

# [Contribute to the design and implementation of training programmes for racehorses]

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## Overview

This standard is about contributing to the design and implementation of training programmes for racehorses. You should be able to carry out this work with horses of varying levels of fitness, up to and including race fitness and with different training objectives. Objectives could include either physical or psychological development.

You should be able to identify the present level of fitness of the horse, the required end point of the programme and design and implement a programme of training to achieve the end point.

You will need to be fully aware of the importance of health and safety in connection with this work and be able to recognise hazards and assess risks within the workplace

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## Performance criteria

*You must be able to:*

- P1 Design training programmes for racehorses to meet the required standards of performance
- P2 Determine the current condition and performance levels of the horse using valid and reliable methods
- P3 Select training activities which have the greatest potential for the successful development of the horse
- P4 Brief relevant personnel on the appropriate aspects of the training programme and activity
- P5 Optimise the use of available resources during the training programme
- P6 Vary the training programme as necessary to suit the horse while still achieving the objectives
- P7 Monitor the training programme
- P8 Monitor and maintain the health and safety of horses, self and others during the work.

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## Knowledge and understanding

*You need to know and understand:*

- K1 The objectives of the training programme
- K2 How to establish accurate performance records for individual horses
- K3 How to assess the condition of the horses, including the physical and psychological condition, and fitness
- K4 How to recognise and assess the effects of physical problems and behavioural problems on a horse and its attitude to work
- K5 Reasons for blood testing and the importance of liaison with the veterinary surgeon
- K6 The significance of identifying optimum body weights and the use of weigh bridges
- K7 Alternative training methods e.g. horse walkers and swimming pools
- K8 How to incorporate road work, fast work, routine fitness work and schooling into the training programme
- K9 The effects of temperament, age and experience on the behaviour of horses
- K10 The effects of exercise on the physical and psychological development of horses
- K11 How to monitor the progress of horses
- K12 The importance of varying speed, distance, incline and surface within a training programme
- K13 The use of resources including; time, facilities, finance, labour
- K14 The effects of going and surface on the horse
- K15 Risks to horses, yourself and others and how these can be minimised
- K16 Your responsibilities under relevant animal health and welfare and health and safety legislation/codes of practice.

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**Additional Information** (Delete any sections not needed)

**Scope/range**

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**Scope/range  
related to  
performance  
criteria**

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**Scope/range  
related to  
knowledge and  
understanding**

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**Values** [VALUES]

**Behaviours** [BEHAVIOURS]

**Skills** [SKILLS]

**Glossary** [GLOSSARY]

**Links to other NOS** [LINKS]

**External Links** [EXTERNAL]

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**Relevant occupations** All Equine Occupations

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