



PATH Intl. CTRI® Application

Part III: Riding Instruction and Communication of Riding Skills

Video Preparation and Self-Assessment Activity

This activity is designed to help PATH Intl. Certified Therapeutic Riding Instructor (CTRI)® applicants, mentors and supervising instructors determine if all of the skills required to meet expectations for the video assessment have been demonstrated to the necessary level.

The following should be kept in mind while recording the video and completing this activity:

- 1) The expectations for the video are not that the rider demonstrates flawless execution of the riding pattern, but rather that the applicant demonstrates polished, correct and timely instruction of the riding skills required to perform the riding pattern.
- 2) Applicants are expected to develop and demonstrate their own style of instruction, but an essential element for a successful video is to communicate the whats, hows and whys for ALL of the riding skills required to complete the riding pattern. If more in-depth instruction of the whats, hows and whys is provided during the warm-up portion, instruction may be abridged reminders during execution of the riding pattern. It is imperative to note that instruction and communication of riding skills MUST also take place during execution of the pattern. Simply directing the rider around the arena or calling out the elements of the pattern will not result in the applicant meeting expectations.
- 3) The applicant should assess whether they took every opportunity to instruct corrections of posture/alignment, aids, appropriate pace in gaits, posting on the diagonal, leads, etc. If the rider is advanced enough to independently perform the riding skills perfectly, the applicant will not have opportunities to demonstrate their breadth of knowledge, skills and abilities in the instruction and communication of riding skills.
- 4) Simply memorizing a script of instructions will not improve your success. Applicants are assessed on in-the-moment instruction and timeliness of feedback. Applicants must be able to instruct, observe the rider's response to their instruction and then verbalize corrections or confirmations to demonstrate awareness of the effectiveness of their instruction to be successful in meeting the video expectations.

Gaits & Transitions	Skill	Describe how you will communicate the following in the warm-up and during the pattern:		
		The What	The How	The Why
		Walk	Instruction of the aids for the walk transition	Warm-up: Pattern:
Posting Trot/Jog	Instruction of the aids for the walk to trot/jog transition	Warm-up: Pattern:	Warm-up: Pattern:	Warm-up: Pattern:

	The What	The How	The Why
Acknowledgement of correct diagonal and/or correction of wrong diagonal (includes teaching posting on the diagonal)	Warm-up: Pattern:	Warm-up: Pattern:	Warm-up: Pattern:
Instruction of changing the posting diagonal	Warm-up: Pattern:	Warm-up: Pattern:	Warm-up: Pattern:

		The What	The How	The Why
Sitting Trot/Jog	Instruction of the aids for a following seat	Warm-up: Pattern:	Warm-up: Pattern:	Warm-up: Pattern:
	Instruction of the aids for the trot to walk transition	Warm-up: Pattern:	Warm-up: Pattern:	Warm-up: Pattern:

		The What	The How	The Why
Canter/Lope	Instruction of the aids for the trot/jog to canter/lope transition	Warm-up: Pattern:	Warm-up: Pattern:	Warm-up: Pattern:
	Acknowledgement of correct lead and/or correction of wrong lead (includes teaching what the correct lead is)	Warm-up: Pattern:	Warm-up: Pattern:	Warm-up: Pattern:

	The What	The How	The Why
Instruction of the aids for maintaining canter/lope	Warm-up: Pattern:	Warm-up: Pattern:	Warm-up: Pattern:
Instruction of the aids for the canter/lope to trot/jog transition	Warm-up: Pattern:	Warm-up: Pattern:	Warm-up: Pattern:

		The What	The How	The Why
Half Halt	Instruction of the aids for a half halt	Warm-up: Pattern:	Warm-up: Pattern:	Warm-up: Pattern:
Halt	Instruction of the aids for the downward transition to halt and release	Warm-up: Pattern:	Warm-up: Pattern:	Warm-up: Pattern:

		The What	The How	The Why
Back	Instruction of the aids for the back	Warm-up: Pattern:	Warm-up: Pattern:	Warm-up: Pattern:
Maintaining Pace	Instruction of maintaining consistent, appropriate pace at any gait	Warm-up: Pattern:	Warm-up: Pattern:	Warm-up: Pattern:

Ring Figures	Skill	Describe how you will communicate the following in the warm-up and during the pattern:		
		The What	The How	The Why
	Instruction of bending through the corner	Warm-up: Pattern:	Warm-up: Pattern:	Warm-up: Pattern:
	Instruction of how to change rein across the diagonal using points of reference	Warm-up: Pattern:	Warm-up: Pattern:	Warm-up: Pattern:

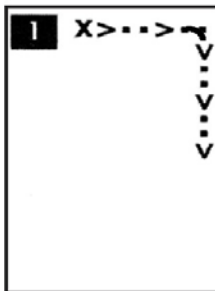
	The What	The How	The Why
Instruction of a two-loop serpentine including change of bend	Warm-up: Pattern:	Warm-up: Pattern:	Warm-up: Pattern:
Instruction of bending through a full round circle	Warm-up: Pattern:	Warm-up: Pattern:	Warm-up: Pattern:

General Instruction and Communication Skills	Did you provide:	When:
	Clear overview of the goal of a warm-up for both equine and rider <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Warm-up <input type="checkbox"/> Pattern
	Clear direction of pattern elements including “where” the rider is to perform aids using points of reference <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Warm-up <input type="checkbox"/> Pattern
	A minimum of 3 What instructions <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Warm-up <input type="checkbox"/> Pattern
	A minimum of 3 How instructions <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Warm-up <input type="checkbox"/> Pattern
	A minimum of 3 Why instructions <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Warm-up <input type="checkbox"/> Pattern
	Postural corrections for the rider to secure a balanced seat and optimize use of aids <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Warm-up <input type="checkbox"/> Pattern
	Accurate and timely feedback to improve balance, posture and alignment of the rider <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Warm-up <input type="checkbox"/> Pattern
	Accurate and timely feedback regarding effective use of aids to control the equine at all gaits <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Warm-up <input type="checkbox"/> Pattern
	Specific praise as appropriate to the rider’s effectiveness <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Warm-up <input type="checkbox"/> Pattern
	Instruction of a safe technique for the dismount <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Warm-up <input type="checkbox"/> Pattern
	Explanations to demonstrate safety awareness <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Warm-up <input type="checkbox"/> Pattern
	Tack checks <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Warm-up <input type="checkbox"/> Pattern
Notes		

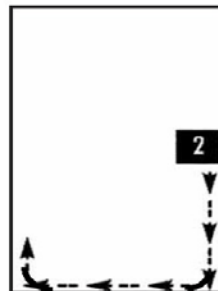
WARMUP: Applicant should instruct a rider through a minimum of the walk, jog/trot and lope/canter in both directions. Additional components within the warmup are at the discretion of the applicant and designed to reflect ability to recognize the horse's needs in the warmup.

AND

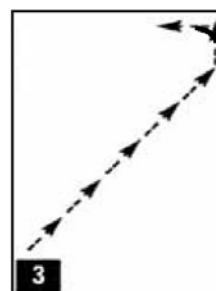
RIDING PATTERN: Applicant must instruct a rider through the following pattern to demonstrate their skill in instructing: task analysis of prompts/cues, correct rider position, consistent straightness of the equine on straightaways, bending of the equine through corners, effective use of aids, correct leads and appropriate rein contact at all gaits. Memorization of the pattern is not necessary; the applicant may refer to a printed version of this pattern. *Pursuant with PATH Intl. standards, all riders must wear an appropriately fitted ASTM/SEI approved (or international equivalent) helmet.* All riders, no matter the discipline, must post on the correct diagonal.



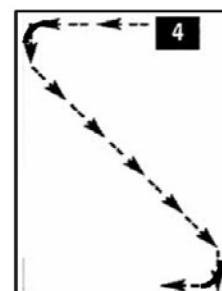
1. Halt. Proceed at the walk.



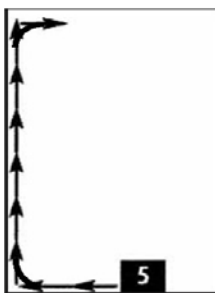
2. Posting trot



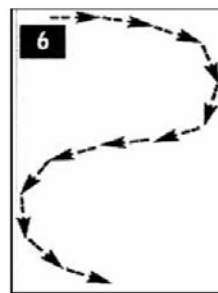
3. Change rein across the diagonal at the posting trot



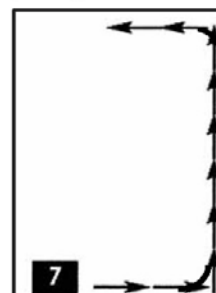
4. Change rein across the diagonal at a sitting trot/jog



5. Canter/lope right rein



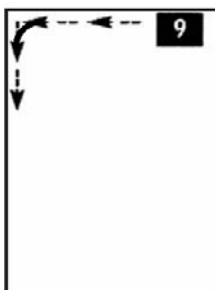
6. Posting trot: large half circle to the right then to the left



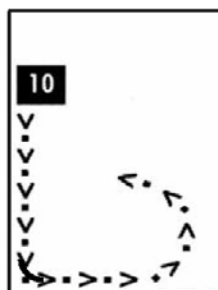
7. Canter/lope left rein



8. Sitting trot/jog in a large circle



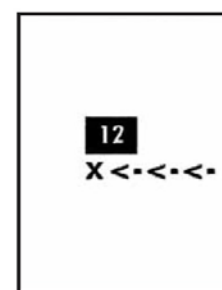
9. Sitting trot/jog



10. Walk forward into the center of the arena



11. Halt and back 3-4 steps in center of arena



12. Walk forward, halt and dismount in center of arena