

[Ride horses of different levels of fitness for exercise]



Overview

This standard covers riding horses for exercise using the correct riding position, in a controlled manner and monitoring the progress of the horse. This involves the riding of horses that will have different levels of fitness and will therefore have different exercise programmes.

You will need to be fully aware of the importance of health and safety in connection with this work.

You will need to be able to recognise hazards and assess risks within the workplace.

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Performance criteria

You must be able to:

- P1 Select and fit tack to meet individual requirements
- P2 Ride the horse in a controlled manner appropriate to the working area and conditions
- P3 Take account of the different stages of fitness of horses
- P4 Exercise the horse according to exercise requirements
- P5 Monitor progress of the horse against the exercise programme and report to the appropriate person
- P6 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 behaviour of horses at different stages of training and fitness e.g. fit, semi-fit, unfit
- K2 The reasons for monitoring performance
- K3 The effects of exercise on the horse
- K4 The importance of adopting the appropriate riding position for the type of exercise
- K5 The reaction of horses under different circumstances and conditions e.g. surface, weather condition, presence of other horses, presence of people
- K6 Risks to horses, yourself and others and how these can be minimised
- K7 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

Types of horse's fitness:

- Fit
- Semi-fit
- Unfit.

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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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Suite	Equine 2011
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