



TROT·CANTER·GALLOP



PARTICIPANT HANDBOOK: CANTER LEVEL



EQUESTRIAN
AUSTRALIA

SPORT
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An initiative of Equestrian Australia



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SECTION I – INTRODUCTION TO TROT CANTER GALLOP

Welcome to Trot Canter Gallop

This three-part Equestrian Skills program is designed for beginner to advanced riders wanting to upgrade their Equestrian knowledge and skills. Participants learn the fundamentals of good horsemanship, important aspects of riding technique and etiquette, and effective application of safe horse practice – all in a fun, immersive environment.

Equestrian Australia (EA), with support from the Australian Sports Commission (ASC) NOW Sport Australia (SA) and other partners developed the Ready Set Trot junior participation program in 2013 to maximise the captivation of junior horse lovers.

Following this, it was identified that a similar program was needed for older children and beginner adults who were interested in not only learning to ride but also keen to learn what is involved with caring for a horse.

Trot Canter Gallop has been developed to fill the gap in the EA pathway by delivering an educational program for beginner riders over 12 years old while also offering Ready Set Trot graduates their next step.

The first level of this program ‘Trot’ includes all the skills and knowledge that we teach in the Ready Set Trot program however it has been developed and packaged into a more mature program so that it can be enjoyed by all beginner riders from teenagers to adults.

The second and third levels of this program “Canter” and “Gallop” offer further educational opportunities for Ready Set Trot and Trot graduates as well as for the more experienced riders. It will allow all levels of riders the opportunity to gain knowledge and skills that will assist them not only at home with their own horses but also if they are interested in competing in any level of competition or if they keen to gain the required skills to work within the equine community and perhaps become an official or coach with EA Qualifications.

If you haven't already signed up to the Ride a Horse community to receive our newsletters, visit:

[RideaHorse.com.au/signup](https://rideahorse.com.au/signup)

SECTION 2 – ASSESSMENT CRITERIA

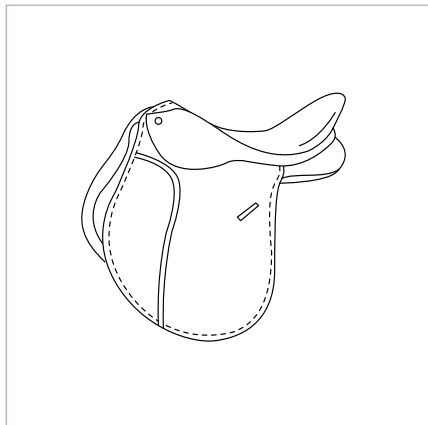
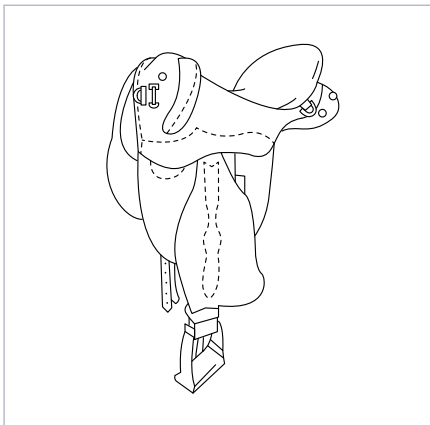
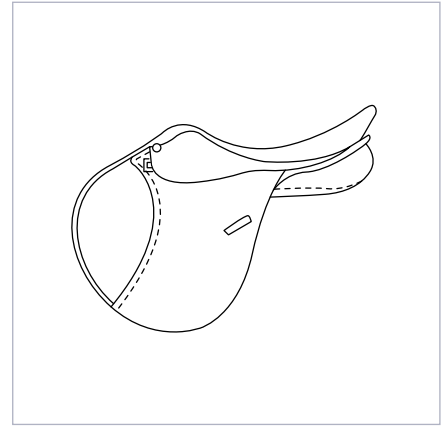
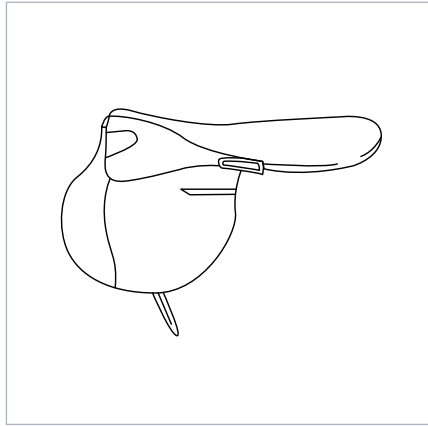
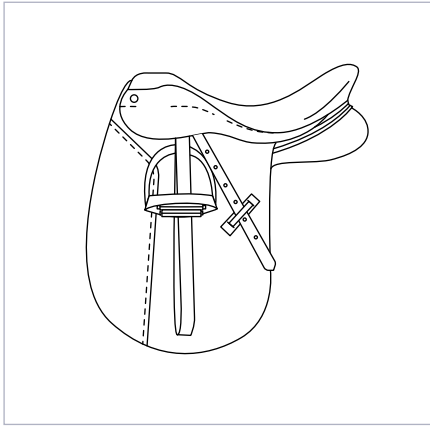
Overview of TCG Canter Level Key Learning Areas

Area	Coaching Outcomes
Riding	<ol style="list-style-type: none"> 1. Check tack prior to riding. 2. Mount and dismount correctly. 3. Development of correct riding position. 4. Demonstrate riding basic movements in an enclosed area. 5. Ride in open spaces. 6. Ride in a group and as an individual. 7. Familiarisation of the four gaits.
Saddlery	<ol style="list-style-type: none"> 1. Saddle and unsaddle a horse. 2. Recall the correct terminology and care of key equestrian equipment. 3. Knowledge of fitting saddlery.
Safe Handling of Horses	<ol style="list-style-type: none"> 1. Identification and understanding of horse safety tips. 2. Recognition of the correct terminology and use of equestrian clothing and equipment for horse handling. 3. Demonstrate how to hold a horse correctly for inspection. 4. Awareness of safety knots and how to tie and lead a horse safely. 5. Familiarisation with horse tendencies and behaviour. 6. Demonstrate bringing in and returning a horse from an open paddock.
General Knowledge	<ol style="list-style-type: none"> 1. Identification of the main parts of the horse's body. 2. Knowledge of how to measure a horse's height. 3. Familiarisation of a variety of horse colours. 4. Recognition of marking terms on a horse's face, body and legs . 5. Familiarisation of Australian horse sports.
Horse Care	<ol style="list-style-type: none"> 1. Identification and understanding of the use of key grooming equipment. 2. Recognition of horse ownership responsibilities. 3. Recognition of a safe stable and paddock. 4. Familiarisation of basic daily feed requirements. 5. Familiarisation of rugging horses. 6. Identification of basic horse health.

SECTION 3 – ACTIVITY SHEETS

ACTIVITY SHEET – SADDLERY

Name the types of saddles shown below:



SECTION 3 – ACTIVITY SHEETS

SAFETY AROUND HORSES (SAFE HANDLING COACHING OUTCOME 1)

Are the following statements true or false?

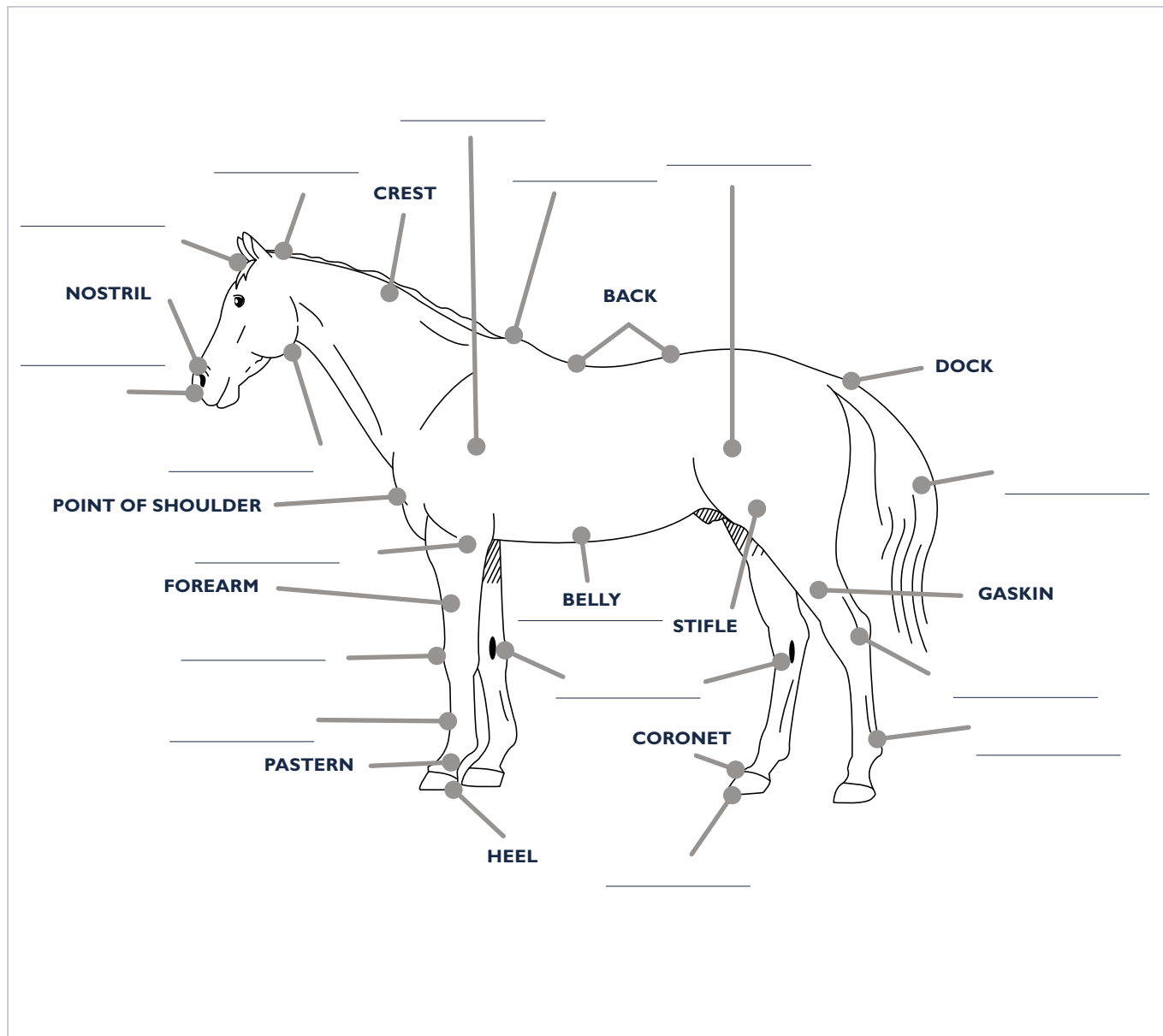
1. You should always take a bucket of feed into a paddock.
True / False
2. When you are with your horse, you shouldn't let your horse get too close to other horses.
True / False
3. It is advisable to tie a horse to a piece of string rather than directly to a solid object so that if your horse gets scared and pulls away, the string will break.
True / False
4. Stay calm around horses. Loud noises and sudden movements can scare horses.
True / False
5. When grooming the horse's tail, you should stand directly behind the horse.
True / False
6. Horses can't see directly in front or behind themselves, so when you approach a horse you should always approach from the side.
True / False
7. When you are picking out your horse's hooves, it's OK to kneel on the ground.
True / False
8. Never loop the lead rope around your hand. If something scares your horse and it runs away, you could get dragged.
True / False
9. Hold your hand flat when feeding treats.
True / False
10. Sturdy shoes or boots should be worn when you're around horses, just in case a horse stands on your foot!
True / False
11. Tie your horse up using a double knot. Other knots may come undone.
True / False
12. When going through a doorway, make sure the door is wide open so that it doesn't hit the horse.
True / False
13. If you can't catch your horse in the paddock, you should run after it as fast as you can.
True / False
14. If you are in a paddock with other horses, watch the other horses all the time in case they try to chase, bite or kick your horse.
True / False

SECTION 3 – ACTIVITY SHEETS

POINTS OF THE HORSE (GENERAL KNOWLEDGE COACHING OUTCOME 1)

From the list below, name the correct points of the horse on the diagram.

- | | | | | |
|-------|----------|---------|----------|----------|
| Poll | Cannon | Hock | Chestnut | Shoulder |
| Tail | Forelock | Withers | Muzzle | Hoof |
| Flank | Fetlock | Knee | Elbow | Throat |



SECTION 4 – ASSESSMENT CHECKLISTS

OPTIONAL UNIT DRESSAGE

Participant name: _____ **Date:** _____

Coaching Outcomes	Skills Check List. The participant is able to:	C / NYC	Comments
1. Presentation of horse and rider.	<ul style="list-style-type: none"> Rider turned out in clean, correct and safe clothing, and helmet Horse turned out clean (bathed), plaited mane (and tail where required), hoof oil, and clean tack. 		
2. Dressage theory.	<ul style="list-style-type: none"> List the levels of dressage that can be ridden in a participant event Correctly identify the letters in a 20x40m dressage arena and put them in the correct order on a diagram of an arena. 		
3. Ride a dressage test.	<ul style="list-style-type: none"> Ride either Prep D or Prep E dressage test. 		

COMPETENT	Has demonstrated competence in all the tasks for Trot Canter Gallop, Trot Level: Dressage according to the assessment criteria.	<input type="checkbox"/>
NOT YET COMPETENT	Is not yet competent in all the tasks for Trot Canter Gallop, Trot Level: Dressage according to the assessment criteria.	<input type="checkbox"/>
Comments	If NYC, what needs improvement before re-sitting assessment?	

Participant Name: _____

Coach/ Assessor Name: _____ Level: _____

Signature: _____

Assessment Venue: _____

Assessment Date: _____ Reassessment Date (if required): _____



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Ride a Horse is an initiative of Equestrian Australia
and Sport Australia.



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The Other Dimension

This handbook has been designed and produced in
collaboration with The Other Dimension.



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