



Australian Government

Department of Education, Employment and Workplace Relations

SISSEQS302A Demonstrate basic dressage and show horse skills

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to participate in basic dressage and show horse riding using poles and grids.

Application of the Unit

This unit applies to current or aspiring individuals operating as equestrian show horse riders. This may include those likely to undertake duties as a dressage or show horse leader at local, regional or state level.

Licensing/Regulatory Information

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

Nil

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

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|---------------------------------------|---|
| 1. Prepare for horse riding activity. | <p>1.1. Determine suitable location in <i>controlled conditions</i> for dressage and show horse riding according to <i>relevant legislation</i> and <i>organisational policies and procedures</i>.</p> <p>1.2. Select, check and fit <i>tack and personal equipment</i> after consideration of <i>contextual issues</i>.</p> <p>1.3. Assess and prepare horse safely and appropriately for the activity.</p> <p>1.4. Identify possible <i>hazards</i> and <i>risks</i> associated with the activity and determine <i>safety procedures</i>.</p> |
| 2. Mount the horse and warm up. | <p>2.1. Check and adjust tack before mounting horse in a <i>balanced and controlled manner</i>.</p> <p>2.2. Adjust equipment as necessary to fit the horse and participant once mounted.</p> <p>2.3. Warm up the horse at walk, trot and canter on both reins while demonstrating an independent upright seat with the horse quietly accepting the participant's hands.</p> <p>2.4. Apply <i>aids</i> in an unobtrusive manner consistent with the training of the horse and check <i>attitude and acceptance of the aids</i>.</p> <p>2.5. Ride the horse alone and in a group using <i>safe zones</i>, and maintain the same rhythm and tempo while travelling away or towards the other horses.</p> |
| 3. Apply basic dressage skills. | <p>3.1. Maintain control and an effective, centred, independent upright seat through all <i>gaits</i> and <i>required movements</i>.</p> <p>3.2. Apply the appropriate aids to ride the <i>required movements in dressage</i>, and demonstrate an understanding of paces and transitions.</p> <p>3.3. Ride all required shapes and movements accurately, and apply the principles of <i>forwardness and frame</i>,</p> |

ELEMENT	PERFORMANCE CRITERIA
	forward movement and <i>straightness</i> .
	3.4. Recognise horse <i>resistances and evasions</i> and take appropriate measures to address these during dressage.
4. Apply basic show horse skills.	4.1. Assess the arena and use it to its best advantage for a work-out. 4.2. Interpret work-out instructions and determine correct turnout and etiquette for horse and participant in all show classes normally seen at a hack show. 4.3. Maintain control and a centred, independent upright seat through all gaits and <i>required movements in show horse</i> . 4.4. Apply accurate and controlled riding of a range of typical work-outs encountered in a saddle horse or hack class, and incorporate the principles of forward and straight movement.
5. Demonstrate basic poles and grids.	5.1. Maintain a centred, independent and effective two and three point seat through <i>required movements in poles and grids</i> . 5.2. Keep the horse under control and accepting of the participant's hands over poles. 5.3. Ride at speeds up to 350 metres per minute. 5.4. Control rhythm, tempo, line and frame of the horse when riding over poles. 5.5. Determine the horse's length of stride at trot and canter and how this affects jumping distances for poles and the required movements.
6. Dismount and release horse.	6.1. Dismount in a balanced manner and complete <i>post-activity responsibilities</i> . 6.2. Lead horse safely and cool down as necessary. 6.3. Check horse for injury, remove equipment and release appropriately.
7. Evaluate activity.	7.1. Evaluate <i>relevant aspects</i> of the riding activity. 7.2. Review performance and identify strengths and areas requiring improvement.

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- communication skills to:
 - interact with other participants to determine their intentions during warm-up
 - communicate with and instruct the horse
 - seek feedback and instructions from the coach
 - participate in the review process
- problem-solving skills to anticipate and mitigate an aggressive, misbehaved or frightened horse and respond appropriately to changing conditions
- language and literacy skills to access, interpret and apply information about the required movements of dressage, show horse and poles and grids
- self-management skills to:
 - prepare for and participate in dressage and show horse riding using poles and grids
 - review and reflect on own performance
- planning and organising skills to:
 - assist in selecting a suitable location, tack and personal equipment
 - complete post-activity responsibilities
- numeracy skills to:
 - determine pole heights and speed of horse
 - measure distances and times and horse's length of stride at trot and canter
- first aid skills and safety procedures appropriate to the location to enable initial response to emergencies and personal health care.

Required knowledge

- legislation and organisational policies and procedures to ensure safe participation and conduct during horse riding activities
- selection, use and set up of tack and personal equipment for dressage, show horse and pole and grids to enhance development of skills and tactics
- safety requirements and practices to minimise risk
- horse handling and correct riding techniques to participate in basic warm-ups, dressage, show horse, poles and grids and cool downs
- communication systems used between participants, horses and coaches during dressage and show horse riding events
- location features and hazards and how these might impact on the riding experience
- social behaviour, psychology and vices of horses to recognise and treat individual temperaments and behaviours
- reflection and review principles to enable effective self-evaluation for future improvement
- emergency and safety procedures appropriate to the location to ensure risk minimisation to self and horse.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- safely prepares self and horse for basic dressage and show horse riding using poles and grids in controlled conditions
- demonstrates required movements, techniques and control over the horse and modifies techniques in response to horse behaviour to maintain safety and avoid hazards
- evaluates and reflects on own riding to identify strengths, weaknesses and areas that require improvement.

Context of and specific resources for assessment

Assessment must ensure participation in dressage and show horse riding activities using poles and grids that are of a sufficient duration to allow the participant to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- suitable locations with controlled conditions for basic dressage and show horse riding using poles and grids
- quiet and reasonably tractable horses in a recreational or training program
- tack and personal equipment such as halters, ropes, saddles, bridles, helmets, suitable attire and boots.

Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of safe horse handling and performance of required movements in basic dressage and show horse riding using poles and grids in controlled conditions
- oral or written questioning to assess knowledge of the hazards, risks and safety procedures associated with the equestrian disciplines
- self-evaluation and third-party reports from coach detailing performance.

Holistic assessment with other units relevant to the

industry sector, workplace and job role is recommended,
for example:

- SISOEQO201A Handle horses.

Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

Controlled conditions may include:

- minimal environmental hazards and obstacles
- good weather conditions
- quiet horses trained to perform to preliminary level for dressage and show horse riding.

Relevant legislation may include:

- occupational health and safety
- permits from authorities
- harassment-free sports policies
- environmental regulations.

Organisational policies and procedures may include:

- occupational health and safety
- conflict resolution
- communication protocols
- use, care and maintenance of horse, tack and personal equipment
- training and scheduling commitments
- code of ethics.

Tack may include:

- halters
- ropes
- towels
- reins
- bits
- brushes
- hoof picks
- saddles and cloths
- bridles
- martingales
- bandages
- breastplates
- markers
- poles
- paddock or other rugs
- show jumps.

Personal equipment may include:

- dressage and show horse attire
- personal protective equipment
- spurs.

- Contextual issues*** may include:
- size of horse
 - size of participant
 - weather conditions
 - experience and riding discipline of participant
 - training and behaviour of horse
 - environment in which activity will take place.
- Hazards*** may include:
- horse out of control
 - aggressive horse
 - horse misbehaving
 - fallen participant
 - frightened horses
 - environmental hazards
 - unsuitable jumps.
- Risks*** may include:
- injuries to horse or participant
 - exhaustion
 - falls
 - dehydration
 - sun burn.
- Safety procedures*** may include:
- horse management in hazardous situations
 - symptoms, treatment and prevention of common horse riding injuries and risks
 - equipment checking and usage
 - appropriate dress
 - adequate warm-up and cool-down
 - picking out feet
 - mounting and dismounting
 - unsaddling and unbridling
 - riding at appropriate speed on uneven and sloping ground
 - appropriate speeds to approach a jump, show jumping fences.
- Balanced and controlled manner*** may include:
- sitting in balance with the horse, at walk, trot and canter on the flat and when jumping
 - communicating with the horse with smooth instructions
 - controlling the speed and direction of the horse.
- Aids*** may include:
- legs
 - weights
 - hands
 - voice
 - training whips

- Attitude and acceptance of the aids*** may include:
- spurs.
 - acceptance of the bit
 - contact
 - submission
 - forward from the leg
 - between leg, seat and hand
 - half-halt.
- Safe zones*** may include:
- space allowance for:
 - stallions
 - rigs
 - mares in season
 - known kickers
 - timid or beginner participants.
- Gaits*** may include:
- walk
 - trot
 - canter
 - hand gallop.
- Required movements in dressage*** may include:
- turns and corners
 - halts
 - 20 metre and 15 metre circles
 - reinback
 - serpentines
 - figures of eight
 - riding towards and away from the group
 - voltes
 - turn around the forehand
 - loops
 - half circle and return
 - reversed half circle
 - changes of rein.
- Forwardness and frame*** may include:
- rhythm
 - tempo
 - balance
 - cadence
 - impulsion
 - engagement
 - tracking up
 - over tracking
 - topline
 - roundness
 - using the back

- Straightness*** may include:
- loose or supple
 - long and low.
 - longitudinal
 - lateral work
 - suppleness
 - flexion
 - tilting
 - bend
 - tracking true
 - shoulders falling in or out
 - quarters in or out.
- Resistances and evasion*** may include:
- hollow
 - above the bit
 - behind the bit
 - broken necked
 - overbent.
- Required movements in show horse*** may include:
- circles
 - figures of eight
 - serpentine.
- Required movements in poles and grids*** may include:
- two point seat
 - three point seat
 - forward seat rising
 - single poles
 - trotting poles
 - single fences from the trot up to 30 cm
 - grids up to 30 cm
 - resistance
 - hollow
 - above the bit
 - behind the bit
 - broken necked
 - overbent.
- Post activity responsibilities*** may include:
- running up stirrups
 - loosening girth
 - hosing and scraping horse
 - checking and storing equipment.
- Relevant aspects*** may include:
- preparation and warm-up
 - riding techniques
 - safety aspects
 - cool-down and post-activity completion
 - evaluation and review.

Unit Sector(s)

Sport

Competency Field

Equestrian Activities