



## **BEV Level 2 Certificate in Equestrian Vaulting** **Syllabus**

<b>Topic</b>	<b>Areas to be covered.</b>
Vaulting Equipment	Bridle, vaulting roller, pads, side reins, lunge line, vaulting whip. Check stitching, worn tack. Fit vaulting/lunge tack. Side-reins. Protective boots/bandages.
Use of Helpers	Warm-up of horse and/or vaulters.
Prepare to Vault Warm up/warm down exercises for Vaulters	Correct approach to lunge and horse. Running in rhythm with the horse. Check and adjust tack. Warm down – walking, games.
Warm-up for horse	Ridden warm up exercise or, warm-up on the lunge, equal on both reins, transitions.
Use of static or mechanical horse	Mount, dismount, flag, mill, swings, free kneel, vault-off. Freestyle exercises.
Mounting/dismount	Correct mount and dismount techniques. Assisted mounts.
Vaulting position	Correct position on the back pad, basic suppleness as required in the vaulting position.
Vaulting skills on the horse Compulsory exercises and progressive build-up exercises	Mill, flare without the arm, forward and backward swings, free kneel, and vault off.
Freestyle Vaulting skills on the horse	Working on all parts of the horse. Variations in position and direction of vaulter. Turn to the neck. Use of handles. Variations of mounts and dismounts. Supported and flying moves. Creating and linking moves. Use of music. Use of ground, static horse and vaulting horse throughout. Create a freestyle for two up in canter, up to medium difficulty.
Cool/Warm-down horse	Free walk. Cool, dry. Respiration rate. Consideration of temperature, rugs, boots/bandages.
Lungeing	Procedures. Method. Handling the equipment. Contact and control of the horse. Establishing horse's trust. Free forward movement. Correct basic paces, rhythm and regularity. Leading leg in canter. Lunge horse obedience.
Health & Safety	Rules for lunging in company. Safety of equipment, surfaces. First aid procedures, reporting. Appropriate clothing and footwear. Safe practice with barrel work. Group discipline and control while working with horses on lunge.
<b>Theoretical</b>	
First aid procedure	Awareness and basic knowledge of what to do in the case of a fall, wounds, shock, sprains and strains, fractures, head injuries, internal injuries, spinal/ pelvic injuries. Burns. Poisons. Anaphylactic shock, asthma.
Basic knowledge of equine behaviour/psychology	Natural lifestyle. Indications of nervousness, excitement. Safe methods of handling. Anti social behaviour when lunged in company.
Basic knowledge of Equine welfare	Points of horse. Basic rules of feeding and watering. External structure of foot and shoeing. Signs of distress, lameness, ill health.
Suitability of horses	Type, fitness and condition, behaviour.
Pathways to inclusion	Club. National teams. Squad training. Junior. Senior and Individual.
General knowledge	Member bodies of the BEF their function and purpose. BEV rules for novice competition. Working knowledge of Advanced Compulsory exercises.

**\* A Coaching Session Plan and Coaching Observation Record is needed as partial evidence for successful achievement of Vaulting Skills, for both Compulsory Exercises and Freestyle. A Coaching Log Book must be completed.**