



**TROT•CANTER•GALLOP**



## **PARTICIPANT HANDBOOK: TROT LEVEL**



**SPORT  
AUS**

An initiative of Equestrian Australia



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

## 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 Trot Level

Area	Coaching Outcomes
<b>Riding</b>	<ol style="list-style-type: none"><li>1. Check tack prior to riding.</li><li>2. Mount and dismount correctly.</li><li>3. Development of correct riding position.</li><li>4. Maintain rein contact and demonstrate shortening and lengthening of reins.</li><li>5. Demonstrate riding basic movements in an enclosed area.</li><li>6. Attempt riding around and over new obstacles.</li><li>7. Ride in a group and as an individual.</li><li>8. Familiarisation of the four gaits.</li></ol>
<b>Saddlery</b>	<ol style="list-style-type: none"><li>1. With assistance, saddle and unsaddle a horse.</li><li>2. Recall the correct terminology and care of key equestrian equipment.</li><li>3. Identification of key riding equipment terms.</li></ol>
<b>Safe Handling of Horses</b>	<ol style="list-style-type: none"><li>1. Identification and understanding of horse safety tips.</li><li>2. Recognition of the correct terminology and use of equestrian clothing and equipment for horse handling.</li><li>3. Demonstrate how to approach a horse correctly and put a halter on.</li><li>4. Awareness of safety knots and how to tie and lead a horse safely.</li><li>5. Familiarisation with horse tendencies and behaviour.</li><li>6. Demonstrate bringing in and returning a horse from an open paddock.</li></ol>
<b>General Knowledge</b>	<ol style="list-style-type: none"><li>1. Identification of the main parts of the horse's body.</li><li>2. Familiarisation with a variety of horse breeds.</li><li>3. Familiarisation with equine gender terminology.</li><li>4. Familiarisation of a variety of horse colours.</li><li>5. Recognition of marking terms on a horse's face, body and legs.</li><li>6. Familiarisation of Australian horse sports.</li></ol>
<b>Horse Care</b>	<ol style="list-style-type: none"><li>1. Identification and understanding of the use of key grooming equipment.</li><li>2. Familiarisation of basic horse welfare needs.</li><li>3. Recognition of horse ownership responsibilities.</li><li>4. Recognition of a safe stable and paddock.</li><li>5. Familiarisation of basic daily feed requirements.</li><li>6. Familiarisation of types of rugs.</li></ol>



## SECTION 3 – ACTIVITY SHEETS

### RIDING EQUIPMENT (SADDLERY COACHING OUTCOME 3)

Which category best suits the items shown below:

	Must be worn/used	Optional but recommended	Not recommended
Riding	Riding helmet		Tiara
Handling Horses		Riding helmet	Tiara



## 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

### WHAT IS HAPPENING? (SAFE HANDLING COACHING OUTCOME 5)

Describe what is happening in the pictures below:



---

---

---

---

---



---

---

---

---

---



---

---

---

---

---



---

---

---

---

---



---

---

---

---

---



---

---

---

---

---



---

---

---

---

---



---

---

---

---

---

## SECTION 3 – ACTIVITY SHEETS

### PREDATOR OR PREY? (SADDLERY COACHING OUTCOME 5)

Which category best suits the items shown below:

Your horse is a prey animal which means he is always on the lookout for anything that might want to eat him.

Look at the list of animals on the right. Which of these are predators and which are prey animals?

Which of these animals would your horse think of as a predator?

Animal	Predator? (Y or N)	Predator to a horse? (Y or N)
Rat		
Guinea pig		
Tiger		
Wolf		
Cow		
Human		
Snake		
Plover		
Goat		
Dog		
Lion		
Cat		
Pig		

What's happening in this picture?

Do you think this horse sees the dog as a predator?



## SECTION 4 – ASSESSMENT CHECKLISTS

### HORSE CARE

Participant name: \_\_\_\_\_ Date: \_\_\_\_\_

Coaching Outcomes	Skills Check List. The participant is able to:	C / NYC	Comments
1. Identification and understanding of the use of key grooming equipment.	<ul style="list-style-type: none"> <li>Identify items of the grooming equipment and demonstrate use.</li> </ul>		
2. Familiarisation of basic horse welfare needs.	<ul style="list-style-type: none"> <li>Identify the five freedoms and how they relate to horses.</li> </ul>		
3. Recognition of horse ownership responsibilities.	<ul style="list-style-type: none"> <li>Identify what things should be done daily, weekly, monthly or yearly.</li> </ul>		
4. Recognition of a safe stable and paddock.	<ul style="list-style-type: none"> <li>Describe the living environment of a horse and what safety aspects should be considered</li> <li>Demonstrate cleaning out a stable/ paddock.</li> </ul>		
5. Familiarisation of daily basic daily feed requirements.	<ul style="list-style-type: none"> <li>Describe the importance of access to clean, fresh water at all times</li> <li>Understand the importance of fibre (roughage) in the horse's diet</li> <li>Demonstrate cleaning and filling a horse's water trough/container, and provide hay or grain to a horse</li> <li>List 10 rules of feeding</li> <li>Identify some different types of horse food.</li> </ul>		
6. Familiarisation of types of rugs.	<ul style="list-style-type: none"> <li>Knowledge of types of rugs</li> <li>Demonstrate putting on and taking off rugs for various weather types.</li> </ul>		





## SECTION 4 – ASSESSMENT CHECKLISTS

Coaching Outcomes	Skills Check List. The participant is able to:	C / NYC	Comments
7. Identification of basic horse health.	<ul style="list-style-type: none"> <li>List signs of good/ill health in a horse</li> <li>Knowledge of when a vet should be called and procedure to be followed.</li> </ul>		

### HORSE CARE

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

Participant Name: \_\_\_\_\_

Coach/ Assessor Name: \_\_\_\_\_ Level: \_\_\_\_\_

Signature: \_\_\_\_\_

Assessment Venue: \_\_\_\_\_

Assessment Date: \_\_\_\_\_ Reassessment Date (if required): \_\_\_\_\_





# TROT•CANTER•GALLOP



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



We would like to acknowledge Equestrian Queensland for their  
contribution to the development of these programs.

## The Other Dimension

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



[rideahorse.com.au](http://rideahorse.com.au)