

# **Beartooth Back Country Horsemen Youth Trail Clinic Report 2024**

The Beartooth Back Country Horsemen hosted a youth trail readiness clinic on April 27<sup>th</sup>, 2024. The clinic was held in Columbus, MT at our local civic center/ fairgrounds. (flyer attached) This clinic was funded by the BCHA youth grant and our local chapter. Our clinic was organized by Sarah Lewis, board member, Melissa Codner, president, and Molly Shamel, member. Together with many volunteers from our club we were able to organize a very successful day!

The clinic had 18 participants. Ages ranging from 8-15 years old. We made two age exceptions on account of a last-minute cancelation due to family emergency. Our original parameters were 10-18yrs. Our under 10 participants were a little timid but did well. I believe we would allow that young again possibly on an experience/ case by case basis. We opened our clinic to 3 counties by advertisement in local 4H newsletters, posters, and online publicity, mainly Facebook.

We also allowed kids and adults of all ages to come audit the clinic. We had 10 adults that audited and 12 children. The clinic and auditing were free of charge due to the generous BCHA grant of \$500.00 and our local club covering the rest of the costs. BBCH chapter provided breakfast and lunch for participants and the volunteers that helped make our event a success. A local food truck made lunch for participants & volunteers. It was also open for public to purchase lunch.

We provided gift bags for our participants as well. These were filled with five informational handouts, horse treats, human treats (provided by BBCH), hoof picks, horse mane & tail brush (donated by Western Ranch Supply), and small 1<sup>st</sup> aid kits (donated by Billings Clinic).

The goals for the clinic were to educate our youth about being in the back country with horses. Topics covered were human and horse first aid, conservation, trails and how to find them, tack fit and horse safety, and trail supplies. We did this through five speakers, three Kahoot! Games, one pack demonstration in which they got to hands on many loads, and an obstacle course they rode with their personal horses. Our speakers were all members of our local chapter except we had a local veterinarian come speak about horse first aid.

Financial break down of the clinic:

Facility rental \$350.00 (discounted by county commissioners on request of Sarah Lewis as it was a youth nonprofit event).

Event Insurance \$196.08- \$1 million liability, \$50,000 property damage (required by facility) \$46.08 paid for by BBCH after grant spent.

Breakfast \$72.41

Lunch \$303.50 (Participants & volunteers)

Gift Bags \$40.39

Printing of handouts \$22.25 (done at local library)

Obstacle supplies \$126.75.

Total cost \$1,111.38 (\$500.00 BCHA grant. \$611.38 BBCH)

Stillwater Lumber donated \$30.97 obstacle supplies.

Stillwater Lumber donated \$73.56 items for prizes (2- 8qt buckets & Equis completer certified weed free feed 50 lbs)

While our day was successful, and we got good feedback, we did learn some lessons.

Here are some things we learned and will do differently next time.

1. Try to explain things at a more child understandable level.
2. Be more specific on outlines for speakers to cover. I provided loose outlines but needed to be better tailored to children's understanding.
3. Less classroom time, more horseback time. Some of the teaching could have been done on horseback and that would have kept kids more engaged.
4. First aid for humans & horses needed to be very specific to children. Next time we will do stations with our doctor and veterinarian or specific victims to treat.
5. Have different levels of obstacles for beginner to experienced riders.

As a club we are so grateful for the grant we received and what it allowed us to provide for the youth in our area! We are hoping to make this an annual event with improvements every year. Thank you for your support of our youth!

I am including our flyer, schedule of events, our handouts, obstacle layout & supply list (email attachment), our participant letter, and pictures from our event. Pictures were taken by Jessi Sparkman's (member) husband who is an amateur photographer. We were very lucky to have him donate his time and expertise. This will be attached in email.

#### BBCH Youth Clinic April 27<sup>th</sup> Schedule of Events

7:45-8:15: Set up (Breakfast and sign in areas)

8:15-8:55: Sign in and Breakfast

8:55: Kahoot! Game #1

9:00-9:30: Introduction to BBCH. Conservation & Trail Clearing, "Light on the Land", and Trail Etiquette (reference cards in backpacks). (Randy Thompson)

9:30-10:00: First Aid Horse (Sarah Russell, DVM)

10:00-10:30: First Aid Human (John Jenkins, MD)

10:30-10:45: Bathroom break & Kahoot Game #2

10:45-11:15: Trails- where to find trails and how, basic trail safety, types of saddle bags and things to bring in bags. (Jon Shamel)

11:15-11:45: Horse Safety & Tack Fit (Bill Yager)

Kahoot Game #3 and Prize!

11:45-12:45: Lunch & Saddle horses for afternoon

12:45-1:30: Pack Demo (Jeff & Rosi Guckenberger)- mules, loads, and many loads.

1:30-4:30: Ride Obstacle Course

# Youth TRAIL CLINIC

ages 10+

REGISTER HERE



*Presentations on:*

*Limit of 15  
participants*

TRAIL ETIQUETTE

TRAIL PREPAREDNESS

HORSE AND HUMAN FIRST AID

HANDS-ON PACKING DEMONSTRATION

*Bring your horse!*

OBSTACLE COURSE TO MIMIC REAL  
LIFE TRAIL ENCOUNTERS

SATURDAY  
APRIL 27

CHECK-IN AT 08:30 AM

STILLWATER CIVIC CENTER

OBSTACLE  
COURSE

*featuring*  
PACKING  
DEMONSTRATION

GUEST  
SPEAKERS

BREAKFAST & LUNCH PROVIDED FOR PARTICIPANTS, FOOD BARN  
WILL HAVE FOOD AVAILABLE FOR PURCHASE.

CALL OR TEXT SARAH LEWIS WITH ANY QUESTIONS 406-780-9500

HOSTED BY BEARTOOTH BACK COUNTRY HORSEMEN

## Top Saddle Bag Items

Ranking	Item	Frequency
1	Water	15
2	Food	12
3	First Aid kit	12
4	Fire Starter/matches	9
5	Toilet Paper	6
6	Knife	5
7	GPS/Map	5
8	Gloves	5
9	Flashlight/headlamp	4
10	Poncho/Slicker	4
11	Lip balm	3
12	Bear Spray	3
13	Bug Spray	2
14	Scarf (silk)	2
15	Socks	2
16	Multi tool	2
17	Hobbles	2
18	Flares	1
19	Emergency Blanket	1
20	Hoof Pick	1
21	Rope	1
22	Clothes	1
23	Stampede Strings	1
24	Extra leather string (fixes)	1
25	Water filter	1
26	Phone	1
27	Radio	1
28	Twine	1



# Trail Rider Checklist – From [www.TrailMeister.com](http://www.TrailMeister.com)



## Your Where to Ride Guide

### In the Truck / Trailer

- Road Map and Directions to trailhead
- Registration / Insurance
- Coggins Papers / Health Papers/Brand Inspection
- Flashlight w/ spare batteries
- Spare Tire Truck / Trailer
- Jack & Lug Wrench - Truck and Trailer
- Chock Blocks for Wheels
- Manure Rake / Forks
- Manure bucket
- Spares
  - Extra Cinch / Girth
  - Headstall / Bridle
  - Reins
  - Halter and Lead
- Tools – Pliers / Screwdriver
- Duct tape
- Garbage bags

### Tack

- Saddle
- Bridle
- Saddle Pads
- Saddle / Pommel Bags
- Halter
- Hobbles
- Breast Collar
- Crupper / Breechin
- Cinch / Girth
- ID tag

### Equine Supplies

- Feed – Hay / Grain
- Feed and Water Buckets
- Water
- Hay Bag
- Horse First Aid Kit
- Fly Spray
- Hoof Pick
- Sponge or rag
- Grooming Supplies

### Personal Supplies

- Riding Pants and Jeans
- Riding Boots
- Socks
- Outerwear Jacket / Sweater
- Rain Gear
- Undergarments
- Extra Set of Keys
- Knife
- Lip Balm
- Hat - Gloves
- Helmet
- Sun Block
- Insect Repellent
- First Aid Kit
- Toilet Paper / Wet Ones
- Medications
- ID for emergencies

### On the Trail

- Hoof Pick
- Knife / Wire Cutters
- Map of the area / Compass
- Water Bottle
- Snacks
- Saddle Bag / Pommel Bags
- Helmet
- Insect Repellent
- First Aid Kit
- Rain Slicker
- Cell Phone/way to call for help
- Rope/ cord for repairs
- Lead rope
- Sun Block
- Camera
- Lighter
- Saw

### Camp Equipment

- Tent / Hammock
- Sleeping bag
- Camp Shoes/Mud Boots
- Lantern
- Food
- Camp Stove
- Air mattress
- Flashlight
- First Aid Kit
- Insect Repellent
- Camp Chairs
- Folding table
- Highline gear

# Equine First Aid Kit



## For the horse...

- Bandages
- Bucket
- Flashlight
- Scissors
- Hoof Pick
- Lubricant (Vaseline)
- Rubbing Alcohol
- Sheet or roll cotton
- Sterilize gauze pads
- Blunt-tipped scissors
- Insect repellents
- Sterile saline solution
- Knife
- Duct Tape
- Ice Packs
- Q-tips
- Spray bottle
- Large syringe for flushing
- Bath or hand towel
- Tweezers

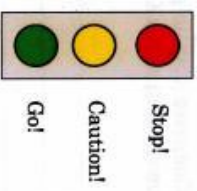
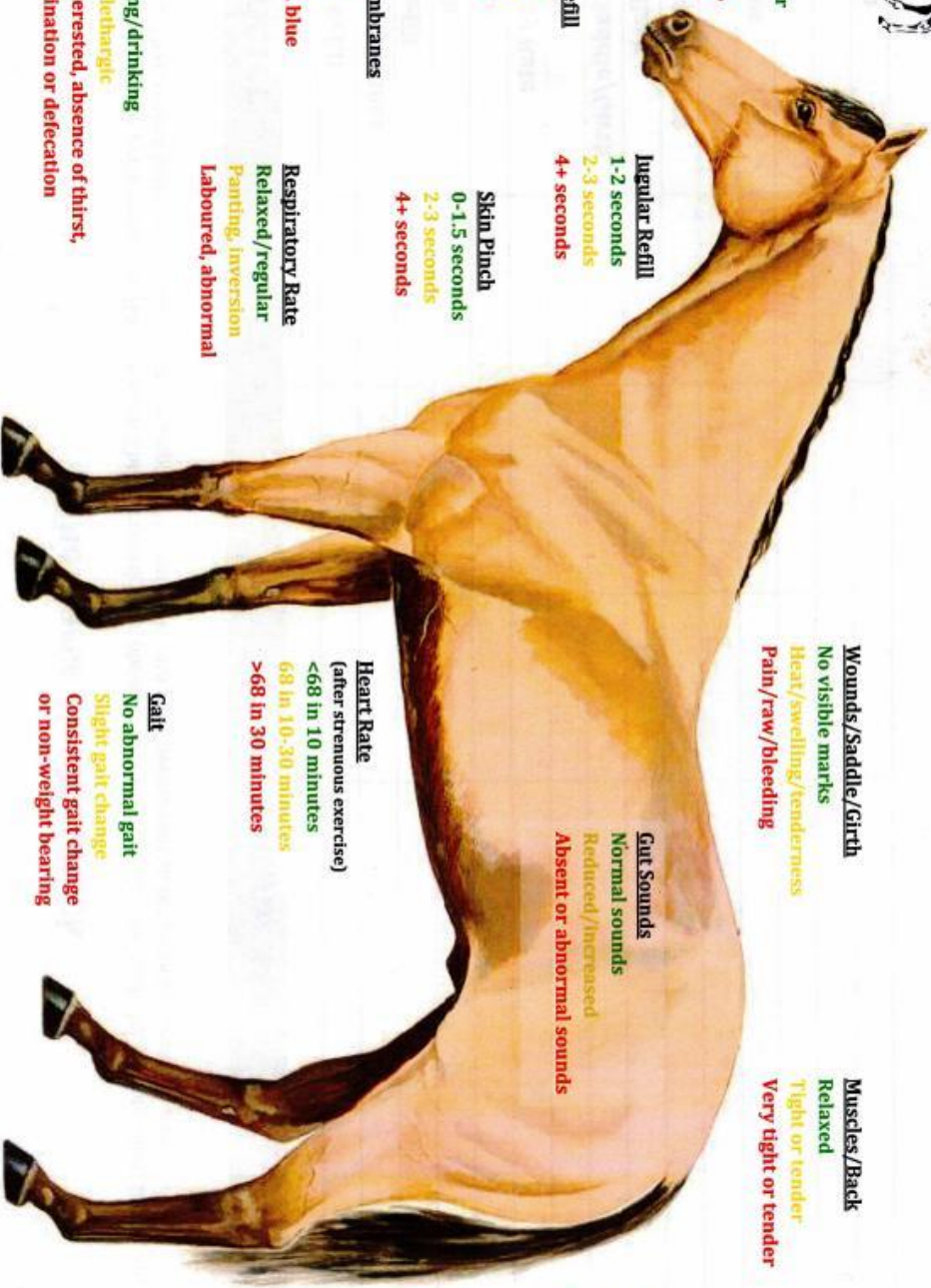


## For the rider...

- Antiseptic wipe packets
- Non-latex gloves
- Instant cold pack
- Adhesive bandages
- Roller bandages
- Sterile gauze pads
- Antibiotic ointment packets
- Adhesive cloth tape
- Absorbent compress dressings
- First aid instruction booklet
- Tweezers
- Duct tape
- Blanket
- Scissors



# The Horse Health Check



**Eyes**  
Bright, clear  
Glassy  
Fixed stare,  
sunken eye

**Lingular Refill**  
1-2 seconds  
2-3 seconds  
4+ seconds

**Capillary Refill**  
0-1 seconds  
2-3 seconds  
4+ seconds

**Skin Pinch**  
0-1.5 seconds  
2-3 seconds  
4+ seconds

**Mucous Membranes**  
Pink, moist  
Pale, tacky  
Dry, purple, blue

**Respiratory Rate**  
Relaxed/regular  
Panting, inversion  
Labourled, abnormal

**Attitude**  
Bright/eating/drinking  
Depressed/lethargic  
Dull, not interested, absence of thirst,  
appetite, urination or defecation

**Wounds/Saddle/Girth**  
No visible marks  
Heat/swelling/tenderness  
Pain/raw/bleeding

**Muscles/Back**  
Relaxed  
Tight or tender  
Very tight or tender

**Gut Sounds**  
Normal sounds  
Reduced/Increased  
Absent or abnormal sounds

**Heart Rate**  
(after strenuous exercise)  
<68 in 10 minutes  
68 in 10-30 minutes  
>68 in 30 minutes

**Gait**  
No abnormal gait  
Slight gait change  
Consistent gait change  
or non-weight bearing

**Rectal Temperature**  
<38.6 °C pre-ride  
<39.6 °C during ride  
39.5-40.4 °C during ride  
>40.5 °C

**Anal Tone**  
Tight  
Slightly loose  
Anus/penis relaxed

**Joints/Legs**  
No heat or swelling  
Heat/swelling  
Pain/raw bleeding

**Impulsion**  
Free, willing, eager  
Stumble/short stride  
Stiffness/limping





