



Australian Government

**Assessment Requirements for
ACMEQU303 Demonstrate riding
techniques for avoiding falls and reducing
the impact of falls**

Assessment Requirements for ACMEQU303 Demonstrate riding techniques for avoiding falls and reducing the impact of falls

Modification History

Release	Comments
Release 1	This version released with ACM Animal Care and Management Training Package Version 1.0.

Performance Evidence

An individual demonstrating competency must satisfy all of the elements and performance criteria in this unit.

There must be evidence that the individual has demonstrated each of the following points at least once:

- used riding techniques to avoid falls, on a replica horse or appropriate simulation equipment, including:
 - mounting and dismounting safely using correct techniques for different situations
 - maintaining balance and control in different scenarios
 - demonstrating ways to slow and stop a horse travelling too fast
 - demonstrating how an emergency stop (one rein stop) would be applied
- used basic skills to reduce the impact of falls from a horse, including:
 - basic positions used in falls skills training
 - basic rolling and tumbling skills
 - backward rolling skills
 - dive roll skills
 - basic aerial skills
- demonstrated techniques for minimising impact of falls in potential falls scenarios on replica horse or appropriate gymnastic equipment, including:
 - letting go of the reins and bracing
 - emergency dismount from both sides
 - landing, tucking and rolling in various fall scenarios, including falling forward, sideways and backwards
 - recovering from a fall and checking for injuries
- assessed own current riding skills and planned future skills development
- developed a physical conditioning program and a warm-up/pre-ride program.

Knowledge Evidence

An individual must be able to demonstrate the knowledge required to perform the tasks outlined in the elements and performance criteria of this unit. This includes knowledge of:

- riding techniques to avoid falling:
 - mounting techniques for different situations
 - maintaining balance, including positions when horse stumbles, rears, bucks or changes direction suddenly
 - recovering balance
 - emergency stops
 - dismounting technique, including feet-first landing
- common reasons for falls and relationship to skills training or simulated activity:
 - loss of balance or control of horse
 - falling with horse, including rotational falls
- techniques and actions to reduce impact of falls, including:
 - letting go of reins
 - removing feet from stirrups
 - breaking a fall
 - landing and tumbling
 - rolling away from horse
- strategies for physical conditioning, including strengthening core
- suitable warm-up/pre-ride activities.

Assessment Conditions

Assessment of skills must take place under the following conditions:

- physical conditions:
 - safe, controlled environment to simulate defensive riding and safe fall techniques
- resources, equipment and materials:
 - appropriate simulation equipment for demonstrating techniques, including straddle vault and gymnastic mats, horse simulator suitable for activities
 - relevant personal protective equipment (PPE) for activity
 - footage of horse riding and falls scenarios for analysis.

Training and assessment strategies must show evidence of the use of guidance provided in the *Companion Volume: User Guide: Safety in Equine Training*.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.

The following specific assessor requirements also apply to this unit. The assessor must:

- hold a current, recognised qualification for instructing or coaching horse riding (refer to *User Guide* for details)

- hold a current, recognised qualification for teaching falls safety in the field of gymnastics, martial arts or equivalent OR a minimum of three years' verified workplace experience working in a falls safety field.

Links

Companion Volumes, including Implementation Guides, are available at VETNet: -
<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=b75f4b23-54c9-4cc9-a5db-d3502d154103>