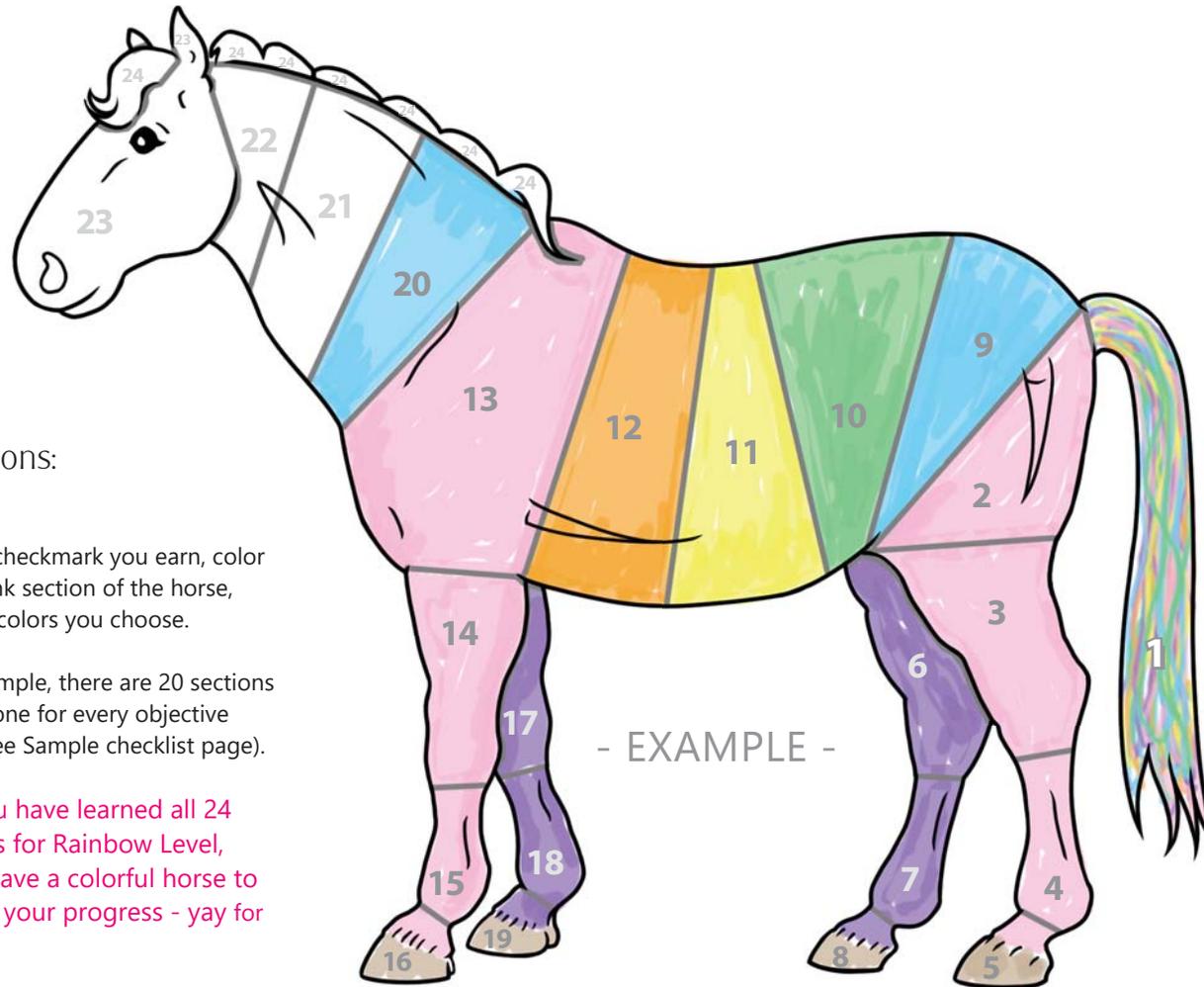


Rainbow Level

Student: _____ Date Completed: _____



Instructions:

For every checkmark you earn, color in any blank section of the horse, using any colors you choose.

In this example, there are 20 sections colored - one for every objective learned (see Sample checklist page).

When you have learned all 24 objectives for Rainbow Level, you will have a colorful horse to celebrate your progress - yay for you!

Rainbow Level

Student: Sample Student

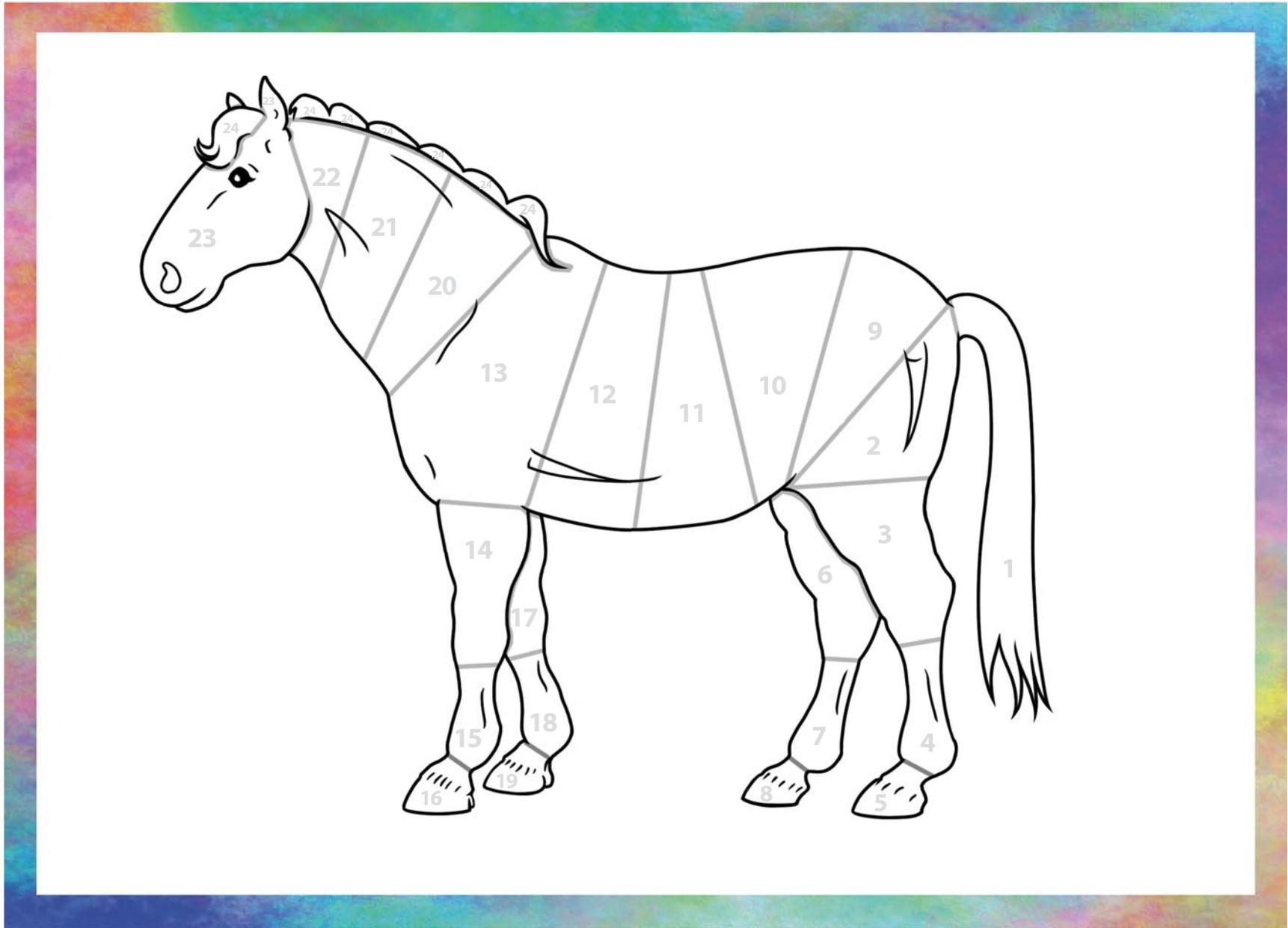
Date Completed: Soon!

- I take regular lessons - at least once a month - with a knowledgeable instructor.
- I always wear boots and an ASTM-SEI approved helmet when I am working around horses. I can put on my helmet myself and show you how it fits correctly.
- I can tell you how to dress safely for riding.
- I can show you how to correctly approach a pony, and how to move around a pony safely - including walking around behind.
- I can tell you why you have to groom a pony and pick out his feet before every ride.
- I can help my instructor or an older, more experienced rider prepare for a ride. I help with the grooming, cleaning hooves, and putting on the saddle and bridle.
- When I am a little bit bigger, I will be able to tack up a pony without any help.
- I can show you the basic parts of a saddle and bridle, such as the bit, reins, stirrups and girth.
- I can lead a pony safely, both with a halter and lead rope and with the bridle reins.
- I can help to do a safety check on my tack and pony before I ride. I can pull down the stirrups, put the reins over my pony's head, and help check the girth.
- I can mount and dismount correctly and safely. Even if I have to use the mounting block, or have my instructor give me a leg up, I know it is important to get on and off a pony carefully.
- I can demonstrate a basic balanced position while my pony is walking and standing still. I know that a bad position is dangerous for me and uncomfortable for my pony, so I always work hard to keep my eyes up, heels down, and "building blocks" in place!
- I can pick up the reins and hold them correctly, at a suitable length.
- I can perform basic stretches and warm-up exercises at the walk, on the leadline. (This means someone is holding onto my pony to help me steer him.)
- I can go Around the World.
- I can demonstrate how I use my aids (my seat, legs, hands and voice) to ask my pony to walk, halt, and turn.
- I can walk once all the way around the arena without a leadline.
- I can ride in a balanced two-point position at the halt and the walk.
- I can walk my pony over ground poles, showing a good jumping position, keeping my eyes up and riding straight over the middle of each pole.
- I can ride the trot on the leadline. I can ride both a sitting trot and a posting trot, holding on to the saddle if necessary. I can keep up a steady rhythm at the posting trot, so it is comfortable for both me and my pony.
- I can tell you why it is important to cool out my pony after hard work, and help take care of him after a ride.
- I can name at least ten parts of the pony, and at least three grooming tools.
- I can feed a treat to a quiet pony safely. I know why it can be dangerous to feed a pony too many treats, and always ask permission.
- I have filled out the "My Pony" worksheet with the name, color, markings, height, and breed of the pony I usually ride. It is okay if my instructor or another experienced horseperson helps me to find this information and write it down.
- I have helped an experienced horseperson clean out a stall. I know why it is important to clean out a pony's stall and water buckets every day.

Horse of a Different Color

Rainbow Level

Student: _____ Date Completed: _____



Rainbow Level

Student: _____ Date Completed: _____

- I take regular lessons - at least once a month - with a knowledgeable instructor.
- I always wear boots and an ASTM-SEI approved helmet when I am working around horses. I can put on my helmet myself and show you how it fits correctly.
- I can tell you how to dress safely for riding.
- I can show you how to correctly approach a pony, and how to move around a pony safely - including walking around behind.
- I can tell you why you have to groom a pony and pick out his feet before every ride.
- I can help my instructor or an older, more experienced rider prepare for a ride. I help with the grooming, cleaning hooves, and putting on the saddle and bridle.
- When I am a little bit bigger, I will be able to tack up a pony without any help.
- I can show you the basic parts of a saddle and bridle, such as the bit, reins, stirrups and girth.
- I can lead a pony safely, both with a halter and lead rope and with the bridle reins.
- I can help to do a safety check on my tack and pony before I ride. I can pull down the stirrups, put the reins over my pony's head, and help check the girth.
- I can mount and dismount correctly and safely. Even if I have to use the mounting block, or have my instructor give me a leg up, I know it is important to get on and off a pony carefully.
- I can demonstrate a basic balanced position while my pony is walking and standing still. I know that a bad position is dangerous for me and uncomfortable for my pony, so I always work hard to keep my eyes up, heels down, and "building blocks" in place!
- I can pick up the reins and hold them correctly, at a suitable length.
- I can perform basic stretches and warm-up exercises at the walk, on the leadline. (This means someone is holding onto my pony to help me steer him.)
- I can go Around the World.
- I can demonstrate how I use my aids (my seat, legs, hands and voice) to ask my pony to walk, halt, and turn.
- I can walk once all the way around the arena without a leadline.
- I can ride in a balanced two-point position at the halt and the walk.
- I can walk my pony over ground poles, showing a good jumping position, keeping my eyes up and riding straight over the middle of each pole.
- I can ride the trot on the leadline. I can ride both a sitting trot and a posting trot, holding on to the saddle if necessary. I can keep up a steady rhythm at the posting trot, so it is comfortable for both me and my pony.
- I can tell you why it is important to cool out my pony after hard work, and help take care of him after a ride.
- I can name at least ten parts of the pony, and at least three grooming tools.
- I can feed a treat to a quiet pony safely. I know why it can be dangerous to feed a pony too many treats, and always ask permission.
- I have filled out the "My Pony" worksheet with the name, color, markings, height, and breed of the pony I usually ride. It is okay if my instructor or another experienced horseperson helps me to find this information and write it down.
- I have helped an experienced horseperson clean out a stall. I know why it is important to clean out a pony's stall and water buckets every day.