

Overview

This standard is about the design and implementation of a daily exercise programme for horses.

You should be able to determine the condition of the horse, identify its exercise needs, plan and carry out the work programme and evaluate the results.

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. assess the current physical and psychological condition of the horse to identify the exercise needs
3. design, plan and agree the daily exercise programme for the horses, with the appropriate person
4. produce a daily exercise programme that fully meets the requirements of the activity
5. implement a daily exercise programme, including slow work and development work, using appropriate methods and aids
6. evaluate the effects that the exercise activities are having on the horse
7. record and report information regarding the performance of the horse to the appropriate person
8. monitor and maintain the health and safety of yourself and others, and the welfare of the horse, during the activity

Knowledge and understanding

You need to know and understand:

1. the selection, use and care of personal protective equipment
2. the physical and psychological effects of exercise and training on the horse
3. the reasons for designing and implementing daily exercise programmes for individual horses
4. how to introduce an unfit horse into a daily exercise programme
5. the additional fitness techniques e.g. horse walkers and swimming
6. the process of preparing a horse for a period of rest or roughing off
7. how to assess horses' fitness and condition
8. the effects of temperament, age and experience on the behaviour of horses
9. how to identify exercise needs, including timescales and outcomes
10. the risks to horses, yourself and others and how these are controlled
11. your responsibilities under relevant animal health and welfare and health and safety legislation and codes of practice.

Scope/range

Contribute to the design and implementation of daily exercise programmes for three horses at varying levels of fitness, for a specified discipline

Exercise activity:

- slow work
- development work

Determine:

- the physical condition of the horse
- the psychological condition of the horse

Methods:

- strapping
- riding

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