



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SISSEQS301A Demonstrate basic dressage, show jumping and cross-country riding**

**Release: 2**

## **SISSEQS301A Demonstrate basic dressage, show jumping and cross-country riding**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required to participate in basic dressage, show jumping and cross-country riding activities.

### **Application of the Unit**

This unit applies to those operating as equestrian riders and or coaches. This may include those likely to undertake duties as a dressage, show jumping or cross-country leader at a 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.

1. Prepare for horse riding activity.
  - 1.1. Determine suitable location in ***controlled conditions*** according to ***equestrian discipline*** being performed, ***relevant legislation*** and ***organisational policies and procedures***.
  - 1.2. Select, check and fit ***tack*** and ***personal equipment*** after consideration of ***contextual issues***.
  - 1.3. Assess and prepare horse safely and appropriately for the equestrian discipline being performed.
  - 1.4. Identify possible ***hazards*** and ***risks*** associated with the activity and determine ***safety procedures***.
2. Mount the horse and warm up.
  - 2.1. Check and adjust tack before mounting horse in a ***balanced and controlled manner***.
  - 2.2. ***Adjust equipment*** as necessary to fit the horse and rider once mounted.
  - 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 rider's hands.
  - 2.4. Apply ***aids*** in an unobtrusive manner consistent with the training of the horse and check ***attitude and acceptance of the aids***.
  - 2.5. Ride the horse alone and in a group using ***safe zones***, and maintain the same ***gait***, rhythm and tempo while travelling away or towards the other horses.
  - 2.6. Carry and use the whip or jumping crop correctly and interact with horse effectively.
3. Apply basic dressage skills.
  - 3.1. Maintain control and an effective, centred, independent upright seat through all gaits and required movements.
  - 3.2. Apply the appropriate aids to ride the ***required movements in dressage***, and demonstrate an understanding of paces and transitions.
  - 3.3. Ride all required shapes and movements accurately, and apply the principles of ***forwardness and frame***,

<b>ELEMENT</b>	<b>PERFORMANCE CRITERIA</b>
	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 jumping skills.	4.1. Maintain an effective, centred, independent jumping seat through all required movements. 4.2. Keep the horse under control and accepting of the rider's hand whilst jumping. 4.3. Determine the requirements of the five phases of the jump. 4.4. Ride at speeds up to 350 metres per minute and consider horse's length of stride at trot and canter. 4.5. Control <i>gait</i> , rhythm, tempo, line and <i>required movements of show jumping</i> . 4.6. Recognise horse <i>resistances and evasions</i> and take appropriate measures to address these during jumping.
5. Apply basic cross-country skills.	5.1. Devise cross-country riding plans. 5.2. Fit and use protective cross-country gear for both the horse and rider. 5.3. Maintain control and an effective, centred, independent seat through all <i>required movements in cross-country</i> . 5.4. Ride effectively at designated speeds of 400 metres per minute. 5.5. Recognise horse <i>resistances and evasions</i> and take appropriate measures to address these during cross-country.
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 riders 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, misbehaving 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 jumping and cross-country riding
- self-management skills to:
  - prepare for and participate in various equestrian disciplines
  - review and reflect on own performance
- planning and organising skills to:
  - assist in selecting a suitable location, tack and personal equipment
  - prepare horse for riding
  - complete post-activity responsibilities
- numeracy skills to:
  - determine jump heights
  - measure distances and times
  - measure 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 various equestrian disciplines to enhance development of skills and tactics
- safety requirements and practices during basic dressage, show jumping and cross-country riding to ensure risk minimisation
- horse handling and correct riding techniques to participate in basic warm-ups, dressage, show jumping, cross-country and cool-downs
- communication systems used between riders, horses and coaches during equestrian activities
- 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:

- applies relevant process to safely prepare self and horse for basic dressage, show jumping and cross-country riding in controlled conditions
- follows instructions from the coach to accurately apply knowledge and demonstrate required movements, techniques and control over the horse in each discipline
- modifies technique according to equestrian discipline being performed, and applies knowledge of horse behaviour patterns and safe handling techniques to avoid hazards where possible
- evaluates and reflects on own riding in each discipline to identify strengths, weaknesses and areas that require improvement.

#### Context of and specific resources for assessment

Assessment must ensure participation in basic dressage, show jumping and cross-country riding activities that are of a sufficient duration to allow the rider to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- suitable locations with controlled conditions for basic dressage, show jumping and cross-country riding
- 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, show jumping and cross-country riding 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 to jump show jumps and cross-country fences
- reasonably level terrain for dressage and undulating ground for cross-country, show jumps and cross-country fences up to 30 cm.

***Equestrian discipline*** may include:

- dressage
- show jumping
- cross-country.

***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
- reins
- bits.

***Personal equipment*** may include:

- clothing
- boots
- helmet
- gloves
- back or body protector.

***Contextual issues*** may include:

- size of horse
- size of rider
- weather conditions

- experience and riding discipline of rider
- training and behaviour of horse
- environment in which activity will take place.

- Hazards** may include:
- horses too close together
  - aggressive horse
  - horse misbehaving
  - environmental hazards.
- Risks** may include:
- injuries to horse or rider
  - exhaustion
  - falls
  - illness.
- Safety procedures** may include:
- horse management in hazardous situations
  - symptoms, treatment and prevention of common horse riding injuries and risks
  - safe distance from other horses
  - releasing horse to paddock or stall
  - riding at appropriate speed on uneven and sloping ground
  - appropriate speeds to approach a jump, jump show fences and cross-country 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.
- Adjust equipment** may include:
- tightening girth
  - lengthening or shortening stirrups.
- Aids** may include:
- legs
  - weights
  - hands
  - voice
  - training whips
  - spurs.
- Attitude and acceptance of the aids** may include:
- acceptance of the bit
  - contact
  - submission
  - forward from the leg
  - between lag, seat and hand
  - half-halt.
- Safe zones** may include:
- space allowances for:
    - stallions
    - rigs
    - mares in season

- known kickers
- timid or beginner riders.

- Gait*** may include:
- walk
  - trot
  - canter.
- Required movements in dressage*** may include:
- turns and corners
  - halts
  - 20 metre and 15 metre circles
  - serpentine
  - figures of eight.
- Forwardness and frame*** may include:
- rhythm
  - tempo
  - straightness
  - balanced
  - cadence.
- Straightness*** may include:
- longitudinal
  - lateral work
  - suppleness
  - flexion
  - tilting.
- Resistances and evasion*** may include:
- hollow
  - above the bit
  - behind the bit
  - broken necked
  - overbent.
- Required movements of show jumping*** may include:
- two point seat
  - three point seat
  - forward seat riding
  - single poles
  - trotting poles.
- Required movements in cross-country*** may include:
- undulating country in trot or canter
  - riding at different speeds
  - single cross-country fences with trot approach up to 40 cm
  - single cross-country fences up to 40 cm with canter approach.
- Post-activity responsibilities*** may include:
- running up stirrups
  - loosening girth
  - hosing and scraping horse when appropriate
  - checking equipment for wear or breakage
  - storing equipment in an appropriate manner.
- Relevant aspects*** may include:
- preparation and warm-up
  - performance in dressage, show jumping and

cross-country

- riding techniques
- safety aspects
- cool-down and post-activity completion
- evaluation and review.

## **Unit Sector(s)**

Sport

## **Competency Field**

Equestrian Activities