

Title	Assess a horse for lunging and lunge a novice rider on a horse		
Level	3	Credits	5

Purpose	People credited with this unit standard are able to: assess the suitability of a horse for lunging a novice rider; describe upper body and leg exercises suitable for teaching to a rider being lunged on a horse and the benefit of the exercises for riders; and lunge a novice rider on a horse to improve rider's balance, position and confidence.
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Classification	Equine > Equitation
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Available grade	Achieved
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Guidance Information

- 1 Legislation and code of welfare 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 2018, available at <http://www.mpi.govt.nz>; and any subsequent amendments.
- 2 Reference
Knox-Thompson, E, and Dickens, S, *New Zealand Pony Club Manual 2* (Havelock North: New Zealand Pony Club Association, 2007).
- 3 Exercises for a rider being lunged on a horse and their benefits are found in the *New Zealand Pony Club Manual 2*.
- 4 Definition
Workplace procedures – the procedures and standards set by the client or employing organisation. Workplace procedures should reflect current legislation.
- 5 For the purposes of assessment:
 - criteria for assessing the suitability of a horse for lunging a rider are found in the resource - Inderwick, S, *Lungeing the Horse and Rider* (Newton Abbot: David & Charles, 2003).
 - evidence must be presented in accordance with workplace procedures.
 - assessment for the practical components of this unit standard must be supplied from a commercial horse enterprise or recognised voluntary equine organisation.

Outcomes and performance criteria

Outcome 1

Assess the suitability of a horse for lunging a novice rider.

Performance criteria

- 1.1 Describe characteristics required of a horse for lunging a novice rider.
- Range includes but is not limited to – balance, experience, behaviour, paces.
- 1.2 Prepare the horse in gear for lunging a rider and observe the horse's nature and behaviour.
- Range gear – saddle, bridle, side reins, brushing boots, lunging cavesson, lunge rein.
- 1.3 Evaluate the balance of the horse at a range of gaits.
- Range walk, trot, canter, on both reins, stays relaxed, maintains rhythm.
- 1.4 Determine the horse's acceptance of side reins.
- Range walk, trot, canter, both reins, stays relaxed, maintains rhythm.
- 1.5 Determine the horse's response to voice commands.
- Range upward and downward transitions.
- 1.6 Assess suitability of the horse for lunging with an experienced rider aboard.
- 1.7 Assess the suitability of the physical and psychological attributes of the horse.
- Range includes but is not limited to – maturity, experience, behaviour, paces, temperament.

Outcome 2

Describe upper body and leg exercises suitable for teaching to a rider being lunged on a horse and the benefit of the exercises for riders.

Performance criteria

- 2.1 Describe upper body exercises, and their benefits and suitability for riders being lunged on horseback.
- Range includes but is not limited to – arm swings, arms forwards, arms to side, arms folded behind back, hands on shoulders, touching toes.

2.2 Describe leg exercises, and their benefits and suitability for riders being lunged on horseback.

Range includes but is not limited to – leg swings, foot circling, touching toes, holding legs away, heels to seat.

Outcome 3

Lunge a novice rider on a horse to improve rider's balance, position and confidence.

Performance criteria

3.1 Prepare and adjust gear on a horse in preparation for the rider.

Range stirrup length, girth tightness, neckstrap.

3.2 Assist the rider to mount the horse with side reins detached.

3.3 Lunge the rider in both directions with reins and stirrups in accordance with rider's ability and confidence.

Range walk, trot.

3.4 Explain upper body and leg exercises and expected benefits to the rider.

3.5 Perform upper body exercises in walk and trot in accordance with rider's ability and confidence.

Range may include but is not limited to – side reins fitted, rider's hands off reins, reins knotted.

3.6 Perform leg exercises in walk and trot in accordance with rider's ability and confidence.

Range may include but is not limited to – side reins fitted, reins knotted, rider keeps stirrups, feet out of stirrups, stirrups crossed in front of saddle.

3.7 Implement practices maintaining rider's confidence and safety at all times.

Range evidence of two practices is required.

Planned review date	31 December 2026
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	20 February 2009	31 December 2023
Review	2	25 November 2021	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 Muka Tangata - People, Food and Fibre Workforce Development Council qualifications@mukatangata.nz if you wish to suggest changes to the content of this unit standard.