

Title	Describe the benefits of lunging and lunge a horse for training		
Level	3	Credits	4

Purpose	People credited with this unit standard are able to: describe the benefits of lunging; prepare a horse for lunging; lead the horse to a suitable area for lunging and prepare to lunge; lunge the horse; and carry out post lunging activities.
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Classification	Equine > Equine Care
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Available grade	Achieved
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Guidance Information

- 1 Legislation and code 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.
- 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.
- 3 A lunging roller with at least two rings fastened each side can be used instead of a saddle.
- 4 *Stable procedures* are the documented practices and polices required within a particular equine workplace.

Outcomes and performance criteria

Outcome 1

Describe the benefits of lunging.

Performance criteria

- 1.1 Describe the benefits of lunging in terms of exercise and training.

Range exercise the horse, train the horse, train the rider, settle the horse.

Outcome 2

Prepare a horse for lunging.

Performance criteria

- 2.1 Prepare horse for fitting of lunging gear in accordance with the intended activity and stable procedures.
- 2.2 Fit and secure gear on the horse's back suitable for the attachment of side reins.
- Range saddle or roller.
- 2.3 Fit lunging cavesson in a firm and comfortable position, not interfering with bridle or bit.
- 2.4 Apply protection to horse's legs in accordance with stable procedures.
- Range leg protection may include but is not limited to – shin and tendon boots, overreach boots, bandages; evidence of one leg protection type is required.
- 2.5 Fit and check side reins for suitable length, and attach lunge rein to cavesson.

Outcome 3

Lead the horse to a suitable area for lunging, and prepare to lunge.

Performance criteria

- 3.1 Identify an area for lunging in terms of its suitability for training.
- Range flat, even, surface, density and depth, enclosed, quiet.
- 3.2 Wear protective clothing in accordance with stable procedures.
- 3.3 Lead the horse in a manner which maintains control at all times.

Outcome 4

Lunge the horse.

Range halt, walk, trot.

Performance criteria

- 4.1 Position while lunging ensures control of the horse at all paces.
- 4.2 Encourage horse to move forward in a circle on both reins demonstrating smooth transitions.
- Range walk to halt, halt to walk, walk to trot, trot to walk, change direction.

Outcome 5

Carry out post lunging activities.

Performance criteria

- 5.1 Secure lunging gear safely, ready for leading a horse in hand on completion of lunging exercise.
- 5.2 Lead horse from lunging to suitable area in preparation for removing lunging gear in a manner which maintains control of the horse at all times.
- 5.3 Secure horse, and remove gear, clean, and store in a safe place in accordance with stable procedure.
- 5.4 Cool horse, remove sweat, and cover horse if required in accordance with stable procedures and with the horse remaining calm at all times.

Planned review date	31 December 2025
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	28 November 1994	31 December 2022
Review	2	23 November 1996	31 December 2022
Review	3	24 June 1998	31 December 2022
Review	4	25 September 2003	31 December 2022
Review	5	18 July 2008	31 December 2022
Review	6	24 September 2020	N/A

Consent and Moderation Requirements (CMR) reference	0018
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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 Primary Industry Training Organisation standards@primaryito.ac.nz if you wish to suggest changes to the content of this unit standard.