



**Australian Government**

# **Assessment Requirements for SISSEQS001 Coach individual participants in the introduction of equestrian activities**

**Release: 1**

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## **Modification History**

Not applicable.

## **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:

- plan, conduct and review introductory equestrian sessions for individual participants on three occasions for a duration of at least 30 minutes each.

## **Knowledge Evidence**

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

- organisational policies and procedures applicable to coaching individual participants in the introduction of equestrian activities
- tactical fundamentals of introductory equestrian activities for individual participants
- technical fundamentals of introductory equestrian activities for individual participants
- analysis of movement for individual participants in introductory equestrian activities
- modifying activities for individual participants in introductory equestrian activities:
  - regress activities
  - progress activities
- organisational layout of introductory equestrian activities
- types of introductory equestrian coaching activities:
  - game sense
  - technique-centred activities
  - constraints-led approach
- types and safe use of introductory equestrian coaching equipment:
  - training aids
  - technology
- equestrian safety procedures
- types of competitions and pathways for individual participants in introductory equestrian activities
- equestrian rules, regulations and policies applicable to coaching individual participants
- roles and responsibilities of equestrian coaches and officials applicable to individual participants
- equestrian terminology and communication systems
- equestrian needs and capabilities considerations for individual participant readiness:

- age
- gender
- development stage
- heat tolerance and hydration
- physical ability
- skill level
- social characteristics
- injury and incapacity
- attention span
- barriers to participation
- introductory equestrian session planning for individual participants:
  - session objectives
  - progression and regression activities and modified games
  - activities inclusive of the participant
  - contingency plans to accommodate environmental conditions
  - designing activities that require participants to think and make meaningful decisions about equestrian situations
  - linking sessions to develop and progress skills
  - introductory equestrian equipment and resources
- introductory equestrian session preparation for individual participants:
  - allocating space and resources for sessions
  - safe set-up and layout
  - equipment selection and checking
- types of introductory equestrian session risks and methods for minimising facilities, equipment, horse, resources and environmental risks
- equestrian safe participation requirements for individual participants:
  - obeying the rules
  - use of protective equipment
  - hydration
  - horse handling
- methods for creating a learning environment for individual participants
- coaching communication techniques for individual participants:
  - direct instruction
  - demonstration
  - position of coach
  - problem solving
- communication styles for individual participants:
  - active listening
  - open and closed questions
  - non verbal communication

- giving and receiving feedback
- tone and level of voice
- terminology and language
- methods for making introductory equestrian sessions for individual participants:
  - encouraging self management
  - matching activities to suit the readiness of participants
  - modifying activities to maximise repetition of motor skills
  - maximising participation
  - selecting age and ability appropriate equipment
  - generating participant interest and enthusiasm
  - setting clear boundaries
  - providing challenge
- strategies for preventing and managing poor behaviour of individual participants:
  - establishing behaviour standards
- common causes of poor behaviour of individual participants
- methods of observation and feedback during introductory equestrian sessions with individual participants:
  - how, what and when to observe
  - timing of feedback
- introductory equestrian session review processes
- methods for giving verbal and non verbal feedback
- methods for self reflection.

## Assessment Conditions

Skills must be demonstrated in:

a community based sport environment in equestrian

- a fenced horse riding arena with a safe surface for the equestrian sport discipline 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 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 participant and horse combination is safe.

Assessment must ensure access to:

- human and equine first aid equipment

- drinking water
- communication equipment for emergency response
- organisational safety, emergency response and first aid procedures for introductory equestrian coaching
- Equestrian Australia rules, regulations and policies applicable to coaching participants in an equestrian sport discipline.

Assessment must ensure use of:

- tack:
  - saddles
  - saddle cloths
  - bridles
  - reins
  - bits
  - stirrups with safety features
  - lunge line
  - lunge whip
- personal protective equipment:
  - riding boots
  - gloves
  - Australian Standard or equivalent compliant helmets
  - Australian Standard compliant back protectors
- equestrian sport discipline equipment
- participant profiles:
  - age, size and weight
  - current horse riding experience and skill level relevant to the equestrian sport discipline
  - skill development needs
  - fitness level and physical capabilities
  - injuries and medical conditions
- compliant and manageable horses matched to participants as above, and educated in the equestrian sport discipline
- individual participants who can already ride to be coached.

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, SISSEQS001 Coach individual participants in the introduction of equestrian activities, or equivalent
- have at least three years' experience in a role involving an equestrian sport discipline, and:

- hold accreditation offered by Equestrian Australia as the National Sporting Organisation, or its successor, relevant to assessing instructional skills covered by this unit.

## Links

Companion Volume Implementation Guides -

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