

Contribute to the design and implementation of training programmes for racehorses

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, safety and animal welfare in connection with this activity.

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

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Performance criteria

You must be able to:

1. contribute to the design of training programmes for racehorses to meet the required standards of performance
2. determine the current condition and performance levels of racehorses using valid and reliable methods
3. select training activities that have the greatest potential for the successful development of racehorses
4. brief the relevant personnel on the appropriate aspects of the training programmes and activities
5. optimise the use of available resources while implementing the training programmes
6. vary the training programmes, as necessary, to suit the racehorses, while still achieving the objectives
7. monitor the training programmes
8. monitor and maintain the health and safety of yourself and others, and the welfare of the horse, during the activity

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Knowledge and understanding

You need to know and understand:

1. how to set objectives when designing training programmes for racehorses
2. how to establish performance records for individual racehorses
3. how to assess the condition of racehorses, including the physical and psychological condition, and fitness
4. how to recognise and assess the effects of physical and behavioural problems on a racehorse and its attitude to work
5. the reasons for blood testing and the importance of liaison with the veterinary surgeon
6. the significance of identifying optimum body weights and the use of weigh bridges
7. alternative training methods, including; horse walkers and swimming pools
8. how to incorporate road work, fast work, routine fitness work and schooling into the training programmes
9. the effects of temperament, age and experience on the behaviour of racehorses
10. the effects of exercise on the physical and psychological development of racehorses
11. how to monitor the progress of racehorses
12. the importance of varying speed, distance, incline and surface in training programmes
13. how to use resources when implementing training programmes including; time, facilities, finance, labour
14. the effects of going and surface on the racehorses
15. the risks to horses, yourself and others and how these are controlled
16. your responsibilities under relevant animal health and welfare and health and safety legislation and codes of practice.

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Scope/range

Design and implement a training programme for horses at varying levels of fitness, up to and including race fitness, and with different training objectives

Train to the following objectives:

- physical development
- psychological development

Train using the following activities:

- road work
- fast work
- routine fitness work
- schooling

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