

# 4-H Trail Riding Project

## Guidelines:

1. Attend meetings.
2. Register for Trail Project
3. Complete at least one Trail Ride.

Optional: Enter notebook or poster exhibit at the fair under Horse-Trail Riding Science Exhibit.

## Rules:

1. All 4-H rules are in effect.
2. All riders are required to wear an ASTM approved riding helmet.
3. Appropriate dress is required.
4. No tennis or athletic shoes. Shoes must have heels and be suitable for riding.
5. Plan your ride and ride your plan.
6. Stay on the planned trail. No short cuts or side tracks.
7. Agree as to whether you plan to walk, trot, or canter your horses.
8. Tell companions before you increase speed.
9. Be a safe and courteous rider.
10. Do not exceed the comfort level of any member of the group that you are riding with.
11. Use a buddy system and stay with the group.
12. Participants under age 14 must be accompanied by a parent or guardian.
13. Inform others of trail hazards as you become aware of them. (low branches, holes, etc.)
14. No racing or horse play.
15. Halter worn over bridle.
16. No stallions.
17. If your horse is apt to kick, tie a red ribbon on your horse's tail.
18. Participants must be 4-H members or their parents.
19. A Youth Medical Treatment Authorization is required.