



Trail Optional Focus Area Skills Checklist

Member's name: _____

Mastering these Trail skills will provide a solid foundation upon which the member may build. To achieve success in this project the skills listed below will help 4-H leaders know what to teach and 4-H members to know what they need to learn. Have your leader initial and date each skill as completed. Each level may take more than one year to complete.

	Date Completed	Approved By
Level 1		
1. Learn 14 trail riding safety rules.	_____	_____
2. Demonstrate how to tie your horse safely.	_____	_____
3. Demonstrate how to pick up and clean a horse's hoof.	_____	_____
4. Demonstrate proper saddling of your horse. Demonstrate how to safely load and unload your horse	_____	_____
5. in a trailer.	_____	_____
6. Conduct a tack safety check before riding.	_____	_____
7. Conduct a horse soundness check before riding.	_____	_____
8. Conduct a safety check of a horse trailer before getting on the road.	_____	_____
9. Make a checklist of equipment for your horse for a half-day trail ride.	_____	_____
10. Make a checklist of equipment for yourself for a half-day trail ride.	_____	_____
11. Participate in at least one half-day trail ride.	_____	_____
12. Identify the areas on a horse most likely to develop sores or injuries.	_____	_____
13. Name the nine important rules for trailering horses safely.	_____	_____
14. Describe what to do if you get lost or separated from your group while on a trail ride.	_____	_____
15. Explain how you would handle the following situations:		
a. Tack breakage	_____	_____
b. Runaways	_____	_____
c. Injured horse	_____	_____
d. Horses stopping to eat	_____	_____
e. Horses that refuse to leave the corral	_____	_____
16. Demonstrate how to tie the following knots:		
a. Quick release	_____	_____
b. Half hitch	_____	_____
c. Honda	_____	_____
d. Bowline	_____	_____
e. Double half hitch	_____	_____

Level 2 – Complete Level 1 before proceeding to level 2	Date Completed	Approved By
1. Demonstrate the following:		
a. Riding uphill	_____	_____
b. Riding downhill	_____	_____
c. Jumping small obstacles	_____	_____
d. Crossing a shallow creek	_____	_____
e. Riding along a road or highway	_____	_____
f. Riding through trees	_____	_____
g. Riding over a bridge	_____	_____
h. Leading your horse through a rough spot on the trail	_____	_____
2. Make a checklist of equipment/animal health products for horse for an overnight trial ride.	_____	_____
3. Make a checklist of equipment for yourself for an overnight trial ride.	_____	_____
4. Demonstrate the use of compass and topographical map.	_____	_____
5. Explain proper campsite selection for an overnight trail ride.	_____	_____
6. Demonstrate how to tie the following knots:		
a. Clove hitch	_____	_____
b. Timber hitch	_____	_____
c. Square know: Slip square knot	_____	_____
d. Sheep shank	_____	_____
e. Sheet bend	_____	_____
7. Demonstrate the following methods of securing horses overnight on the trail.		
a. Tying with lead line and halter	_____	_____
b. Picketing	_____	_____
c. Picket line	_____	_____
d. Hitching rail	_____	_____
e. Hobbles	_____	_____
f. Corrals	_____	_____
8. Explain what is meant by the term, “Breaking Camp”.	_____	_____
9. Demonstrate basic first aide for horses.	_____	_____
10. Demonstrate basic first aide for people.	_____	_____
11. Participate in at least on overnight trail ride (2 days).	_____	_____
12. Explain what “weed-free” hay is, where it is required, and where to obtain it.	_____	_____

Level 3 – Complete Level 2 before proceeding to level 3	Date Completed	Approved By
1. Explain ways to minimize the impact on your environment in trail areas.	_____	_____
2. Explain how to dismount in an emergency.	_____	_____
3. Describe how to handle the following weather conditions while on the trail:		
a. Heavy rain	_____	_____
b. Rain with lightning and thunder	_____	_____
c. During threat of severe thunderstorm	_____	_____
d. In extreme subzero temperatures	_____	_____
4. Explain how to handle an injured rider.	_____	_____
5. Plan a trail ride, mapping out location and your itinerary for at least two nights and three days.	_____	_____
6. Make a checklist of equipment/animal health products for your horse for a trail ride of at least two nights and three days.	_____	_____
7. Make a checklist of equipment for yourself for a trail ride of at least two nights and three days.	_____	_____
8. Participate in a trail ride that last at least two nights and three days.	_____	_____
9. Demonstrate the use of GPS and topographical maps.	_____	_____
10. Explain the different methods of disinfecting water.		
a. Oiling	_____	_____
b. Filtering	_____	_____
c. Household bleach	_____	_____
d. Tincture of iodine	_____	_____
e. Chlorine tablets	_____	_____
f. Iodine tablets	_____	_____

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