



#72655

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.

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	_____	_____