

**Modification history**

Release	Comments
Release 1	This version released with ACM Animal Care and Management Training Package Version 5.0.

ACMEQU3X10	Exercise and school horses						
<b>Application</b>	<p>This unit of competency describes the skills and knowledge required to exercise and school horses under saddle. It involves developing and implementing a training plan to improve the horse's movement, performance and responses to rider aids. It includes knowledge of assessing risks to protect the welfare of people and horses.</p> <p>The unit applies to individuals who are experienced riders that school and exercise horses. They work under minimal supervision, applying knowledge and discretion to assess horses, solve problems and meet the requirement of individual horse training program.</p> <p>Commonwealth and state/territory health and safety, and animal welfare legislation, regulations and codes of practice relevant to interacting with horses apply to workers in this industry. Requirements vary between industry sectors and jurisdictions.</p> <p>No licensing or certification requirements apply to this unit at the time of publication.</p>						
<b>Prerequisite Unit</b>	<p>Prerequisite units of competency for this unit are:</p> <ul style="list-style-type: none"> <li>ACMEQU2X19 Develop riding skills for exercising horses</li> </ul> <p>Note the following chain of prerequisites that also apply to this unit.</p> <table border="1"> <thead> <tr> <th>Unit of competency</th> <th>Prerequisite requirement</th> </tr> </thead> <tbody> <tr> <td>ACMEQU2X19 Develop riding skills for exercising horses</td> <td>ACMEQU2X18 Perform horse riding skills at walk, trot and canter</td> </tr> <tr> <td>ACMEQU2X18 Perform horse riding skills at walk, trot and canter</td> <td>ACMEQU2X12 Handle horses safely</td> </tr> </tbody> </table>	Unit of competency	Prerequisite requirement	ACMEQU2X19 Develop riding skills for exercising horses	ACMEQU2X18 Perform horse riding skills at walk, trot and canter	ACMEQU2X18 Perform horse riding skills at walk, trot and canter	ACMEQU2X12 Handle horses safely
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<b>Unit Sector</b>	Equine (EQU)						

Elements	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Develop horse schooling program	1.1 Confirm horse identification and discuss horse's current level of education and development goals with client or supervisor 1.2 Prepare horse gear, riding location, personal protective equipment (PPE) and other resources required to ride and assess horse 1.3 Ride horse and confirm level of education, in consultation with supervisor if required 1.4 Develop and agree horse education and exercise program in consultation with client or supervisor
2. Prepare to exercise horse	2.1 Prepare horse gear, riding location, PPE and other resources required to commence horse schooling and exercise 2.2 Identify hazards, assess risks and control and/or report risks prior to handling horses and starting exercise 2.3 Select and fit gear as required according to purpose, features of fit and workplace requirements 2.4 Walk and stretch horse, adjust gear and girth prior to mounting

Elements	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
3. Exercise and school horse	3.1 Mount and warm up horse using simple schooling movements 3.2 Increase intensity of exercise and complexity of movements to develop horse fitness and ability to perform the movements, providing regular breaks as required 3.3 Introduce new school movements according to horse and program requirements 3.4 Complete exercise session and warm horse down, allowing to stretch and relax prior to stopping and dismounting
4. Complete post-exercise activities	4.1 Cool down, hose and groom horse after riding according to horse requirements and workplace procedures 4.2 Remove, clean and check gear before storage and report maintenance issues 4.3 Complete exercise records and report horse performance and condition to client or supervisor

Foundation Skills	
<i>This section describes those language, literacy, numeracy and employment skills that are essential for performance in this unit of competency but are not explicit in the performance criteria.</i>	
Skill	Description
Reading	<ul style="list-style-type: none"> <li>Interpret information relating to workplace procedures, instructions and work plan</li> </ul>
Numeracy	<ul style="list-style-type: none"> <li>Measure distance and speed and ratios during horse riding</li> </ul>
Oral communication	<ul style="list-style-type: none"> <li>Use active listening and open and closed questions to clarify instructions</li> <li>Use industry terminology to describe horse exercise activities</li> </ul>

Unit Mapping Information			
Code and title current version	Code and title previous version	Comments	Equivalence status
ACMEQU3X10 Exercise and school horses	ACMPHR304 Ride and lead performance horses	Redesigned unit that includes new outcomes and a few outcomes of the previous unit Title, application, prerequisite and unit sector changed New elements 1, 2 and 3 added Foundation Skills updated Performance Evidence, Knowledge Evidence and Assessment Conditions redesigned to reflect new unit outcomes	Not equivalent

<b>Links</b>	Companion Volumes, including Implementation Guides, are available at VETNet: <a href="https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=b75f4b23-54c9-4cc9-a5db-d3502d154103">https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=b75f4b23-54c9-4cc9-a5db-d3502d154103</a>
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TITLE	Assessment requirements for ACMEQU3X10 Exercise and school horses
<b>Performance Evidence</b>	
<p>An individual demonstrating competency must satisfy all the elements and performance criteria of this unit.</p> <p>There must be evidence that the individual has developed and safely implemented a schooling and exercise program for at least three suitable horses. Each program must be undertaken in a safe riding environment, and must include at least three separate training sessions. For each horse, the individual must have:</p> <ul style="list-style-type: none"> <li>• ridden the horse and assessed level of education, including: <ul style="list-style-type: none"> <li>• response to aids</li> <li>• mouth and biting</li> <li>• balance</li> <li>• fitness</li> <li>• softness of back</li> </ul> </li> <li>• developed, agreed and documented a horse schooling and exercise program in consultation with client or supervisor, including: <ul style="list-style-type: none"> <li>• end use for horse</li> <li>• level of end rider skill and ability/fitness</li> <li>• duration and cost or program</li> <li>• program logistics</li> </ul> </li> <li>• developed at least three of the following schooling movements in the horse: <ul style="list-style-type: none"> <li>• accurately complete circles with a 20 metre diameter in trot and canter</li> <li>• accurately complete circles with a 15 metre diameter in trot and canter</li> <li>• leg yield left and right</li> <li>• turn on forehand to the left and right</li> <li>• shoulder in left and right</li> <li>• counter canter using left and right lead</li> <li>• simple changes.</li> </ul> </li> </ul> <p>In addition, as part of the schooling and exercising program for each horse, the individual must have:</p> <ul style="list-style-type: none"> <li>• conducted a pre-activity risk assessment</li> <li>• used safe and low stress horse riding practices</li> <li>• selected, checked and correctly fitted appropriate personal protective equipment (PPE)</li> <li>• selected, checked, fitted and used appropriate horse gear and equipment for activity</li> <li>• applied suitable warm up methods for horse according to horse and program requirements</li> <li>• applied industry-accepted riding and schooling techniques, including: <ul style="list-style-type: none"> <li>• maintained effective rein connection</li> <li>• controlled horse under saddle at all times and maintained appropriate gait</li> <li>• recognised signs of soreness, stress and fatigue</li> </ul> </li> <li>• completed a post exercise report on: <ul style="list-style-type: none"> <li>• horse behaviour</li> <li>• horse physical and mental response to exercise</li> <li>• horse progress compared to specific program objectives</li> <li>• problems encountered with horse, gear or environment.</li> </ul> </li> </ul>	
<b>Knowledge Evidence</b>	
<p>An individual must be able to demonstrate the knowledge required to perform the tasks outlined in the elements and performance criteria of this unit. This includes knowledge of:</p> <ul style="list-style-type: none"> <li>• key considerations for assessing horse suitability for schooling program, including: <ul style="list-style-type: none"> <li>• horse age and sex</li> <li>• horse history including previous use and riders</li> <li>• response to aids</li> <li>• mouth and biting</li> </ul> </li> </ul>	

**Knowledge Evidence**

- balance
- fitness
- level of education
- suppleness of movement (softness of back)
- key considerations for developing a horse schooling and exercise program, including:
  - current horse fitness and general health, including previous injuries
  - end use for horse
  - level of end rider skill and ability/fitness
  - duration and cost of program
  - program logistics
  - own skills
- key requirements for documenting a horse education program, including horse performance indicators
- key requirements for monitoring and reporting horse progress against a horse education program
- hazard identification, risk assessment, risk control and reporting prior, during and after horse riding activities
- horse training approaches, methods, techniques, gear and equipment for educating horses in a range of schooling movements, including:
  - accurately complete circles with a 20 metre diameter in trot and canter
  - accurately complete circles with a 15 metre diameter in trot and canter
  - leg yield left and right
  - turn on forehand to the left and right
  - shoulder in left and right
  - counter canter using left and right lead
  - simple changes
- key health and safety procedures and practices for riding horses, including:
  - safe horse handling techniques and zones
  - low stress horse handling and riding techniques
  - horse and rider fatigue and stress monitoring
  - appropriate response to reactive horse behaviour
- exercise routines to warm up and cool down horses
- industry-accepted safe horse handling, riding and schooling techniques, including:
  - controlling horse under saddle at all times and maintaining appropriate gait
  - responses to horses becoming over-excited
  - recognising signs of soreness, stress and fatigue
  - positioning of horses relative to other horses during exercise
- types and purpose of PPE required for riding and schooling horses
- types and purpose of gear for exercising and schooling horses, including:
  - types and styles of saddles
  - bits and bridles
  - accessory gear for relevant sector or discipline and schooling
  - saddlecloths
  - boots and bandages
- characteristics of horse gaits.

**Assessment Conditions**

Assessment of the skills in this unit of competency must take place under the following conditions:

- physical conditions:
  - a safe horse riding environment
- resources, equipment and materials:
  - live horses specified in the performance evidence
  - tools, equipment and a variety of horse gear required for the tasks specified in the performance evidence
  - riding gear and equipment, including PPE for the rider
  - workplace recording and reporting formats
- relationships:
  - supervisor or client.

**Assessment Conditions**

The *Companion Volume: User Guide: Safety in Equine Training* provides advice and sample templates to assist assessors with horse and rider matching, including the risk assessments that should be undertaken to help ensure the safety of all involved in the assessment.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.

The following specific assessor requirements apply to this unit. The assessor must:

- hold a current first aid certificate
- hold a current, recognised qualification for instructing or coaching horse riding and handling skills (refer to User Guide for details)
- have a minimum of 3 years of experience providing instruction on techniques for riding and schooling horses to other riders. This experience must have been undertaken within the past 4 years and include one on one coaching and coaching to a group of at least 2 riders.

**Links**

Companion Volumes, including Implementation Guides, are available at VETNet:  
<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=b75f4b23-54c9-4cc9-a5db-d3502d154103>