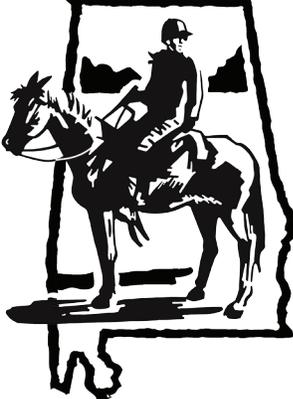


ALABAMA 4-H

HAPPY TRAILS HORSEBACK RIDING

ALABAMA EXTENSION



Alabama 4-H: Happy Trails Horseback Riding Program

Building Stable Relationships

The **Alabama 4-H: Happy Trails Horseback Riding Program** is a great way for 4-H members to receive recognition for the time they spend in the saddle each year. Alabama 4-H has many 4-H club members who do not participate in the State Horse Show or compete in disciplines not offered at the State 4-H Horse Show. This is an opportunity for all 4-H Horse Project members, no matter their riding discipline or ability, to be rewarded for simply riding their horse.

Two divisions are available for a 4-H Member to join. When participants join one of the two divisions, they will receive a 4-H Horseback Riding Program t-shirt. Both divisions are open to all active 4-H members, 9 to 18, who love to spend time riding their horse or other equid. All 4-H Horse Program rules apply, including the helmet policy. Join one or both divisions to increase your chances of winning. There is a \$25 enrollment fee for each division.

4-H Trail Miles Club

The first division is geared toward our trail riders and is set up to track the miles ridden by a member. This division, called the 4-H Trail Miles Club, will require its participants to keep track of their trail rides (miles) on a GPS device or app of their choice. The participants will take screen shots or photos of the GPS ride once completed and upload those photos to a Qualtrics form to have their ride logged. The participants will have 10 months to record and report as many trail ride miles as possible. Rewards are based on the total number for trail miles, regardless of the number of horses ridden. At the end of the program, we will award based on total miles in both the Junior (9 to 13) and Senior (14 to 18) age division.

4-H Saddle Time Club

The second division is an open ride division and is set up to track the hours ridden by a member. This division, called the 4-H Saddle Time Club, will require its participants to keep track of their saddle time on an official record sheet and turn that in monthly to a secure Qualtrics form to have their hours logged. Rewards are based on time spent in the saddle, regardless of the number of horses ridden. Earn hours taking lessons, practicing, or simply riding around in your own backyard. The participants will have 10 months to record and report as many saddle hours as possible. At the end of the program, we will award based on total hours in both the Junior (9 to 13) and Senior (14 to 18) age division.

Saddle Up Alabama 4-H!

Rules and Regulations

1. Participation is limited to those members who are actively participating in the 4-H Program and enrolled in 4-HOnline. Alabama 4-H provides for 10 years of 4-H Club membership for youth ages 9 through 18.
2. All participants are expected to follow the 4-H Code of Conduct.
3. Youth should never ride alone. There should always be a parent/guardian, trainer, 4-H club leader, or other adult present.
4. The Liability Release Statement, which is part of the entry form, must be completed accurately.
5. The contest starts June 1 and goes until March 31. All paperwork, record sheets, and GPS entries must be received before midnight on March 31 to be eligible for the competition.
6. Riders in both divisions are required to wear a properly fitted ASTM/SEI-approved equestrian helmet with a fastened chinstrap when mounted. Helmets must be properly sized to fit the 4-H member. Improperly sized helmets are a deterrent to safety. It is the responsibility of the member and parent or guardian to ensure that the headgear complies with appropriate safety standards for protective headgear intended for equestrian use, that it is properly fitted and in good condition, and that it is worn while mounted.

Alabama 4-H makes no representation or warranty, expressed or implied, about any protective headgear and caution riders that death or serious injury may result despite wearing such headgear because all equestrian sports involve inherently dangerous risks, and no helmet can protect against all foreseeable injuries.

7. It is the member and parent or guardian of the member's responsibility to ensure all horses ridden in this program are healthy and able to perform the tasks being asked of them. No abusive or inhumane treatment of an equine during this program will be tolerated. 4-H members and their guardians should routinely evaluate their animals using the Heinicke Body Condition Score and closely monitor their health, nutritional intake, and water consumption. If a horse has a low body condition score or has health concerns, contact a veterinarian for treatment.
8. This program is open to all equids and breeds deemed healthy and capable of the riding conditions.
9. Links to the Qualtrics forms for each division will be distributed on the start date of the program year (June 1) and will close at the end of the program year (March 31). You may enter as many Qualtrics forms as you have rides, or you may choose to enter all your rides each month in one form. No entries will be accepted after 11:59 pm central, March 31, 2023.
10. 4-H Trail Miles Club awards are based in 10-mile increments. Each 10 miles that the participant completes and turns in by the due date will move them into a new level. There is a 10-mile club, 20-mile club, 30-mile club, 40-mile club, and 50+ mile club. There will also be an award for one overall Junior and one overall Senior that completes and turns in the most miles in the 11 months.
11. 4-H Saddle Time Club awards are based in 20-hour increments. Each 20 hours that the participant completes and turns in by the due date, will move them into a new level. Green level is Hour 20 to 40, Bronze level is Hour 40 to 60, Silver level is Hour 60 to 80, Gold level is Hour 80 to 100, and Platinum Level is Hour 100+. There will also be an award for one overall Junior and one overall Senior that completes and turns in the most hours in the 11 months.
12. Awards will be announced at a special ceremony each year at the State 4-H Horse Show.

We encourage all participants in the program to also keep a record book using the Horse Record Book template on the Alabama 4-H webpage. This can be turned in for judging each year at the State 4-H Horse Active Educational Event. This can also be used to apply for Senior Achievement Awards.

General Riding/Trail Safety Guidelines

1. Always ride with a parent or friend. Never ride alone, especially on a trail. Junior aged youth (9 to 13) should always ride with a parent or guardian.
2. Always have a fully charged cell phone.
3. Make sure your horse is current on vaccinations, and have a current Coggins test and health papers with you.
4. Trail ride with a map of the area and a compass.
5. Stay on marked trails when trail riding.
6. Carry a flashlight, hoof pick, sunglasses, sunscreen, and bug spray.
7. Have both a human and horse first aid kit.
8. Have snacks and water.
9. Tell someone not riding with you where you are going and what time you expect to be back.
10. Have some way to attach your contact information to your horse in the event you get separated.
11. Always check the weather before you ride. Being outdoors in storms and excessive heat can be deadly.
12. In hot weather, monitor your horse for heat stress (rapid breathing or insufficient sweating). If you see signs of heat stress, immediately dismount, and find shade and cool down your horse. Call a veterinarian.
13. Dress appropriately for the type of riding you will be performing and the weather conditions. Be aware that summer storms can pop up quickly. Have rain gear just in case.
14. Check tack regularly to make sure it stays in working order and repair or replace any damaged or broken equipment.
15. Always wear proper footwear (boots with a heel) to help prevent your foot from slipping through the stirrups.
16. Know your own riding abilities. Use extreme caution when traversing rough or steep terrain and obstacles. Don't be afraid to dismount and walk.
17. Be a safe and courteous rider.



4-H Saddle Time Club Log Sheet

Name: _____ Age Division: _____

Date	Hours Ridden	Horse Ridden	Location	Type of Ride (Trail, training, pleasure, lessons, etc.)	Comments