at sitting trot	
--at posting trot	
--at standing trot	
Canter/lope	
TRAIL RIDING	
Trail courtesy, rules and responsibility	
Prepare horse and equipment – load trailer (plus mounting block)	
Secure gear on saddle	
Natural terrain	
Rate speed on trail	
Road rules	
Secure horse on stopover	
Challenges on trail	
Trail obstacles	
Pulley rein/one rein stop w/disengaging hind	

### Signatures:

Name	Initials	Name	Initials