

Ride and lead horses for exercise

Overview

This standard involves riding and leading horses for exercise. You should be able to ride and lead a selection of horses, maintain control of horses and identify and deal with different conditions.

You will need to be fully aware of the importance of health, safety and animal welfare in connection with this activity.

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

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Performance criteria

You must be able to:

1. select and wear appropriate clothing and personal protective equipment for the activity
2. select and fit suitable tack and equipment
3. ride and lead a selection of horses to appropriate exercise requirements
4. maintain control over ridden and led horses while mounting, and throughout the exercise, appropriate to the conditions
5. follow the procedures laid down, and the Highway Code, for riding on the road at all times
6. deal with different conditions and take appropriate action, in accordance with current good practice
7. 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. the selection, use and care of personal protective equipment
2. the suitability of horses to ride together for exercise
3. the reasons for selecting horses to be ridden and led
4. the types of conditions and how these can affect horses
5. the selection of tack and equipment for use when riding and leading horses
6. the different training methods
7. the different equestrian disciplines and their needs
8. the risks to horses, yourself and others and how these are controlled
9. your responsibilities under relevant animal health and welfare and health and safety legislation and codes of practice
10. your responsibilities under the Highway Code.

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Scope/range

Ride one horse and lead another in walk, trot and canter for exercise

Ride horses according to:

- their suitability to ride together
- exercise requirements
- riding on the road
- riding in the open

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Glossary

Conditions:

- surface
- weather conditions
- visibility
- other riders
- road conditions
- other road users
- presence of other people
- presence of other horses
- presence of other animals

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