

Online HorseCollege



Student Workbook

3.T.12 First Aid Scenario

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Contents

Unit Information	Pg. 4
Introduction	Pg. 5
Safety Measures	Pg. 6
Prioritising Events	Pg. 7
Prevention of Undesirable Situations	Pg. 8
Extension Lesson	Pg. 9
Assessment Scenario	Pg. 10 & 11
Recommended Reading	Pg. 12
References	Pg. 13

First Aid Scenario 3.T.12 Workbook

Students are to complete Riding 3.R online assessments prior to attempting Teaching 3.T and to follow all recommended safety considerations.

Practical assessments for Teaching 3.T.09-12 are as follows:

- A) Coaching Practices
- B) Coaching Special Groups
- C) Provide First Aid
- D) First Aid Scenario

These assessments incorporate the following unit from the SIS30710 Sport Industry Training Package which include the listed elements

SISSCGP201A Apply legal and ethical coaching practices

- Apply legal responsibilities to coaching
- Apply ethical responsibilities to coaching or instruction
- Develop coaching practices

SISSCGP306A Customise coaching for special needs groups

- Consult with athletes to determine special needs
- Plan coaching session to include special needs groups
- Deliver coaching session to include special needs groups
- Evaluate coaching session

HLTFA301B Apply first aid

- Assess the situation
- Apply first aid procedures
- Communicate details of the incident
- Evaluate own performance

Further information about this assessment is available at www.training.gov.au

First Aid Introduction

This workbook covers some of the basic aspects of dealing with a first aid scenario. As a coach it will be part of your role to make decisions and prioritise actions in an event of an injured rider/person.

Safety Measures

Whilst you cannot eliminate the possibility of an emergency arising you can take precautions in the event that one does occur. Around the stable or close to the arena, a first aid kit should be kept for both horse and rider. A first aid kit should be well stocked and any product past its use by date discarded.

If you're going to ride out, say on a trail ride, you should take with you a smaller first aid kit with you. Using a saddle cloth with a pocket is ideal for storing a small first aid kit or use a saddle bag. Gain a basic knowledge of the contents of the first aid kit and preferably of first aid too.

Let someone know where you are going and how long you intend to be gone that way if you don't arrive home someone will know to look for you.

Mobile phones are also handy to have in the event of emergency, though if you're surrounded by many trees phone reception may be hard to get. Some trail riding businesses use hand held walkie talkies or radios to stay in contact with staff and riders who are out on trail rides.

Take a spare lead-rope with you and leaving a halter on underneath the bridle is a good idea in case you need to tie the horse up.



Prioritising Events

The sequence in which you address incidents could affect the health and condition of the injured. When assessing the situation remember what you have learned in the first aid course, DRSABCD.

Assess the situation for any danger posed to you and/or the casualty. You will not be much help to the injured person if you end up the same way. Don't put yourself in danger. If a horse throws a rider and runs off in the opposite direction it will only pose a threat if it comes back. The injured person on the ground will, at that moment, be more important than going off to find the horse. However, if the rider has come off in an enclosed area the horse will need to be removed from that area.

If you were on a trail ride your horse could pose a threat to the injured casualty, make sure you tie the horse up, away from the situation.

Be observant to the casualty. Sometimes the smallest behaviour can indicate a much bigger problem. Attend to the more serious injuries first i.e. airway, breathing, bleeding and broken bones.

Don't wait until you have addressed and taken care of all the persons' injuries before you call for help. Send for an ambulance and provide care to the casualty while you're waiting for it to arrive.

Once help arrives and the person is in professional care then start the search for the runaway horse.



Prevention of Undesirable Situations

At times, some situations can be prevented or minimised through preparation. Use common-sense and your knowledge of horses to anticipate behaviour. If a horse is a bit fresh it's probably not a good idea to race a friend through the forest.

Exercise the fresh or naughty horse prior to going out on a trail ride or riding. Lunging a horse is a useful task for this.

Ideally it is best to ride when there is someone else around or with you but this is not always practical so at the least let someone know when or where you are riding and how long you anticipate you will be gone for.

Make sure the horse matches the rider. It is a bad idea to put a timid rider on a boisterous horse or a small child on a large horse. Horse and rider combinations should not exceed the riders' abilities. Beginner and novice riders should be matched with steady, uncomplicated horses. Whereas the secure, balanced, experienced rider may appreciate a more challenging mount.

A 'quiet' horse doesn't necessarily make it a suitable mount for a beginner. Consideration needs to be given to the size, education, temperament and movement of the horse.

Remember as a coach you have a duty of care to provide all reasonable care to your riders.



Extension Lesson

Using your horse establishment, go around and check for undesirable situations and describe how you could prevent the situation from re-occurring.

Situation	Action

What are some safety measures you or your establishment take when working around, with or when riding horses?

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Assessment Scenario

This scenario will be required to complete the online assessment T3.1d.

Peter had mounted his horse at Risky Ranch for his first riding lesson

He told his coach, Mandy that he didn't want to ride in the arena as it looked boring

Mandy replied "That's ok, we'll go on a trail ride"

She caught a quiet horse called Steady for herself to ride because she was going to ride bareback

Peter's horse, Mad Max didn't want to go out on a trail ride so Mandy followed him so she whack him on the rump if he became too slow

Once they got out on the trail, Mandy decided Peter was doing well in walk and it was time he learnt how to trot

She called out "Its time for a trot Peter, just go up and down in the saddle" with that she gave Mad Max a slap on the rump

Mad Max jumped forward into a fast trot and went off beside the trail through some trees and shrubs

Peter, who didn't know how to turn or direct his horse bounced around and was about to slide off the saddle when Mad Max saw some good grass and came to a halt

When Mandy caught up she noticed Peter had some scratches on his arms from tree branches but you have to be tough to ride horses so she ignored them

This time Mandy was the leader so that Mad Max would follow her horse and stay on the trail

Mandy became bored after walking and trotting for 20 minutes and since Peter had stayed on in trot she decided he would be ok in a slow canter

"Ok Peter we're going to go for a slow canter, just follow Steady. It will be easier than trot you just stay sitting in the saddle"

Mandy's horse Steady went into canter but Mad Max thought it was a race took off in a gallop past him

Peter fell off, hitting a small tree with his right arm on the way down

Mandy went a little further up the trail to see if she could find Mad Max

After a quick search for Peter's horse she came back

Assessment Scenario (cont.)

When she returned, Peter he said he was feeling a little tired and his right arm was hurting so Mandy left him there while she went back to Risky Ranch to get help

Two riders from Fantasy Saddle Club, Lucy and George came across Mad Max whilst trail riding

Mad Max galloped off when he saw them

Lucy and George went looking for his rider

They found Peter lying in the grass and he told them what had happened and how he was a little tired and that his right arm was hurting

Lucy and George dismounted and tied their horses up away from Peter with the halters they had left on under the bridles and the spare lead ropes they had brought with them.

Lucy had a first aid kit attached to her saddle

George called for an ambulance on his mobile phone

Lucy assessed Peter's injuries

She found he also had some scratches

Lucy gave Peter first aid and monitored his condition

Mad Max came wandering back and George caught him with a spare halter and lead rope which he always takes with him on trails

As the ambulance left with Peter, Mandy and another rider, Morgan from Risky Ranch arrived with a spare horse for Peter to ride back

Recommended Reading

Publication:-

Beginning Coaching Level 1 Manual
Chapter on Sports Safety & Law

First Aid Manual

Author:-

Ausport- Australian Sports Commission

Australian Red Cross (or similar)

Links:-

<http://www.OnlineHorseCollege.com/education/Info/StudentResources/T3.1dScenario.pdf>

References

Publication:-

Beginning Coaching Level 1 Manual
Chapter on Sports Safety & Law

First Aid Manual

Author:-

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Australian Red Cross (or similar)

Images:-

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