



**Australian Government**

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

**Release: 1**

# SISSEQS001 Coach individual participants in the introduction of equestrian activities

## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to coach individual participants in beginner equestrian activities. This unit includes planning, preparing, conducting and reviewing individual sessions.

Equestrian sport disciplines must be registered with Equestrian Australia and can include, but are not limited to, dressage, driving, eventing, jumping, para-equestrian, vaulting, show horse, endurance and reining.

This unit applies to individuals who coach participants in beginner equestrian activities relating to events and competitions. To do this, coaches must be proficient horse riders or competitors in equestrian sport.

Specific industry accreditation requirements apply to equestrian coaching accreditation and information should be obtained from Equestrian Australia.

## Pre-requisite Unit

Nil

## Competency Field

Equestrian

## Unit Sector

Sport

## Elements and Performance Criteria

### ELEMENTS

*Elements describe the essential outcomes*

1. Plan introductory equestrian sessions for individual participants.

### PERFORMANCE CRITERIA

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

- 1.1. Gather and review introductory equestrian participant information to assess individual participant readiness.
- 1.2. Set introductory equestrian session objectives to meet individual participant readiness.
- 1.3. Determine session content to address introductory

- equestrian session objectives.
- 1.4. Select coaching approaches to meet introductory equestrian session objectives.
- 1.5. Develop and document introductory equestrian session plans for individual participants.
- 2. Prepare introductory equestrian sessions for individual participants.
  - 2.1. Prepare facilities, equipment and resources to meet introductory equestrian session plan requirements.
  - 2.2. Select and set up equipment and confirm readiness for safe use by individual participants and horse.
  - 2.3. Identify hazards, assess risks and implement risk control strategies to minimise risk to individual participants and horse safety.
  - 2.4. Warm up horse on the lunge.
- 3. Conduct introductory equestrian sessions for individual participants.
  - 3.1. Communicate and confirm individual participant understanding of introductory equestrian session activity instructions and safe participation requirements.
  - 3.2. Assess participant on the lunge prior to session activities to confirm ability.
  - 3.3. Modify lesson plan according to lunge assessment.
  - 3.4. Present, sequence and pace introductory equestrian session activities to meet introductory equestrian session plans.
  - 3.5. Select and use communication styles to achieve introductory equestrian session objectives.
  - 3.6. Observe individual participant practice to assess participant ability to perform activities.
  - 3.7. Modify introductory equestrian session activities as required to meet individual participant needs and environmental conditions.
  - 3.8. Monitor introductory equestrian sessions to identify and address risks to individual participant safety.
  - 3.9. Respond to and report first aid incidents according to organisational policies and procedures.
  - 3.10. Analyse participant performance and provide feedback to participants to improve skills.
- 4. Promote good behaviour.
  - 4.1. Communicate and model equestrian participation behaviour standards.
  - 4.2. Identify causes of and implement strategies to address participant poor behaviour.
  - 4.3. Use behaviour management strategies to address participant poor behaviour in accordance with organisational policies and procedures.
- 5. Review introductory
  - 5.1. Monitor achievement of introductory equestrian session

|                                                  |                                                                                                                                                                                   |
|--------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| equestrian sessions for individual participants. | objectives against introductory equestrian session plan.                                                                                                                          |
|                                                  | 5.2. Conduct end of introductory equestrian session review to evaluate introductory equestrian session plan and inform future introductory equestrian session planning processes. |
| 6. Reflect on coaching practice.                 | 6.1. Seek feedback from others to identify areas to improve own introductory equestrian coaching practice of individual participants.                                             |
|                                                  | 6.2. Reflect on own introductory equestrian coaching practice of individual participants to identify areas for improvement.                                                       |
|                                                  | 6.3. Analyse findings and incorporate learnings in future introductory equestrian sessions with individual participants.                                                          |
|                                                  | 6.4. Seek opportunities to address identified professional development needs.                                                                                                     |

## 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:             | <ul style="list-style-type: none"> <li>interpret introductory equestrian session plans</li> <li>interpret documents that describe equestrian organisational policies and procedures.</li> </ul>                                                                                                                                                                                                |
| Writing skills to:             | <ul style="list-style-type: none"> <li>document introductory equestrian session plans for individual participants in required detail and format</li> <li>complete incident reporting and first aid documents</li> <li>record attendance.</li> </ul>                                                                                                                                            |
| Oral communications skills to: | <ul style="list-style-type: none"> <li>use age-appropriate language to engage individual participants</li> <li>ask open and closed questions and actively listen to determine and meet individual participants needs</li> <li>interact with individual participants in a polite and courteous manner</li> <li>give introductory equestrian instructions to individual participants.</li> </ul> |
| Numeracy skills to:            | <ul style="list-style-type: none"> <li>estimate time and space requirements for introductory equestrian session activities</li> <li>sequence activities</li> <li>pace introductory equestrian session activities to meet</li> </ul>                                                                                                                                                            |

- introductory equestrian session plan.
- Learning skills to:
- reflect on personal coaching approaches and communication styles as part of the review process
  - set and monitor introductory equestrian session objectives.
- Problem-solving skills to:
- respond to needs of individual participants
  - select strategies to address individual participant poor behaviour
  - respond to environmental conditions.
- Planning and organising skills to:
- deliver an effective and safe session that meets animal welfare requirements.
- Self-management skills to:
- complete tasks within time allowed.
- Technology skills to:
- access information and record risks.

## 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 SISSEQS001 Coach individual participants in the introduction of equestrian activities

## 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>