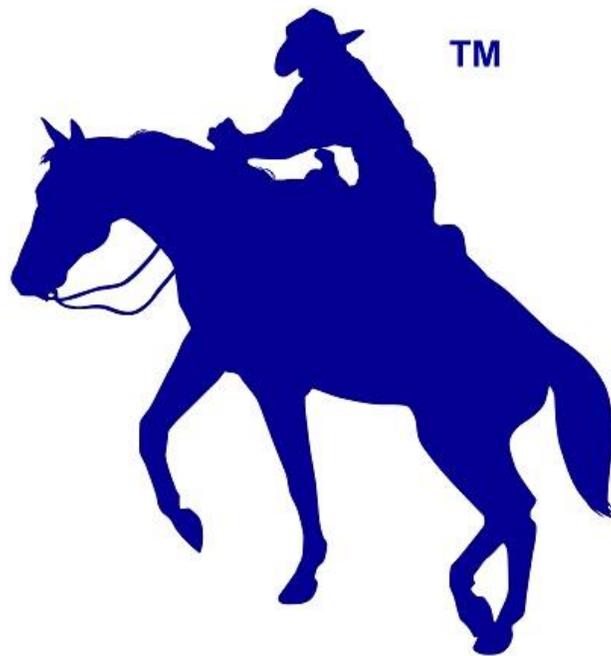


# LEISURE DIVISION QUICK START GUIDE

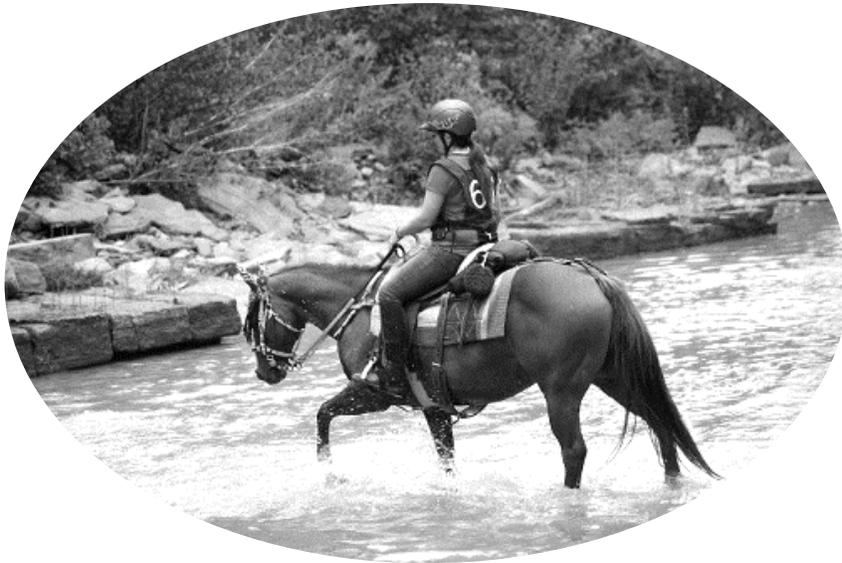


**NORTH AMERICAN  
TRAIL RIDE CONFERENCE**

[natrc.org](http://natrc.org)

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## ***INTRODUCTION TO THE NATRC LEISURE DIVISION***

A competitive trail ride is a competitive distance event over a measured distance and completed within a window of time. North American Trail Ride Conference (**NATRC™**) Leisure Division (LeD) competitions consist of a sanctioned 1-day competition for equines (of any breed) 4 years old and older. Two competitions are often held on subsequent days. LeD rides can be held in conjunction with a regular NATRC ride, as a stand-alone competition, or in conjunction with a clinic.

The mileage for this division is 8 to 12 miles at 3 to 4.5 mph. The division is split into Experienced, Adult (over 17) and Junior classes. Riders who are approved judges of any division, those with more than 250 points from any combination of any division, or have won a national award must compete in the Experienced Class. Anyone may compete in the Experienced Class if they chose to do so.

There is a maximum of five judged observations per ride. The horse and rider are judged as a team by one or two approved NATRC judges. NATRC recommends one judge per 20 riders.

Horses are evaluated based on maneuvering trail and behavior. Riders are evaluated on equitation and communication with the horse. Safety and courtesy are scored. Overnight stabling is evaluated for safety, but not scored, and (for insurance purposes) must comply with NATRC stabling rules. There is at least one pulse and respiration (P&R) stop where standard recovery criteria are scored. There are no restrictions for hoof or leg protection.

Horse and rider scores are added together to determine placing of teams for the three classes. Placings include first through sixth place in each class offered. Point distribution for the Leisure Division is based on the number of starters (see details in the Rule Book). Riders and horses accumulate 10 miles for each LeD ride completed.

From the scorecards and from the experience of competing, riders learn equitation and pacing techniques and methods of care that help their horses perform well. A by-product of competitive trail riding includes learning such things as developing a better partnership with your horse, proper nutrition, emergency medical care, etc. Most importantly, riders become familiar with how the animal's body functions and how it handles the stresses that lead to improved health and outlook.

NATRC competitors share the challenges of terrain and weather conditions, of timing, and being judged, and sometimes the treasure hunt quality of staying on course, making for a spirit of friendliness special to NATRC. In a sense, that too is one of the learning experiences of the sport.

So it is then that trail riders compete year after year, not just for the competition but for the friendships, old and new, the ongoing education, and the enjoyment of the partnership that develops between horse and rider, resulting in your becoming a better horse person and your horse becoming a better horse.

The NATRC website ([www.natrc.org](http://www.natrc.org)) contains interactive documentation and other aids to help competitors.

## **WHAT THE DAY LOOKS LIKE**

- 1) Riders arrive at the host site, park, and make their horses comfortable while they go check in at ride headquarters. Generally, riders are expected to pre-register in NATRC's Ride Management System (RMS); however, riders who just show up can be entered upon arrival (depending on management).
- 2) Riders then report for a briefing of the trail where the distance to be traveled and speed are announced to all. The maps of the trail are reviewed, and the 30-minute completion time window is announced. Horse/rider teams should arrive at the various point markers on the trail within the appropriate 30-minute window for that given point marker. Questions are answered.
- 3) After the ride briefing, riders present their horses for initial examination that includes a basic soundness and surface assessment to determine if the horse is fit to start the ride.
- 4) Once all the horse/rider teams have completed the initial assessment, riders tack up, mount up, and report to the timer. Riders are timed out at 15 to 30 second intervals.
- 5) Along the trail, horse/rider teams are evaluated up to five times on an instructed skill or just something difficult in the trail. According to NATRC rules, all observations must be natural and native to the terrain.
- 6) The safety of all observations and skills have been reviewed by management and approved by the judge(s). Should a rider feel that an observation is unsafe for them or their horse, they have the option to bypass, recognizing that this will affect their score.
- 7) Safety and courtesy by the rider are scored. In general, an attentive competitor who understands the safety aspect of horsemanship and who respects the rights of others will ride accordingly. For example,
  - a. It is safer to keep at least one horse length behind another, except when overtaking to pass.
  - b. It is courteous to wait for the next horse to complete an obstacle.
- 8) Trail observations might include:
  - a. A mount and/or dismount
  - b. Ascents or Descents
  - c. Up/Down Transitions
  - d. Negotiating a difficult part of the trail (downed timber, creek bed, between boulders, etc.)
  - e. A back up (through, around, between natural terrain, etc.)
  - f. A side pass (over log, to tree, uphill, downhill, etc.)
- 9) Somewhere on the trail, horse/rider teams can expect to encounter a pulse and respiration (P&R) stop. To help ensure equal evaluation of the horses, riders may be instructed to trot to the P&R. Failure to meet recovery criteria is penalized.
- 10) Toward the end of the trail (about 1 mile from camp), horse/rider teams encounter a trail marker that requires forward motion into camp. The purpose of this is to ensure that all riders maintain their pace according to the criteria given out at the briefing and to not wait outside the finish line if they are early.
- 11) Riders are expected to cross the finish line within the 30-minute window defined at the briefing. There are penalties for being early or being late.
- 12) Upon crossing the finish line, riders return to the judge(s) for a final exam. This assessment is the same as was done at the start of the competition. For the most part, comments on the final assessment are just noted on the cards. However, if a horse is consistently and visibly lame at check out, the team may be granted Completion Only (and not placed) or pulled.
- 13) Judges score the teams and provide comments to help the rider do better for themselves, their horses or the partnership between them. NATRC does not allow ties in the placings. Often plusses or minuses are used to determine the winning team.
- 14) Once the scores are tallied and placing made by the judge(s), there is an awards ceremony with ribbons and prizes for first through sixth places in each of the three classes (Experienced, Adult and Junior). At the end of the awards ceremony, the riders are given copies of their score cards containing numerous helpful suggestions from the judge(s). They can practice these things at home in anticipation of doing better next time.
- 15) Over time, you become a better horse person and your horse becomes a better horse.

# **TIPS FOR LEISURE DIVISION RIDERS**

## **1) Initial Presentation to Judge**

- a. Clean horse, including hooves
- b. Remove parasites (bot eggs, ticks, etc.)
- c. Maintain two hands on lead
- d. Fold, don't loop, excess lead
- e. Stay on same side of horse as judge
- f. Maintain control of horse
- g. During trot stay beside horse and maintain consistent gait

## **2) Timing**

- a. Set watch at noon when you time out
- b. Stay within +/- 15 minutes of time for each point marker
- c. Adjust pace as needed to ensure arriving at finish in required window
- d. Maintain forward motion after passing 1-mile/ forward motion marker

## **3) Trail Equitation**

- a. Light in saddle
- b. Soft rein contact
- c. Ankles relaxed
- d. Centered in saddle
- e. Subtle leg cues

## **4) Uphill**

- a. Shift balance slightly forward from hip
- b. Increase weight through thighs to stirrups
- c. Maintain lightness in saddle
- d. Move with horse's action
- e. Allow horse to use head for balance
- f. Hold mane, if needed, for balance

## **5) Downhill**

- a. Relax, resist leaning back
- b. Maintain lightness in saddle
- c. Move with horse's action
- d. Use legs to keep upper body still

## **6) Observations**

- a. Stop, Settle, Slow
- b. Relax, relax, relax
- c. Look ahead, not down
- d. Ask questions, if needed

## **7) Mount**

- a. Adjust tack in advance
- b. Square up and settle horse
- c. Use terrain / mounting block
- d. Jump up, not pull up
- e. Land softly in saddle
- f. Re-adjust/center saddle
- g. Settle horse before moving off

## **8) Back**

- a. Stop, Settle, Slow
- b. Relax, relax, relax
- c. Check behind for footing and position
- d. Maintain soft hands, giving and taking with reins
- e. Use leg aids for directional control

## **9) Trail Safety and Courtesy**

- a. Keep rider number visible
- b. Maintain at least one horse length between horses / Don't crowd
- c. Approach and pass slowly
- d. Ask permission to pass
- e. After passing, do not linger
- f. Wait for horse behind you at observations
- g. Don't let your actions spook others

## **10) P&R Checks**

- a. Line up perpendicular to trail and parallel to other horses.
- b. Loosen saddle slightly
- c. Maintain control of horse
- d. Sponge, fan, cool horse
- e. Relax yourself so your horse will relax
- f. Ask permission before leading away
- g. Be polite to P&R workers and thank them for volunteering
- h. Follow special instructions, if given

## ***MANEUVERING TRAIL / BEHAVIOR***

Maneuvering Trail/Behavior for the trail horse presumes, above all, that it shall be a safe horse! Then, consideration may be given to the features that make a horse pleasant during the rigors of traversing challenging terrain.

A pleasant horse performs the task without undue harassment to or from the rider; it allows the rider to relax, subsequently see the scenery, and enjoy trail riding even more. The scoring of behavior reflects this priority.

The traits considered important are:

- a) standing quietly for an exam or P&R check,
- b) standing for the mount,
- c) readily responding to aids and cues,
- d) being respectful and responsive to the rider,
- e) willingly stepping through obstacles,
- f) lightly traveling at the rider's set pace,
- g) trotting in hand willingly and safely,
- h) and socializing appropriately (getting along with) with other horses.

Dangerous behavior by the horse may be grounds for disqualification and removal from the ride. A fractious or unruly horse, especially at exams or P&R stops, will not be allowed to compete. It endangers the volunteer help, other competing horses, and riders.



## **PRACTICAL TRAIL SKILLS**

A good trail horse is much more than one who will go forward down the trail. In order to deal with the unknowns of the trail, a good trail horse should be able to do certain trail skills. These types of skills highlight your horse's trust in you and your ability to guide him using your seat, legs, and hands. In the interest of safety, judges will often simulate a natural trail condition to ask you to perform a trail skill.

**Back up:** Since backing does not require any special props, such as logs or water, the judges may ask for this anywhere. The judge might stop you on the trail and ask for such things as to back your horse five steps, back between two trees, back between two logs on the ground, back up a slight incline, or even back in an L-shaped pattern. Collect your horse, glance back to make sure the space is clear, take a deep breath, and ask your horse to back. If backing a certain number of steps, back **ONLY** the number of steps requested. It helps to count the steps out loud so both you and the judge are in sync. Being able to control single steps of your horse is a wonderful tool for maneuvers on the trail or anywhere. Regardless of what you are asked to back through or over, the judges will be looking for a horse that backs straight, smoothly, and willingly.

**Side pass:** Being able to side pass can make a difference in safety on the trail as well as on your scorecards. This skill is useful in opening/closing a gate from the back of your horse, tying a ribbon, or picking up something lying over a fence.

**Water and log crossings:** Under most circumstances, the techniques used to cross water or logs are pretty much the same. The horse should cross obediently, without hesitation, paying attention to the rider's aids and where he puts his feet. Follow any instructions carefully. Don't be afraid to ask questions. It is usually permissible to let your horse stop and drink when crossing water, but you should not hold up other riders. Be considerate. If you think your horse needs to drink, move off to the side after the judge has evaluated you so as to let the next rider past.

Most judges like to see a horse cross logs without touching them. This shows that the horse is focused, aware of his surroundings, and not clumsy. The judge is looking for riders to be balanced in the saddle and guiding the horse over the safest route. To stay balanced, do not look down as you cross. This moves your weight over the side and interferes with your horse's balance.

Size up the situation **BEFORE** you begin, then keep your eyes focused ahead as you proceed through/over. It is usually considered unsafe to jump an obstacle. If you choose to jump, maintain your balance and stay with the action of the horse so you don't get whiplash. Don't look down as you go over. Fortunately, Mother Nature has given us lots of material to use to practice these skills at home. Instead of looking at the winter's downed trees and branches on the trail as a nuisance, consider them as an opportunity to practice your trail skills. For times when you can't get out on the trail, use logs or small jumps set up in a pasture or arena to practice on. Be creative...the judges certainly are!

**Be safe:** Above all, be safe. If you are asked to do something that you don't think you or your horse are ready for, just tell the judge that you'll pass on that observation. Yes, you will lose points, but just one more point than the horse/rider that did it the worst. It's better to be safe than getting you or your horse hurt.

**Tip:** When you practice these skills at home, be sure to do them from the ground as well. Not only can this help the horse understand the maneuver, sometimes the judge will ask you to perform these skills in-hand. Fortunately, these skills require no special equipment and can be easily practiced anywhere, even in an arena. Once your horse backs up and side passes willingly for you, you will find more and more occasions to use these new abilities. Saddle up and ride!

## **TRAIL SKILLS – A TRAINING LIST**

Being able to do trail skills is part of what makes a good trail horse. We only do what we've practiced, and because we are judged on trail skills, we practice them. Skills asked for in an NATRC ride are based on practical situations. Judges evaluate your horse's ability and responsiveness as well as your cues, control and balance. Ride them as you have practiced. Don't do a "monkey see, monkey do" and just copy the horse and rider ahead of you. Their technique might not work the best for you.

Following are some things you and your horse might be asked to do:

### ***From the Ground:***

- Trot in hand
- Mount (using terrain) with the horse standing still
- Dismount with the horse standing still
- Offside mount with the horse standing still
- Back between two objects
- Back uphill
- Back around something
- Side pass
- Allow strangers to pick up horse's feet, etc.
- Stand calm for 10 minutes
- Turn on the forehand
- Turn on the haunches
- Hug the judges!

### ***While Mounted:***

- Back between two objects
- Back uphill
- Back around an object
- Side pass
- Step over a large log, stop, stand
- Side pass along a log
- Open and close a gate
- Walk over a bridge
- Turn on the forehand
- Turn on the hindquarters
- Walk up a hill (no rushing)
- Walk down a hill (no rushing)
- Stop on an incline and tie a ribbon to a limb
- Trot a figure eight
- Trot, stop when told
- Trot over a log without breaking stride
- Cross water
- Go down the side of a deep ravine
- Go up the side of a steep ravine
- Put on and take off a raincoat
- Condition your horse to maintain a pulse at or below 48 bpm after a 10-minute rest



# SCORECARD FRONT



## LEISURE DIVISION SCORECARD

OBSERVATIONS										
Horse's Maneuvering Trail / Behavior and Rider's Equitation & Communication										
	Declined 0	Tried, DNC +1	Needs Work +2	Satisfactory +3	Good Job +4	Excellent +5	Partnership (Optional)	Points 0 - 5 Horse 0 - 5 Rider		
<b>1</b>	<input type="checkbox"/>	<input type="checkbox"/>								
Comments:										
<b>2</b>	<input type="checkbox"/>	<input type="checkbox"/>								
Comments:										
<b>3</b>	<input type="checkbox"/>	<input type="checkbox"/>								
Comments:										
<b>4</b>	<input type="checkbox"/>	<input type="checkbox"/>								
Comments:										
<b>5</b>	<input type="checkbox"/>	<input type="checkbox"/>								
Comments:										
<b>Total Observation Points</b> 0 - 10 per obstacle										

Surface & Soundness	
Check In	Change at Check Out
Mouth	No / Minor Serious / Lame
Girth	
Back	
Legs	
Soundness	
OK to Start <input type="checkbox"/>	Finish <input type="checkbox"/>
	CO <input type="checkbox"/>
	Pull <input type="checkbox"/>

Pulse & Respiration: 16 go / 17 hold			
Out (Scored)	1st Hold	2nd Hold	Points
Pulse			0-5
Respiration			0-5
Hold	No Hold +5	1 Hold +5	0, 5, 10
		2 Hold 0	

Safety & Courtesy	
Comments:	
Safety Points 0 - 5	

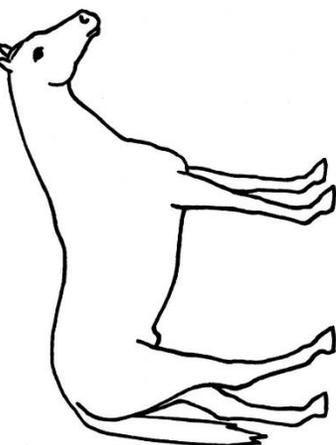
Subtotal
Penalty Points
<b>SCORE</b>
<b>PLACE</b>

<b>Rider #</b>	Horse Name	Breed	Age	Ride Name	Region	Date
<b>DO</b>	Rider Name	TYPE: B1-Sat B2-Sun DIV: LEISURE CLASS: Experienced Adult Junior		Judge (s)		

8/13/24

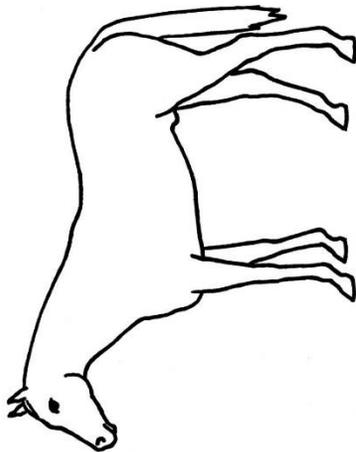
Judges: VERIFY the accuracy of TYPE, CLASS and DO | Competitors: REVIEW ADDITION AND REPORT ERRORS TO MANAGEMENT

# SCORECARD BACK



## Scoring Guidelines

### LEISURE SCORECARD 2024 Revision



#### SURFACE ASSESSMENT

**Notes:** Findings are to be noted, discussed, but not scored. Serious changes during the ride may be reason for Pull; serious changes at final check may be reason for Pull or CO at the judge's discretion.

- Mouth** Evaluate for rubs from bit or chin strap.
- Girth** Observe for any swelling, chafing or rubs.
- Back** With a flat hand, feel across the top of the back and observe for any reaction.
- Legs** Observe for interference and/or swelling. This is not a hands on evaluation.

#### PULSE & RESPIRATION

Pulse		Respiration		Holds	
Beats	Score	Breaths	Score	Number	Score
12 or less	+ 5	9 or less	+ 5	No Holds	+10
13	+ 4	10-13	+ 4	1 Hold	+ 5
14	+ 3	14-17	+ 3	2 Holds	+ 0
15	+ 2	18-21	+ 2		
16	+ 1	22-25	+ 1		
17 or higher	+ 0	26 or higher	+ 0		

The initial outgoing P&R is scored as above. These numbers are based on a 15 second count.

**Holds:** If the scored P&R is at 17 or higher for either pulse and respiration, the equine will be held for an additional 10 minutes for safety. Another reading will be taken on both the pulse and respiration, and if either is still 17 or higher, the equine will be held for another 10 minutes. It will again be checked after this final hold. Refer to chart above to score the holds. Pull if not recovered (below 17 on both pulse and respiration) after two holds beyond the scored P&R (total of 30 minutes of recovery time including the initial P&R).

**Colic, Tie-Up, Thumps:** Pull - Recommend Immediate Medical Attention

#### SOUNDNESS

Observe an in-hand, down-and-back trot at check in and check out. Do not diagnose any type of lameness but merely decide if the equine is okay to start at check in (lameness not observable or consistent on the straight line), and the same or worse at check out. If worse, decide to award completion mileage only or to pull the team from the ride as described below.

##### Lameness Guidelines

Lameness is difficult to observe and is not consistently apparent regardless of circumstance (e.g. under saddle, circling, inclines, hard surfaces, etc.).

Lameness is difficult to observe at a walk or when trotting in a straight line, but consistently apparent under certain circumstances (e.g. weight carrying, circling, inclines, hard surfaces, etc.).

Lameness is consistently observable at a trot under all circumstances. Do not allow to start the day! If observed during ride, the equine should be pulled. If observed at final check, Completion Only may be granted at the discretion of the judge.

Lameness is obvious at a walk.

Lameness produces minimal weight-bearing in motion and/or at rest, or a complete inability to move.

OK to Start or Continue

OK to Start or Continue

PULL or COMPLETION ONLY (CO)

PULL

PULL

#### PULL CODES

Strike a diagonal line across the face of the card. Write "PULL" and one of the following pull codes:

**Lameness:** Consistently observable at the trot  
Metabolic: Non-recovery, colic, thumps, lie-up, etc.

**Surface Factors:** Wounds, sore backs, rubs, etc.  
**Rider Option:** Rider illness, injury, fatigue, weather, etc.

**Disqualification:** Rule violations, dangerous, etc.

#### MANEUVERING TRAIL / BEHAVIOR

Equines may earn up to 5 points on each observation. Reward responsiveness so an equine that is attentive to the trail and rider is scored higher than one with mild, moderate or severe disobedience. An equine that displays excellent skill during a maneuver should earn a better score than one that has difficulty or shows resistance. Award higher points to a quiet equine over one that displays buddying, head tossing, shying, calling, etc.

Obvious kick or bite at judge, rider or handler 0  
Fractious, Unruly, Dangerous DISQUALIFY

#### RIDER'S EQUITATION & COMMUNICATION

Riders may earn up to 5 points on each observation. Observe equitation and communication during ride-through observations or as performance tasks on the trail.

Reward good balance and lightness of seat, soft cues, proper body and leg position, good control, and effective hands and aids on ascending, descending and level terrain.

When negotiating obstacles, evaluate the rider's desired control, cues, timing and form to enhance the equine's performance and teamwork.

Score missed observation 0/0.

#### SAFETY & COURTESY

Riders may earn up to 5 points for overall attention to trail safety and courtesy during the ride.

Give higher scores for maintaining a proper distance between equines, responding to directions, being safe with equine, self and others, and being considerate when passing on the trail or waiting at an obstacle. Reward good trail etiquette.

#### TIME PENALTY DEDUCTIONS Outside of Window

Minutes	Score
1-6	-1
7-12	-2
13-18	-3
19-24	-4
25-30	-5

# SCORECARD EXAMPLE



## LEISURE DIVISION SCORECARD

OBSERVATIONS									
Horse's Maneuvering Trail / Behavior and Rider's Equitation & Communication									
	Declined 0	Tried, DNC +1	Satisfactory +3	Good Job +4	Excellent +5	Partnership (Optional)	Points		
Horse Rider	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0 - 5 Horse 0 - 5 Rider		
1 <i>MARY</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7	Comments: <i>Horse moved off; needs practice to stand Rider: Excellent work with anxious horse</i>	
2 <i>SWEET'S</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	Comments: <i>Horse not listening to rider Rider: Good patient persistence</i>	
3 <i>LETHIA</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	7	Comments: <i>Horse calm &amp; willing Rider: Use more leg support to be lighter</i>	
4 <i>TROT / HUNT</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	10 +	Comments: <i>Horse: Excellent response Rider: Excellent cues</i>	
5 <i>BATICZUP</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7	Comments: <i>Horse: Slightly resistant Rider: Use more give &amp; take w. th reins</i>	

Surface & Soundness		
Check In	No / Minor	Change at Check Out Serious / Lamé
Mouth	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Girth	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Back	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Legs	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Soundness	<input checked="" type="checkbox"/>	<input type="checkbox"/>
OK to Start	<input checked="" type="checkbox"/>	Finish <input checked="" type="checkbox"/>
		CO <input type="checkbox"/>
		Pull <input type="checkbox"/>

Pulse & Respiration: 16 go / 17 hold			
Out (Scored)	1st Hold	2nd Hold	Points
Pulse	24	13	0-5 0
Respiration	20	8	0-5 2
Holds	No Holds +10	1 Hold +5	0 5, 10 5
P&R Points 0 - 20 Refer to back for scoring			

Safety & Courtesy	
Comments:	<i>Good &amp; safe on trail</i>
Safety Points 0 - 5	5
Subtotal	49
Penalty Points	1
SCORE	48
PLACE	6th

Rider #	Horse Name	Sassy	Breed	QH	Age	8	Ride Name	Ride On	Date	1-2-34
DO	Rider Name	Susie Q	CLASS:	Experienced Adult Junior	Judge (s)	Mary Beth	Total Observation Points 0 - 10 per obstacle			
	TYPE:	B1-Sat B2-Sun	DIV:	LEISURE						

8/13/24

Judges: VERIFY the accuracy of TYPE, CLASS and DO | Competitors: REVIEW ADDITION AND REPORT ERRORS TO MANAGEMENT

# **SAMPLE SCORECARD COMMENTS**

## **Grooming**

Not judged (however, an LeD judge can remind a rider to groom for comfort of horse)

## **Tack & Stabling**

Not judged - evaluated for safety

## **Trail Equitation**

Use leg support to be light in saddle  
Better control with shorter reins  
Relax ankles and let heels drop down  
Use quiet hands  
Use more subtle leg cues  
Line your heels under your hips for best balance

## **Mount**

Safer to settle horse  
Adjust tack before mounting  
Use shorter reins for better control  
Square up horse before mounting  
Use terrain/ natural mounting block  
Try to not pull horse off balance  
Settle lightly in saddle  
Settle before cueing horse to walk off

## **Ascents**

Angle upper body forward from hips  
Transfer some weight through thighs to stirrups  
Be light in saddle, not out of saddle  
Standing in stirrups unnecessary for light seat  
Maintain soft rein contact  
Allow horse to use head for balance  
OK to hang onto mane

## **Descents**

Distribute weight on thighs, buttocks and feet  
Avoid leaning back on loins  
Side to side sway tough on horse  
Keep waist flexible & upper body still like hula dancer  
Maintain soft rein contact

## **Backup**

Settle horse  
Think stop, settle, slow  
Check behind  
Use soft, subtle hands  
Give and take with reins  
Use leg aids for direction control

## **Obstacles**

Stop, settle, slow  
Look ahead, not down

## **P&R Check**

Line up parallel to next horse  
Maintain contact/ control of horse  
Remain quiet with low energy  
Encourage horse to relax  
Lead away with permission of next rider

## **Safety & Courtesy**

Keep one horse length between horses  
Approach other horses courteously  
Pass with permission  
After passing, move on to create a quiet pocket  
Ask next rider if you need to wait for them at obstacle  
Be careful not to spook others with your actions

## **Horse Trail Ability & Manners**

Rushing  
Antsy  
Fidgeting  
Reluctant  
Resistant  
Head tossing  
Buddying  
Responsive  
Willing

# MEMBERSHIP APPLICATION

## NORTH AMERICAN TRAIL RIDE CONFERENCE



**MEMBERSHIP FORM – Renew, Join or Buy Items online at [www.natrc.org](http://www.natrc.org) or use this form.**

Memberships run January 1 - December 31. We offer a Platinum Upgrade to our adult and family plans, which adds personal excess liability coverage with a \$1,000,000 policy limit.

### FIRST YEAR FREE FOR BRAND NEW COMPETING MEMBERS!

#### Membership Plans, Eligibility, Benefits and Fees

Plan Name	Competing*			Non-Competing	
	Adult	Family	Junior	Supporting	Fan
<b>Fee</b>	\$80	\$130	\$30	\$55	\$15
<b>Eligibility</b>					
Single adult age 18 or over	X			X	X
Household		♦			
Single child age 8 through 17			X		X
<b>Benefits</b>					
Voting privileges	1	2		1	
Reduced ride entry fees	X	X	X		
Ride awards eligibility	X	X	X	♦♦	♦♦
Volunteer awards eligibility	X	X	X	X	X
Lifetime mileage tracking	X	X	X		
Mileage awards	X	X	X	♦♦♦	♦♦♦
Participation in virtual challenges	X	X	X	X	X
National year-end awards eligibility	X	X	X	♦♦♦	♦♦♦
Regional year-end awards eligibility	X	X	X	♦♦♦	♦♦♦
Sponsor discounts	X	X	X	X	
Can purchase excess liability ins.	X	X		X	
Electronic <i>Hoof Print</i> and E-News	X	X	X	X	X
Region membership* and newsletter	X	X	X	X	X
Exclusive access to updated Rider's Manual	X	X	X	X	X
<b>CHECK PLAN DESIRED</b>	<input type="checkbox"/>				

#### Annual Platinum Upgrade: (Optional) Not included with free memberships

Platinum members receive insurance benefits through Association Resource Group-ARG. They receive personal excess liability coverage with a \$1,000,000 policy limit. Coverage is for claims brought against members of NATRC™ (Platinum) arising from the use and/or ownership of a horse and for horse-related accidents involving third party bodily injury or property damage. Coverage will apply when engaged in any horse related activity, and coverage is in excess of any existing valid and collectible insurance. There is no deductible. Professional Liability and business exposures are excluded.

Adult .....  \$20/yr  
 Family .....  \$40/yr  
 Supporting ..  \$20/yr  
 No Upgrade  \$0/yr

\* To earn points in more than one region, each secondary membership fee is 50% of primary fee. Indicate region(s) .

♦ Adult(s) & children under age 18 as of Jan 1.

♦♦ Eligible for ride awards only if non-member ride fee paid.

♦♦♦ May upgrade to competing member for year-end and mileage award eligibility before the end of the *ride* year.

Download your free Rule Book from [www.natrc.org](http://www.natrc.org). To request a print copy, check here

**\$ TOTAL ENCLOSED**

Please list first and last names, especially those with different last names, of all competing family members.

Name(s)

Jr(s) Birthdates

Street  City

State, Zip  Phone (  )

Email  (Address stays within NATRC. Thanks!)

New member? Please share how you found out about NATRC:

\*\*\*\*\* Mail completed form and check to: NATRC, PO Box 78, Adams, NE 68301 \*\*\*\*\*

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