



BEV Level 3 Certificate in Coaching Equestrian Vaulting

Syllabus

Topic	Areas to be covered
Vaulting Equipment	Permitted equipment for competition. Rollers with different handles. Auxillary reins.
Use of helpers	Warm-up of horse and/or vaulters.
Developing vaulter's physical fitness	Individual requirements. Fitness programmes.
Prepare to Vault	Correct approach to lunge and horse. Running in rhythm with the horse.
Warm up/ warm down exercises for Vaulter	Check & adjust tack. Warm down – walking, games.
Use of static or mechanical horse	Mount, basic seat, flare, mill, scissors, stand, flank. vault-off. Freestyle exercises (all degrees of difficulty).
Warm-up for horse	Ridden warm up exercise or, warm-up on the lunge, equal on both reins, obedience, transitions, suppleness, submission, impulsion.
Vaulting position	Correct position on the backpad, basic suppleness as required in the vaulting position.
Compulsory exercises and progressive build-up exercises on the horse	Mount, dismount, basic seat, flag, mill, swings, free kneel, mount, flare, mill, scissors, stand, flank, vault-off.
Freestyle Vaulting skills on the horse Individual & teams.	Working on all parts of the horse. Variations in position & direction of vaulter. Turn to the neck. Use of handles. Dynamic & supported mounts/ dismounts. Supporting & propping, flyers. Creating & linking moves & blocks Use of music. Use of ground, static horse and vaulting horse throughout. Create freestyle for individual & teams including three vaulters on horse at one time.
Lunging	Procedures. Method. Handling the equipment. Contact and control. Establishing horse's trust. Free forward movement. Correct basic paces, rhythm, regularity, balance and tempo. Leading leg in canter. Obedience. Working with poles.
Cool/Warm-down horse	Free walk. Cool and dry. Respiration rate. Weather, rugs, boots/ bandages.
Environmental conditions and facilities	Surface. Indoors. Outdoors. Enclosed. Lighting. Access. Weather. Spectators. Horse behaviour.
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.
Theoretical	
First aid procedure	Awareness and basic knowledge of what to do in the case of a fall, wounds, shock, sprains & 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. Competition horses. Stallions. Rigs. Mares. Anti social behaviour when ridden in company. Signs of distress, lameness, ill health.
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. Child, Junior, Senior, Individual and Pas-de Deux. International competition.
General knowledge	Membership categories, competition classes, rules of entry.. BEV rules for competition Member bodies of the BEF their function and purpose. FEI rules for competition.

*** 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.**