

<b>Title</b>	<b>Ride a horse for exercise</b>		
<b>Level</b>	<b>2</b>	<b>Credits</b>	<b>2</b>

<b>Purpose</b>	<p>Riders credited with this unit standard will be able to enter various industry sectors and proceed with specialised riding competencies.</p> <p>People credited with this unit standard are able to: mount and dismount from a horse; ride a horse through the basic school movements demonstrating the use of aids; and maintain riding etiquette.</p>
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<b>Classification</b>	Equine > Equitation
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 Legislation and codes relevant to this unit standard includes but is not limited to:
  - Animal Welfare Act 1999;
  - Health and Safety at Work Act 2015;
  - Code of Welfare: Horses and Donkeys;
  - The Official New Zealand Road Code.
- 2 Performance of all aspects of this unit standard should comply with the *Code of Welfare: Horses and Donkeys*, available at [www.mpi.govt.nz](http://www.mpi.govt.nz).
- 3 Reference  
New Zealand Transport Agency. *The Official New Zealand Road Code*. Wellington, New Zealand, available at [www.nzta.govt.nz](http://www.nzta.govt.nz).
- 4 For this unit standard, the practical assessment evidence must be provided in the context of a commercial business operation under normal working conditions.

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### Outcomes and performance criteria

#### Outcome 1

Mount and dismount from a horse.

**Performance criteria**

- 1.1 Wear clothing that meets riding and safety requirements.
- Range may include but is not limited to – safety helmet; smooth soled, heeled footwear, vest.
- 1.2 Mount the horse lowering gently into the saddle and maintaining control of the horse at all times.
- 1.3 Dismount the horse landing on the ground with both feet simultaneously and maintaining control of the horse at all times.
- 1.4 Use aids to assist with mounting a horse whilst maintaining control of the horse.
- Range mounting block, leg up.

**Outcome 2**

Ride a horse through the basic school movements demonstrating the use of aids.

Range walk, rising trot, canter.

**Performance criteria**

- 2.1 Use natural aids unobtrusively to control the horse.
- Range seat, leg, voice, hands.
- 2.2 Maintain a steady and correct position in the saddle at all times.
- Range hands, thumbs, lower arm in relation to rein and horse's mouth, heels, lower leg, hip and heel alignment, body pose, head.
- 2.3 Use artificial aids to reinforce leg aids.

**Outcome 3**

Maintain riding etiquette.

**Performance criteria**

- 3.1 Maintain riding etiquette when riding on private property.
- Range may include but is not limited to – use of gates, obtaining permission, other stock in paddock, minimal damage to land.
- 3.2 Maintain riding etiquette when riding on roads and in accordance with the Road Code.
- Range use of grass verges, traffic.

- 3.3 Maintain riding etiquette when riding in company in terms of safety of other horses, the use of gates, and horses misbehaving.

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<b>Planned review date</b>	31 December 2030
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	28 October 1994	31 December 2022
Review	2	23 October 1996	31 December 2022
Review	3	24 June 1998	31 December 2022
Review	4	25 September 2003	31 December 2022
Review	5	23 April 2008	31 December 2022
Review	6	25 June 2020	31 December 2027
Review	7	29 May 2025	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

**Comments on this unit standard**

Please contact the Toi Mai Workforce Development Council at [qualifications@toimai.nz](mailto:qualifications@toimai.nz) if you wish to suggest changes to the content of this unit standard.