

## Ride horses of different levels of fitness for exercise

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### Overview

This standard covers riding horses of different levels of fitness for exercise. This will include effectively riding horses with different exercise programmes, in a controlled manner, and monitoring the progress of the horse.

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 tack to meet individual requirements
3. ride horses for exercise, in a controlled manner, appropriate to the working area and conditions
4. take account of the different levels of fitness of horses
5. exercise horses according to the exercise programme
6. monitor the progress of horses against the exercise programme and report to the appropriate person
7. monitor and maintain the health and safety of yourself and others, and the welfare of the horse, during the activity
8. follow the Highway Code and procedures for riding on the road, adjusting gait and speed according to conditions

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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 behaviour of horses at different stages of training and level of fitness
3. the reasons for monitoring performance of the horse
4. the effects of exercise on the horse
5. the importance of adopting the appropriate riding position for the type of exercise
6. the reaction of horses under different circumstances and conditions
7. the hazards likely to be encountered when riding on the road
8. how to ride the horse on the road safely, especially at junctions
9. the risks to horses, yourself and others and how these are controlled
10. your responsibilities under relevant animal health and welfare and health and safety legislation and codes of practice.

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**Scope/range**

Ride in a controlled manner in the following conditions:

- surface condition
- presence of other horses
- presence of other people
- weather (to include adverse weather)

Ride in these situations:

- singly
- in groups
- walk, trot and canter
- in the open
- on the road

Ride at least two of these following types of horses:

- fit
- semi-fit
- unfit

Ride more than one horse for exercise for a specified discipline; the horses should be at varying levels of fitness.

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### Glossary

#### Conditions:

- road surface
- weather
- other riders
- other road users

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