



Australian Government

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

Release: 1

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.

Application

This unit of competency describes the skills and knowledge required to simulate riding skills to avoid falls and introduce basic skills and techniques for reducing the impact of potential falls from a horse. The unit is undertaken in supervised, simulated conditions.

The unit applies to individuals who participate in a range of activities that involve riding horses.

No occupational licensing, legislative or certification requirements apply to this unit at the time of publication.

Work health and safety and animal welfare legislation relevant to interacting with horses applies to workers in this industry. Requirements vary between industry sectors and state/territory jurisdictions. Users are advised to check with the relevant authority for specific requirements.

NOTE: The terms ‘occupational health and safety’ (OHS) and ‘work health and safety’ (WHS) generally have the same meaning in the workplace. In jurisdictions where the national model WHS legislation has not been implemented, RTOs must contextualise the unit of competency by referring to current OHS legislative requirements.

Pre-requisite Unit

Prerequisite unit of competency for this unit is:

- ACMEQU302 Apply knowledge of minimising impact of falling from a horse.

Unit Sector

Equine (EQU)

Elements and Performance Criteria

Elements	Performance Criteria
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<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Prepare for simulated riding and fall activities	1.1 Follow coach or instructor briefing and confirm and clarify instructions for simulated riding and falling activities 1.2 Participate in an assessment of personal fitness and skills before joining activities 1.3 Complete warm-up activities according to instructions 1.4 Select and correctly fit appropriate personal protective equipment (PPE) for specific activities
2. Demonstrate riding skills to reduce risk of falls	2.1 Practise safe mounting and dismounting, including feet-first landing technique, on simulated horse equipment, according to instructions 2.2 Demonstrate how to slow and stop horses in different scenarios on simulated horse equipment, according to instructions 2.3 Demonstrate techniques for maintaining and recovering balance and control for various scenarios, on simulated horse equipment and according to instructions
3. Practise basic skills to reduce the impact of falls from a horse	3.1 Demonstrate basic positions used in falls skills training 3.2 Practise basic rolling and tumbling skills, including backwards and rolling in different directions, from standstill 3.3 Demonstrate dive roll skills and basic aerial skills, involving jumping, landing and rolling
4. Simulate techniques to use in potential falls scenarios	4.1 Demonstrate letting go of the reins and preparing for an involuntary or emergency dismount 4.2 Demonstrate techniques to use for an emergency dismount from a horse simulator suitable for the purpose 4.3 Practise landing, tucking and rolling in various fall scenarios from a horse simulator suitable for the purpose 4.4 Simulate recovering from a fall, including checking for injuries
5. Plan future skills needs	5.1 Reflect on own riding and safe falling practice outcomes and discuss future skills development with instructor 5.2 Plan own physical conditioning and pre-ride practice or warm-up program

Foundation Skills

This section describes those language, literacy, numeracy and employment skills that are essential for performance in this unit of competency but are not explicit in the performance criteria.

Skill	Description
Oral communication	• Use active listening and questioning to clarify and confirm instructions • Raise issues of concern clearly and confidently with instructor

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
ACMEQU303 Demonstrate riding techniques for avoiding falls and reducing the impact of falls	Not applicable	New unit	No equivalent unit

Links

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

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

Modification History

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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.

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