



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.

Level 1	Date Completed	Approved By
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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