

MSAR Horse Trainings 2017

Mounted Training Unit Leads: (Carole Bridgeman, Martha Dunn, Kristi Lee Eifert)
- All trainings are designed to emulate possible Search & Rescue situations that might be needed by horse and rider. Please arrive promptly and have your horse "warmed up" prior to the start time of the training. Most training's will begin on the ground, (please have halters under bridles), then trainings progress to mounted activities.

January, Saturday 28th - Location: NCEFT Arena Time: 9:00am-1:00pm
Focus: "Connection & Control" **Start Time: 10:00am**

Leads: Caprice, Carole, Chris F. Kristi, Martha, Odette.

Objectives: Riders ask horse using correct aides to accomplish the maneuver.

6 Riding Stations: The "Leads" will work at one station with a small group of Riders for 15 to 20 minutes, then the "Leads" will travel clockwise to the next station and the Riders will travel counter-clockwise.

- 1) Understanding the bend of horse's rib cage.
- Maneuver: practice moving horse in a circle while engaging the rib cage.
- 2) Backing up [straight, "L", on a bend].
- Maneuver: between wall & Cavalettis, between Cavalettis, between cones.
- 3) Side passing Right & Left directions.
- Maneuver: facing wall, without use of wall, over an object.
- 4) Cavaletti Poles [Walk/Jog].
- Maneuver: on a loose/free rein, on a collected rein.
- 5) Turn on the forehand.
- Maneuver: facing wall, turn without use of wall.
- 6) Turn on the haunches.
- Maneuver: hind-quarters towards the wall, turn without use of wall.

February, Sunday 19th - Location: NCEFT Arena Time: 9:00am-1:00pm
Focus: Horse & Rider Obstacle Challenge **Start Time: 10:00am**

Leads: Carole, Kristi, Martha

Objectives: Horse & Rider navigate obstacles safely & effectively.

Obstacles may be ridden solo, some as partners. Riders will go through obstacle stations. Rider approaches obstacle, performs task, rides on, "tags" next rider & so on. Example Task: Rider approaches "hiker" who has a map open to help with directions, IF Rider feels comfortable they may take map from "hiker" and give back. Ride on, tag next rider who rides towards "hiker".

March, Saturday 18th - Location: NCEFT Arena Time: 3:00 -7:00pm
Focus: Sensory - Trail Obstacles in the arena. **Start Time: 4:00pm**

Leads: Carole, Kristi, Martha

Objective: Horse & Rider navigate obstacles safely & effectively.

Obstacles: Bridge, garbage pit, "Cowboy Carwash", walk over "logs", gate opening, etc...

- Everybody wear the reflective gear, flashlights, blinking lights, etc...)
- <http://trailridermag.com/article/open-gate-horseback-top-trainer-julie-goodnight>

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April, Saturday 22nd – Jack Brook Clean Up Day, Rain date – Saturday, April 29th

April, Sunday 23rd - Location: NCEFT Arena Time: 9:00am-1:00pm

Focus: Sensory - Loud noises, boldness & confidence. Start Time: 10:00am

Leads: Carole, Chris F., Kristi, Martha

Objective: Horse & Rider navigate safely & effectively throughout lesson. Horse learns partnership & riding in proximity to other horses while being well behaved.

Can a Horse Really Be Brave?

BBC – (SFPD) Part 1 & 2 - <https://youtu.be/phXXvbSLidU> <https://youtu.be/1xLJ0nso61A>

- Part 1 (Group 1- small arena): Learning to push a ball, Advanced work: Soccer Game!

- **Ground:** <https://youtu.be/nTDwJECY-YM>

- **Ground & Mounted:** <https://youtu.be/eGJrq7rKgUE>

- Part 2 (Group 2 - large arena): Learning Partnership in Formation riding, (Walk/Trot)

- Both groups - Formation riding on Runnymede. (Loud speakers & music, clapping, etc...)

April, Sunday 30th – SMCHA Ride w/ SFPD in Golden Gate Park

May, 19th, 20th, 21st - Location: Driscoll Ranch Event Center, Time: All Day

Focus: 16 Hour Training

Training Topics for June, July, August, September, October:

6/24? Focus: Sensory Ride w/SFPD in G.G. Park Location: SFPD Stables, Time: TBA

- Ride through Golden Gate Park

Focus: Self Defense on Horseback Location: NCEFT or MPG Time: TBA

Lead: Jeff Roth – retired SFPD officer

- **Demo on YouTube:** <https://youtu.be/4OMYidq3glo>

- **Demo on YouTube:** <https://youtu.be/lj5XINKt1Zo>

Focus: Mock Search Training – Location: TBA, Time: be in the saddle by 8:00am

- saddlebag & trailer equipment check

Focus: Mock Search Training – Early evening ride, Location: Huddart Park, Staging Area: TBA, Time: be in the saddle by 7:00pm

- everybody wears the reflective gear, flashlights, blinking lights, etc...)

- <https://parks.smcgov.org/sites/parks.smcgov.org/files/HuddartMap-Nov2016.pdf>

Focus: GPS Training Ride 1, Location: TBA, Time: TBA

- 10 Best GPS 2017: <https://youtu.be/4FXr-O0i6RA>

- GPS Demo for Trail riding: <https://youtu.be/lA25DLqVdzI>

- EquiTrail App Demo: https://youtu.be/_0RbEYrhEsg

Focus: GPS Training Ride 2, Location: TBA, Time: TBA

- Geocaching Explained: <https://youtu.be/1YTqitVK-Ts>

- Geocaching Etiquette: <https://youtu.be/GXzlu7p82jg>

- Geocaching on Horseback: <https://youtu.be/WNse5PhlTb4>

October, Saturday, 14th Day of the Horse (*Crossing Guards*)