



Australian Government

SISOEQU008 Instruct fundamental horse riding skills

Release: 2

SISOEQU008 Instruct fundamental horse riding skills

Modification History

Unit Release 2. No change to unit content from Release 1; mapping updated for accuracy.

Application

This unit describes the performance outcomes, skills and knowledge required to teach new and or inexperienced riders the fundamental skills of horse riding.

It requires the ability to plan, organise and deliver individual training sessions within an overall learning program designed to progressively develop participants' fundamental riding skills.

This unit applies to instructors and coaches who facilitate the acquisition of initial riding skills required by recreational and equestrian sport riders before they can progress to higher order skills required for work, recreational or competitive activities. To do this, instructors and coaches must be proficient horse riders.

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

Pre-requisite Unit

SISOEQU010 Identify hazards, assess and control safety risks for horse handling and riding activities

Competency Field

Equine

Unit Sector

Outdoor Recreation

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Plan instructional sessions.

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

1.1. Determine objectives of individual sessions to allow progression of skills within overall learning program.

1.2. Identify and evaluate participant needs, characteristics and current riding skills.

- 1.3. Develop session plans to include appropriate exercises for learner requirements and stage of skills acquisition.
 - 1.4. Identify suitable environment, horses and equipment for riding session.
 - 1.5. Complete session specific risk assessment and determine safety, emergency response and first aid procedures.
2. Prepare tack, horses and participants.
 - 2.1. Set up equipment for exercises and complete safety checks on environment and equipment.
 - 2.2. Select horses of suitable history, size and temperament to match participant capabilities.
 - 2.3. Check participants' own personal equipment and tack, if provided, and confirm it is in safe working condition.
 - 2.4. Select organisation's tack and personal equipment to match riders and exercises, and check it is in safe working condition.
 - 2.5. Direct and assist participants to groom horse, fit and adjust tack and personal equipment; check comfort and safety of fit.
3. Brief participants.
 - 3.1. Communicate instructions and information about session in a manner appropriate to participants.
 - 3.2. Encourage participants to ask questions and seek advice before and during session.
 - 3.3. Inform participants of known and anticipated risks, safety procedures, safe behaviour, safe areas and boundaries.
 - 3.4. Advise participants of communication protocols to use during exercises.
4. Instruct fundamental horse riding skills.
 - 4.1. Assist with mounting of horses, check and adjust rider equipment, and prepare horses and participants using safe warm up exercises.
 - 4.2. Implement teaching and coaching techniques to impart skills and knowledge for fundamental horse riding skills.
 - 4.3. Provide clear and accurate exercise instructions and or demonstrations throughout the session.
 - 4.4. Facilitate effective group communication and interaction to maintain group control, engagement and safety.
 - 4.5. Observe and monitor participant riding performance and provide corrective instruction.
 - 4.6. Monitor participant adherence to safety procedures and assertively correct breaches.
 - 4.7. Monitor horse behaviour and interaction and promptly control aggressive, misbehaved and frightened horses.

5. Evaluate the session.
- 5.1. Debrief and encourage participants to identify personal skill progression and satisfaction with session.
 - 5.2. Provide feedback on techniques and adherence to safety requirements.
 - 5.3. Self-evaluate session against learning objectives and identify areas for future improvement.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Reading skills to:	• interpret detailed familiar organisational safety, emergency response and first aid procedures.
Writing skills to :	• prepare detailed session plans incorporating correct terminology and jargon for the exercises • use fundamental sentence structure to complete safety checklists that require factual information.
Oral communication skills to:	• provide clear and unambiguous instructions to learners using language and terms easily understood by novice riders • ask open and closed probe questions and actively listen to determine learners' understanding of riding techniques.
Planning and organising skills to:	• manage own timing and that of participants to complete instructional sessions within organisational service times.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume Implementation Guides -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>

Assessment Requirements for SISOEQU008 Instruct fundamental horse riding skills

Modification History

Unit Release 2. No change to unit content from Release 1; mapping updated for accuracy.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- develop three session plans for three different horse riding instructional sessions
- deliver three instructional sessions according to the session plans developed:
 - deliver one session to a single learner rider
 - deliver two sessions to a group of minimum four and maximum eight learners
- across the three instructional sessions, cumulatively incorporate exercises to develop the following fundamental handling and riding skills for learners:
 - saddling and adjusting tack; unsaddling
 - bridling and adjusting tack; unbridling
 - mounting and dismounting with assistance
 - holding, lengthening and shortening the reins
 - maintaining gaps between horses during group rides
 - using a balanced, independent upright seat position
 - starting and stopping
 - techniques to stop horse in an emergency
 - walking horses including:
 - maintaining balance and control
 - halt-walk transitions and walk-halt transitions
 - turning and guiding the horse at the walk
 - trotting horses including:
 - maintaining balance and control
 - rising trot
 - turning and guiding the horse at the trot
 - walk-trot and trot-walk transitions
 - cantering horses including:
 - maintaining balance and control
 - turning and guiding the horse at the canter
 - cantering on correct lead
 - trot-canter and canter-trot transitions
 - providing direction to the horse using the following aids:

- legs
- seat
- hands
- riding movements:
 - straight lines
 - diagonal lines
 - circles
- riding towards and away from the group
- cooling down horses
- during all instructional activities:
 - consistently control participant adherence to safety procedures
 - consistently monitor and control horse behaviour.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- organisational safety, emergency response and first aid procedures for horse riding instructional sessions
- requirements of overall learning program and how sessions are sequenced to progressively develop riding skills
- format and contents of session plans
- how characteristics of participants affect the choice of sessional activities:
 - age
 - current horse riding experience and skill level
 - skill development needs
 - fitness level and physical capabilities
 - injuries and medical conditions
- suitable environments for delivery of fundamental horse riding exercises
- purpose, features and safe set up of equipment used for fundamental riding exercises
- reasons for grooming horses prior to fitting tack and risks associated with not grooming
- safe grooming techniques, purpose, features and use of grooming equipment used before fitting tack
- purpose, features of, and techniques used to fit and adjust tack to ensure correct fit, comfort for horse and safety of rider to include:
 - saddles of different types and their suitability for different riders and riding activities
 - saddles cloths
 - bridles
 - reins
 - bits
 - stirrups with safety features

- breastplates
- safe techniques used to unsaddle and unbridle horses
- purpose and features of personal protective equipment for new and inexperienced riders to include:
 - clothing
 - footwear
 - helmets
- factors that affect the selection of tack and personal protective equipment to suit riders and exercises
- communication protocols used between participants, instructors and horses during instructional sessions
- teaching and coaching techniques applicable to horse riding and a range of ages and learning abilities
- techniques used to provide constructive feedback to learners
- a range of instructional exercises used to develop the following fundamental handling and riding skills:
 - saddling and adjusting tack; unsaddling
 - bridling and adjusting tack; unbridling
 - mounting and dismounting with assistance
 - holding, lengthening and shortening the reins
 - maintaining gaps between horses during group rides
 - using a balanced, independent upright seat position
 - starting and stopping
 - techniques to stop horse in an emergency
 - walking horses including:
 - maintaining balance and control
 - halt-walk transitions and walk-halt transitions
 - turning and guiding the horse at the walk
 - trotting horses including:
 - maintaining balance and control
 - rising trot
 - turning and guiding the horse at the trot
 - walk-trot and trot-walk transitions
 - cantering horses including:
 - maintaining balance and control
 - turning and guiding the horse at the canter
 - cantering on correct lead
 - trot-canter and canter-trot transitions
 - providing direction to the horse using the following aids:
 - legs
 - seat

- hands
- riding movements:
 - straight lines
 - diagonal lines
 - circles
- riding towards and away from the group
- cooling down horses
- common behavioural problems of horses during group rides
- techniques used to control adverse horse behaviour while maintaining welfare of the horse and safety of rider.

Assessment Conditions

Skills must be demonstrated within a fenced horse riding arena with a safe surface for the horse riding exercises.

Horse matching prior to all assessments involving horse interaction is essential. Assessors must:

- complete, participate in or validate a risk assessment of both the candidate's and participant learners' characteristics and level of horse handling and riding skills
- match, or validate the matching of, horses of suitable history, size and temperament to both the candidate and participant learners to ensure that rider and horse combination is safe.

Assessment must ensure use of:

- learners whom the candidate instructs; these must be experienced riders who role play inexperienced riders during simulated activities
- for group rides, a minimum of four and maximum eight riders
- calm, consistent and obedient horses, matched to all riders as above, and educated for recreational purposes and inexperienced riders
- mounting blocks or ramps
- equipment used for exercises
- tack to include:
 - saddles
 - saddle cloths
 - bridles
 - reins
 - bits
 - stirrups with safety features
- personal protective equipment to include:
 - riding boots
 - Australian Standard, or equivalent, compliant helmets

- template:
 - session plans
 - safety checklists
- participant profiles to include:
 - age, size and weight
 - current horse riding experience and skill level
 - skill development needs
 - fitness level and physical capabilities
 - injuries and medical conditions
- organisational safety, emergency response and first aid procedures for horse riding instructional sessions.

Assessment must ensure access to:

- human and equine first aid equipment
- communication equipment for emergency response.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors, and:

- hold a qualification or Statement of Attainment which includes this unit of competency, SISOEQU008 Instruct fundamental horse riding skills, or a qualification or Statement of Attainment which includes a unit of competency that has been superseded by this unit, and
- have at least three years' experience in a role involving equestrian or outdoor recreational instructional riding where they have applied the skills and knowledge covered in this unit of competency, and
- hold accreditation relevant to assessing instructional skills covered by this unit; accreditation refers to:
 - accreditation offered by equine sporting organisations recognised by the Australian Sports Commission (ASC), or
 - certification offered by equine organisations which are Registered Training Organisations (RTOs) or whose training is managed by an affiliated RTO.

Links

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