



Certified Therapeutic Riding Instructor CRITERIA

PATH Intl. promotes safety and optimal outcomes in equine-assisted activities and therapies for individuals with special needs.

FIVE SKILL AREAS

1	2	3	4	5
Equine Management	Horsemanship	Instruction	Teaching Methodology	Disabilities

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PATH Intl. Certified Therapeutic Riding Instructor (CTRI) CRITERIA

The PATH Intl. Certified Therapeutic Riding Instructor (CTRI) is a voluntary, entry-level credential for individuals in the equine assisted activities and therapies (EAAT) profession who provide riding instruction and therapeutic value to people with disabilities. This may include mounted or unmounted work partnering with an equine. PATH Intl. CTRIs have met established criteria and standards of practice in the field. They have demonstrated their knowledge of disabilities, equines, teaching and human-animal interactions.

CTRE - EQUINE MANAGEMENT

CTRE 1.0 PATH Intl. Standards

CTRE. 1.1 Know and implement PATH Intl. Standards and their interpretation for equine care, maintenance and usage.

CTRE. 1.2 Know and implement PATH Intl. Standards and their interpretation regarding the use of safety equipment and adaptive equipment.

CTRE 2.0 Breeds/Colors/Markings/Parts of the Horse

CTRE. 2.1 Identify an equine by age, color and markings, breed characteristics, height and weight.

CTRE. 2.2 Know the basic anatomic parts of the equine.

CTRE 3.0 Horse Senses and Behavior

CTRE. 3.1 Know the characteristics of the senses of the equine and how they contribute to equine behavior.

CTRE. 3.2 Know the behavioral characteristics of a lesson-ready equine.

CTRE. 3.3 Know how the senses of the equine and equine behavior affect the safety of the riding setting.

CTRE. 3.4 Identify stable vices, including cribbing, weaving, biting, kicking and wood chewing.

CTRE. 3.5 Recognize signs and causes of negative equine behaviors (including/not limited to biting, kicking, and crowding personal space).

CTRE. 3.6 Identify appropriate types of rewards for equine positive behaviors (including/not limited to release of pressure, verbal praise or pats/rubs.)

CTRE. 3.7 Identify equine behavior or body language that could signal a dangerous situation and know appropriate actions to take to protect the safety of people and equines.

CTRE 4.0 Feeds and Feeding

CTRE. 4.1 Know feed requirements of the equine, including hay, salt and minerals, grain, feeding intervals and water.

CTRE. 4.2 Recognize signs of poor quality feed.

CTRE 5.0 Stable Management

CTRE. 5.1 Identify appropriate protection for equines, including fly masks and bonnets, shelter and fly repellents.

CTRE. 5.2 Know equine manure handling methods for sanitary conditions of stall and turn out areas.

CTRE. 5.3 Identify bedding materials.

CTRE. 5.4 Identify potential stall hazards.

CTRE. 5.5 Know how to give an equine a bath.

CTRE. 5.6 Describe techniques used to warm up an equine prior to an EAAT session.

CTRE. 5.7 Describe techniques used to cool down an equine following a work session.

CTRE 6.0 Health and Sickness

CTRE. 6.1 Know and recognize the signs of:

- 1 behavior change
- 2 metabolic disorders
- 3 good health
- 4 laminitis
- 5 rabies
- 6 ringworm
- 7 infectious diseases
- 8 thrush
- 9 colic
- 10 weight issues
- 11 heat stroke
- 12 stress
- 13 dental problems

CTRE. 6.2 Know and recognize when an equine is unsound and how it may impact equine behavior.

CTRE. 6.3 Identify normal ranges and how to take TPR (temperature, pulse, respiration).

CTRE. 6.4 Describe programs and intervals for deworming, vaccination, hoof and teeth care programs to maintain equine health.

CTRE. 6.5 Know first-aid treatment for wounds.

CTRE 7.0 Grooming

CTRE. 7.1 Identify and explain the use of grooming tools, including:

- 1 curry comb
- 2 hard brush or dandy
- 3 soft brush or body
- 4 hoof pick
- 5 mane or tail comb
- 6 shedding blade
- 7 sponges
- 8 sweat scraper

CTRE. 7.2 Know how to cool down an equine following a work session.

CTRE. 7.3 Know how to clip an equine for maintenance, including:

- 1 bridle path
- 2 fetlock
- 3 muzzle

CTRE 8.0 Tack and Tacking

CTRE. 8.1 Identify and know the purpose, use and function of:

- 1 bits: snaffle and curb
- 2 bitless bridles
- 3 bridles
- 4 saddles: english and western
- 5 saddle pads
- 6 bareback pads
- 7 adaptive equipment
- 8 breastplates and collars
- 9 safety stirrups
- 10 safety helmets
- 11 surcingles

CTRE. 8.2 Know the parts of english and western saddles and bridles.

CTRE. 8.3 Know how to tack an equine.

CTRE. 8.4 Select and evaluate equipment needs for riders and horses, including:

- 1 type of saddle, bridle and reins
- 2 how saddle affects rider position
- 3 how bridle and saddle affect the equine
- 4 adaptive equipment

CTRE. 8.5 Identify correct fitting and adjustment of a saddle or surcingle to maintain the safety and well-being of the equine and rider.

CTRE. 8.6 Know how to educate the team, including riders and volunteers, in the use of the equipment.

CTRE. 8.7 Know and demonstrate tack cleaning, care and maintenance.

CTRE 9.0 Unsoundness and Blemishes/Form to Function

CTRE. 9.1 Recognize the difference between a blemish and an unsoundness.

CTRE. 9.2 Identify and describe the foot falls and beats of the:

- 1 walk
- 2 trot or jog
- 3 canter or lope

CTRE 10.0 Selection

CTRE. 10.1 Explain the characteristics of an EAAT equine.

CTRE. 10.2 Recognize when an equine is unwilling to accept:

- 1 leaders and sidewalkers
- 2 ambulation aids
- 3 mounting ramps and blocks
- 4 game equipment
- 5 mounting procedures

CTRE. 10.3 Recognize the need for a conditioning and maintenance program for therapeutic riding equine, including:

- 1 lungeing
- 2 schooling
- 3 record keeping

CTRH - HORSEMANSHIP

CTRH 1.0 Horsemanship Preparation and Safety

CTRH.1.1 Know and demonstrate the following:

- 1 haltering and leading
- 2 tying and safety knots
- 3 grooming and tacking
- 4 proper riding attire

CTRH. 1.2 Know and demonstrate safe turnout of an equine into a stall, pen or field.

CTRH. 1.3 Know and demonstrate safe leading techniques at the walk and trot or jog through turns, transitions and backing.

CTRH. 1.4 Know and demonstrate safe lunging of an equine in a circle on a lunge line at the walk, trot or jog and canter or lope including but not limited to:

- 1 safe positioning of lunge in relation to horse position during lungeing
- 2 safe management of the lunge line and whip during lungeing at W/T/C
- 3 selection of lungeing equipment
- 4 a safety check for equipment fit to equine prior to lungeing
- 5 safe use of lungeing equipment
- 6 halt of the equine on a lunge line
- 7 safe change of direction of an equine on a lunge line

CTRH. 1.5 Know and instruct tack check procedures

CTRH 2.0 Mounting and Dismounting

CTRH. 2.1 Know and instruct:

- 1 mounting and dismounting from ground or mounting block/ramp
- 2 how to assist a rider during mounting and dismounting
- 3 an equipment check prior to mounting
- 4 stirrup adjustment prior to mounting

CTRH 3.0 Position

CTRH. 3.1 Know and instruct a secure seat and correct alignment at all gaits.

CTRH. 3.2 Know and instruct correct position, posture and alignment at the:

- 1 walk—free walk and working walk
- 2 trot (sitting) or jog
- 3 trot—posting
- 4 canter or lope
- 5 two-point at the walk and trot or jog
- 6 walk and sitting trot or jog without stirrups
- 7 rein-back

CTRH. 3.3 Know and instruct shortening and lengthening reins.

CTRH 4.0 Gaits

CTRH. 4.1 Know and instruct:

- 1 walk—free walk and working walk
- 2 canter or lope on correct lead
- 3 trot sitting or jog
- 4 rein-back
- 5 rising trot—posting on correct diagonal
- 6 change of diagonals at the trot

CTRH. 4.2 Know and instruct light contact for all gaits.

CTRH. 4.3 Know and instruct straightness of the equine during all gaits.

CTRH. 4.4 Know and instruct control of the equine at all gaits.

CTRH. 4.5 Know and instruct the following transitions:

- 1 walk to trot or jog
- 2 canter or lope to walk
- 3 walk or trot or jog to canter/lope
- 4 walk to halt
- 5 trot or jog to walk

CTRH. 4.6 Know how to warm up an equine prior to a work session.

CTRH 5.0 Aids

CTRH. 5.1 Know and instruct the following natural aids:

- 1 hands
- 2 legs
- 3 seat
- 4 voice

CTRH. 5.2 Identify and know the purpose of spurs.

CTRH. 5.3 Know and instruct the appropriate use of crops as an artificial aid.

CTRH. 5.4 Know and instruct the following rein aids:

- 1 leading/opening
- 2 neck rein
- 3 direct rein

CTRH. 5.5 Know and instruct the following leg aids:

- 1 both legs at the same time
- 2 leg at the girth
- 3 alternating leg aids
- 4 leg behind the girth

CTRH 6.0 Movements

CTRH. 6.1 Know and instruct turn on the forehand.

CTRH. 6.2 Know and instruct bending a horse through corners and on circles.

CTRH. 6.3 Know and instruct half halt or check.

CTRH 7.0 Ring Figures

CTRH. 7.1 Know and instruct the following ring figures:

- 1 change of rein
- 2 half circles
- 3 circles
- 4 serpentine
- 5 figure eight

CTRH 8.0 Exercises and Games

CTRH. 8.1 Know and instruct mounted rider exercises at the walk and trot or jog.

CTRH. 8.2 Know and instruct riding without stirrups at the walk and sitting trot or jog.

CTRH. 8.3 Know and instruct ground poles at walk, trot or jog, and two point.

CTRH. 8.4 Know and demonstrate design and set up of obstacle course.

CTRH. 8.5 Know and demonstrate proper spacing of ground poles.

CTRH. 8.6 Know and demonstrate how to lunge an equine.

CTRI - THERAPEUTIC RIDING INSTRUCTION

CTRI 1.0 Horsemanship Preparation and Safety

CTRI. 1.1 Instruct the following:

- 1 grooming and tacking
- 2 tying and safety knot
- 3 haltering and leading
- 4 proper riding attire
- 5 proper spacing when leading or riding in a group
- 6 warming up an equine appropriately

CTRI. 1.2 Orient student to facility, stable rules and safety rules.

CTRI. 1.3 Select equine for individual riders according to:

- 1 behavior
- 2 movement quality
- 3 temperament
- 4 height
- 5 size

CTRI. 1.4 Instruct group lessons of two or more riders.

CTRI. 1.5 Know and implement PATH Intl. Standards and their interpretation regarding lesson area.

CTRI. 1.6 Know and conduct tack check procedures appropriate to the lesson setting

CTRI 2.0 Mounts and Dismounts

CTRI. 2.1 Instruct the following:

- 1 mounting and dismounting from ground or mounting block
- 2 assisting a rider during mounting and dismounting
- 3 equipment check prior to mounting
- 4 stirrup adjustment prior to mounting
- 5 independent, partially-assisted, fully-assisted mounts from the ground, mounting block and ramp

CTRI 3.0 Position

CTRI. 3.1 Instruct correct position at the:

- 1 halt
- 2 rein-back
- 3 walk—free and working walk
- 4 two-point at walk and trot
- 5 trot (sitting) or jog
- 6 trot—posting
- 7 canter or lope

CTRI. 3.2 Instruct lengthening and shortening of reins.

CTRI 4.0 Gaits

CTRI. 4.1 Instruct:

- 1 walk—free walk and working walk
- 2 trot (sitting) or jog
- 3 trot—posting on correct diagonal
- 4 canter or lope on correct lead
- 5 change of diagonals at the trot

CTRI. 4.2 Instruct light contact at all gaits.

CTRI. 4.3 Instruct straightness of the equine at all gaits.

CTRI. 4.4 Instruct bending of the equine at all gaits.

CTRI. 4.5 Instruct the following transitions:

- 1 walk to halt
- 2 trot or jog to walk
- 3 walk to trot or jog
- 4 canter or lope to walk
- 5 walk to trot or jog to canter or lope
- 6 walk to canter or lope

CTRI 5.0 Aids

CTRI. 5.1 Instruct the following natural aids

- 1 hands
- 2 legs
- 3 seat
- 4 voice

CTRI. 5.2 Instruct the appropriate use of crops as an artificial aid.

CTRI. 5.3 Instruct the following rein aids:

- 1 leading/opening
- 2 neck rein
- 3 direct rein

CTRI. 5.4 Instruct the following leg aids:

- 1 both legs at the same time
- 2 leg at the girth
- 3 alternating leg aids
- 4 leg behind the girth

CTRI 6.0 Ring Figures

CTRI. 6.1 Instruct the following ring figures:

- 1 change the rein
- 2 figure eight
- 3 circles
- 4 half circles

CTRI 7.0 Exercises and Games

CTRI. 7.1 Instruct mounted rider exercises at the walk and trot or jog.

CTRI. 7.2 Instruct riding without stirrups at the walk.

CTRI. 7.3 Instruct riding over ground poles at walk, sitting trot or jog, and two point.

CTRI. 7.4 Instruct riders through an obstacle course.

CTRI. 7.5 Utilize appropriate games in the riding setting.

CTRI 8.0 Ground and Stable Lessons

CTRI. 8.1 Instruct ground stable management lessons that are within the knowledge requirements of the CTRI level.

CTRT - TEACHING METHODOLOGY

CTRT 1.0 PATH Intl. Standards and Information

CTRT. 1.1 Know and implement PATH Intl. Standards and their interpretations regarding student forms.

CTRT. 1.2 Know PATH Intl. services available to the instructor.

CTRT. 1.3 Locate information about PATH Intl. Standards and the certification and accreditation processes.

CTRT. 1.4 Know the steps and requirements for the PATH Intl. Certified Therapeutic Riding Instructor Certification.

CTRT. 1.5 Know and practice emergency procedures, including:

- 1 know and demonstrate an emergency dismount.
- 2 know how to respond to an incident.

CTRT. 1.6 Know the location of the phone and emergency numbers/contacts.

CTRT 2.0 Record Keeping

CTRT. 2.1 Verify that the student forms are complete and updated for students the instructor teaches.

CTRT. 2.2 Interpret student forms and apply the information to the riding setting.

CTRT. 2.3 Write and maintain progress notes on riders.

CTRT. 2.4 Complete incident report as needed.

CTRT. 2.5 Comply with confidentiality requirements regarding students.

CTRT 3.0 Lessons Plans

CTRT. 3.1 Assess rider skills and determine goals and objectives for each individual rider.

CTRT. 3.2 Develop a lesson plan that includes:

- 1 a riding skill
- 2 a measurable objective related to the stated riding skill

CTRT. 3.3 Incorporate lesson activities suitable to the objective in the lesson plan.

CTRT 4.0 Teaching

CTRT. 4.1 Know and demonstrate teaching skills applicable to the CTRI level, including:

- 1 teaching a riding skill
- 2 safe and effective mounting and dismounting procedures
- 3 flexibility and adaptability in pursuit of stated teaching objectives
- 4 teaching to the level of students' emotional learning, physical and cognitive ability
- 5 being fair and consistent in applying standards of behavior
- 6 showing genuine interest in each student
- 7 progress toward independence
- 8 effective use of volunteers

9 appropriate games and exercises

10 appropriate praise

11 adapting and correcting equipment

12 providing whats, hows, whys

13 flexibility of teaching techniques

14 posture corrections

15 progression of equitation skills

16 rapport

17 teaching at individual rider's level

18 knowing the teaching environment

19 giving clear and concise instructions

20 maintaining control of class

21 ring presence

22 safe spacing and procedures

CTRT. 4.2 Possess instructor attributes, including:

1 common sense

2 professionalism

3 ethics

4 punctuality

5 organization

6 respect for riders and horses

7 patience

8 self-confidence

9 positive attitude

10 being a team player

11 knowledge of subject at instructor skill level

12 ability to self-reflect independently

CTRT. 4.3 Know the current PATH Intl. Certified Therapeutic Riding Instructor certification maintenance process.

CTRT 5.0 Methods

CTRT. 5.1 Know that riders learn in different ways.

CTRT. 5.2 Use simple behavior management techniques to maintain class control.

CTRT. 5.3 Work with instructional team (instructors, therapists, volunteers, students, families and care providers), including:

1 developing rapport

2 providing direction to leader and sidewalkers during lesson

3 assigning volunteers to riders

4 providing feedback to team members

5 rewarding team members

CTRT. 5.4 Identify dysfunctional behavior.

CTRD - DISABILITIES

CTRD 1.0 Human Anatomy

CTRD. 1.1 Identify parts of the human skeleton including:

- 1 clavicle
- 2 humerus
- 3 tibia
- 4 cranium
- 5 pelvis
- 6 ulna
- 7 femur
- 8 radius
- 9 vertebrae
- 10 fibula
- 11 scapula

CTRD. 1.2 Know the following movement terminology:

- 1 abduction
- 2 extension
- 3 rotation
- 4 adduction
- 5 flexion

CTRD 2.0 Disabilities

CTRD. 2.1 Know precautions and contraindications to therapeutic riding.

CTRD. 2.2 Know definition, causes, characteristics and teaching management for riders' disabilities the instructor teaches.

CTRD. 2.3 Locate information pertaining to all disabilities.

CTRD. 2.4 Self-evaluate instructional capabilities, facility environment, horse and personnel to determine riders who can be accepted as students.

CTRD. 2.5 Know the benefits of therapeutic riding.

CTRD. 2.6 Know the realms of therapeutic riding.

CTRD. 2.7 Know and demonstrate handling techniques for mounting, dismounting and postural alignment.

CTRD. 2.8 Know and demonstrate good body mechanics during mounting and dismounting.