Online Horse College .com

Your Pathway to Working in the International Horse Industry, from Complete Beginners to Qualified Professionals

Student Workbook

SISOEQO305A 1/5

Plan Trail Rides

Student Name: ……

USI (Unique Student Identifier) : ……..

(For further information, please visit OnlineHorseCollege.com/usi)

Email: ……...

Phone: ……..

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Other Personal Information

Students are to follow all recommended safety considerations at all times.

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Contents

Plan Trail Rides Workbook

Students are to complete all previous online assessments prior to attempting any practical activities in this unit and to follow all recommended safety considerations.

Assessments for SISOEQO305A are as follows:

1) Plan Trail Rides
2) Prepare for Trail Rides
3) Riding on Trails
4) Evaluate Trail Rides
5) Practical and Q&A Assessment

These assessments incorporate the following unit from the SIS10 Sport, Fitness & Recreation Training Package which include the listed elements

SISOEQO305A Ride horses in tracked areas

- Plan for the riding activity
- Select and prepare horse and equipment
- Demonstrate horse riding skills in a trail ride situation
- Evaluate the ride

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

Plan Trail Rides Introduction

The planning of trail rides involves identifying possible hazards and risks associated with the ride, becoming familiar with the route environment to be ridden and packing the necessary equipment that will be needed. The longer the trail ride is the more planning it will require in terms of food, water and rest stops. This workbook covers all this content including a brief chapter on how to navigate using a map and compass.

Activities and Extension Lesson

Through-out this workbook you may find various activities and an extension lesson towards the end of this workbook. Unless specifically requested, you are not required to submit these results to your assessor. The extra activities and extension lesson are included in this workbook to support your learning.

Completed Assessment Information

Information about your completed assessments in your course is available on your Training Plan. If you do not yet have the link to your online training plan, you may not have submitted your completed Enrolment Form.

Enrolment Forms are available on the link below

Please send your competed enrolment form to Teacher@OnlineHorseCollege.com

Hazards & Risks

When riding outside in tracked areas there are many hazards and risks that are posed, as a trail ride leader it will be part of your role to minimise or eliminate these risks and hazards.

The business or workplace should have in place guidelines, policies and/or procedures which can help guide you to plan your riding activity. Some information which is useful for you as a trail ride leader or assistant are occupational health and safety guidelines, codes of practice for trail riding establishments, duty of care statements, equipment maintenance logs and emergency procedures and protocols.

Rain & Storms

It's not so much the chance of getting wet from a storm but more the possibility of lightning strike. Lightning can strike 16 kilometres (10 miles) away from a storm, therefore even if the storm hasn't reach you, you're still at risk of being struck by lightning.

The behaviour of some horses may change when bad weather is approaching. And often children may become worried or anxious about thunderstorms.

Whether you do or don't ride in the rain may come down to personal preference but there are a few thing to take into consideration.

- Certain surfaces may become slippery when wet and develop into an unsuitable ground to work or ride on
- Some horses may become sore over the back in wet weather
- Some horses may become difficult to handle.
- Saddlery and tack will often require cleaning and/or oiling after becoming wet, especially leather.

Prior to embarking on a trail ride you should check weather forecasts. A contingency plan should be in place in the event of sudden weather changes and you should consult the establishment policies and procedures on what to do in these circumstances.

Hazards & Risks (cont.)

Heat

In hot weather horses and people can become dehydrated and suffer from heat stress especially young and old members of the equine and human population. And a horse which doesn't sweat does not necessarily indicate a fit horse (Anhydrosis, also known as 'the puffs' is a condition were a horse is unable to sweat and therefore has difficulty cooling the body).

When planning a trail ride take into consideration that horse and rider may be a little more lethargic than usual. Provide regular and frequent breaks where you can have a drink. You many need to assist other riders by holding the check strap of their horse whilst they drink or it may be more appropriate to dismount whilst riders take a break.

If the situation permits riding through shallow creeks can help to cool the horse, but you should ensure the footing on entry into and out of the creek is good.

- Avoid riding terrain that is strenuous (i.e. hills) in the hottest parts of the day
- Provide regular and frequent breaks
- Monitor horses and riders for signs of heat stress/exhaustion. Signs for riders include paleness, sweating, cramping of muscles in arms, legs or abdomen, headache, nausea/vomiting and dizziness/fainting. In horses look for profuse sweating or no sweating (which can indicate the horse has lost the ability to sweat and is not necessarily a sign of a fit horse) rapid breathing and pulse, stumbling, dry hot skin, high rectal temperature above 38°C, dry mucous membranes and prolonged capillary refill (more than 3 seconds).

Cold

The mercury tends not to drop as low in Australia as in some other countries but it is still important to consider the needs of horse and rider when planning a ride.

Quite possibly due to the colder weather the horse may have lost a little bit of fitness due to not moving as much in the paddock as in the warmer weather and particularly bad weather may have meant a break from riding.

Hazards & Risks (cont.)

Some points to consider are:-

- Take the time to warm up slowly
- Watch for signs of fatigue and hypothermia in riders (pale cool skin, drowsiness, increased breathing and heart rate, shivering and numbness in extremities) and horses (shivering, increased heart rate followed by decreased heart rate, stumbling, irregular stride)
- Groom horses with dense, thick winter coats thoroughly
- Consider boots or pads to protect and minimise concussion on frozen ground, studs can be used in shoes on ice
- Be aware of 'snowballing' (culmination of snow on the sole of the hoof) under the hoof when riding on snow

Slippery or Unstable terrain

The path you choose for your ride should be suited to the horses and riders that would be accompanying you. The footing (or "going" as it is sometimes referred to) of pathways can change in the wet or dry; a normally sound track may become slippery and unrideable in the wet.

An area that will become hazardous fairly quickly on a trail is entry and exit points into creeks and rivers. When choosing these points ensure that the footing above and below the water will be sound and doesn't step into holes and debris such as tree branches and reeds.

Deep mud should be avoided as horses can become stuck and incur injury from objects hidden within it.

Take an alternative path if one is available but when these conditions cannot be avoided you should progress at a slow pace, with more experienced horses and riders in the lead. Horses are generally good at choosing their footing but care should be taken as some horses may rush forward or panic when going through mud.

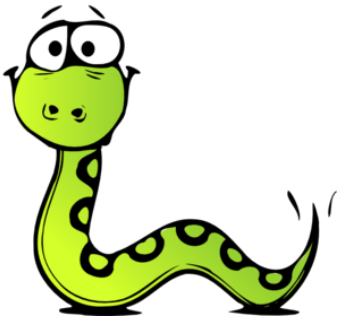
If a path looks unstable it may need to be investigated on foot first and when ridden, done so one horse at a time.

Hazards & Risks (cont.)

Animals and Insects

Be aware of any animals which may pose a threat or danger and plan your ride to avoid or minimise the risk of encountering them.

The risk of snakes and spiders when riding through vegetation can be minimised by sticking to paths and tracks, it can be useful to carry a crop or short stick to clear any spider webs from your path. In some parts of Australia you should avoid entering bodies of water where crocodiles may inhabit whilst in other parts of the world you may need to consider the habits of animals such as bears and large cats.



However native animals are not the only hazard to consider. Dogs that live on neighbouring properties should also be kept in mind when planning your trail ride.

Vegetation

Dense vegetation can not only be difficult to get through but can also cause injury to horse and rider from being unable to see the ground or footing and from close branches and fallen logs. It is also the home of some less than welcoming animals and insects such as snakes, spiders and wasps.

Plants and trees can also have their own defence mechanisms like thorns and stings like lantana and stinging nettle and these can cause small but persistent discomfort.

Inexperienced riders may have difficulty controlling the horse and staying on where vegetation is thick and may find it easier to follow a more experienced horse and rider whom can make a path for them to follow. Dense vegetation should be explored at a slow, steady pace first.

Route Environment

Before embarking on a ride you need to access and confirm your intended route. This will allow you to become familiar with the environment where you intend to ride. This may not be necessary if you regularly ride the same route but if you are going to ride in a new route it can provide you valuable information and an opportunity to become familiar with the surroundings.

Prior to setting off into the sunset on horseback you need to be certain that the path you intend to take is allocated for horse riding activities. Some parks, forests and reserves do not permit horse riding and those that do, do not usually charge you a fee for doing so (unless you are operating commercial activities or competitive events). Before leaving for the ride check for any park alerts for information on closures and conditions (this can be done in Australia by visiting the department of national parks website for your state).

If you intend to ride through neighbouring properties or land you need to gain the land owner's permission prior to doing so.

When checking and confirming your intended route you should seek information about the route characteristics (terrain, remoteness, access), seasonal factors (fire, snow, tides, river levels), track conditions, expected weather conditions and implications, other users of the area and the ability of the route to withstand visitation with minimal impact.

Navigation Equipment

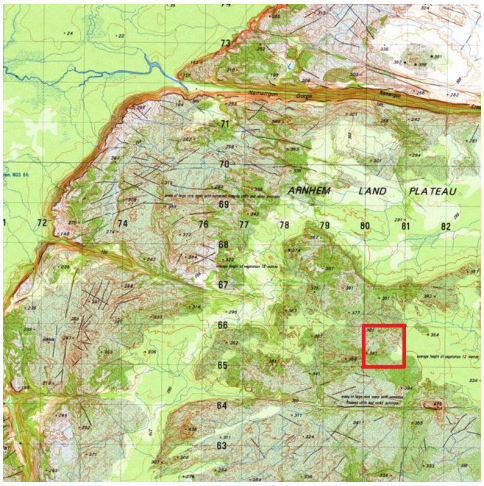
Navigational equipment refer to the instruments that are used to ascertain current or intended position, speed and direction. Basic land navigational skills are in decline with the current world of technology where GPS navigation is available at the touch of a button.

Despite the availability of mobile and internet coverage in most areas it is important to carry (and know how to use) basic navigational equipment so that it can be of use if you are ever in a situation when you need to rely on it.

Basic land navigation requires 3 tools; a topographical map, compass and a pencil. Pencils are for marking out where you are going on the map.

Topographical maps

These maps are ideal for navigating bush areas as they show detailed and accurate natural and physical features of a landscape as they appear on the Earth's surface. Features topographical maps will show include roads, buildings, rivers, creeks, railways, airports, state boundaries, national parks and reserves and urban development.



A map legend will be present to the side of the map. In the legend will be symbols which represent different features on the map such as roads, lakes, tracks and fences.

A map scale will tell you the ratio between the distance on the map to the distance on the ground. For example a 1:150,000 scale means 1 cm is equal to 1.5 km.

Some maps will have relief shading to help visualise terrain. Light shading depicts easy slopes while heavy shading depicts steep slopes.

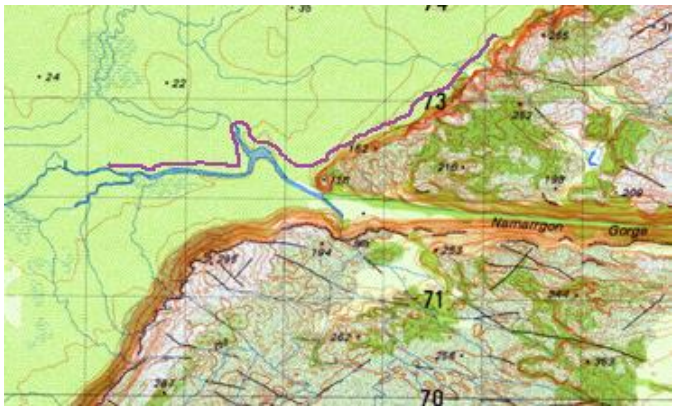
Topographical maps have contour lines which illustrate ground lines such as height. Contour lines which are close together depict steep terrain and lines which are further apart slopes. The distance in height between each contour line varies between maps.

Colours on a map indicates different ground features such as vegetation (green) and water (blue).

Grid references are used to location a position on a map. Grid lines form grid squares (indicated in red on the image above) and each grid line is numbered to find a grid reference. A 'northing' line is a grid line which runs horizontally across the map. An 'easting' line is a grid line which runs vertically on the map.

Navigation Equipment (cont.)

When navigating from a topographical map the easiest route is not always the shortest distance; rough of dense terrain will often take longer to traverse. Part of using a topographical map is using the features on the map to identify features on the ground or vice versa. A useful way of navigating with topographical maps is to use 'handrails'. Handrails are easily identified features such as streams, fence lines ridges and tracks which help you to stay on your intended route.



The handrail in purple follows the creek to the edge of the gorge.

Compasses

Using a compass with a map requires the map to be laid flat with the compass held above it then the map grid lines that run north lined up with north on the compass.

There are 3 different norths that can be used for navigation: -

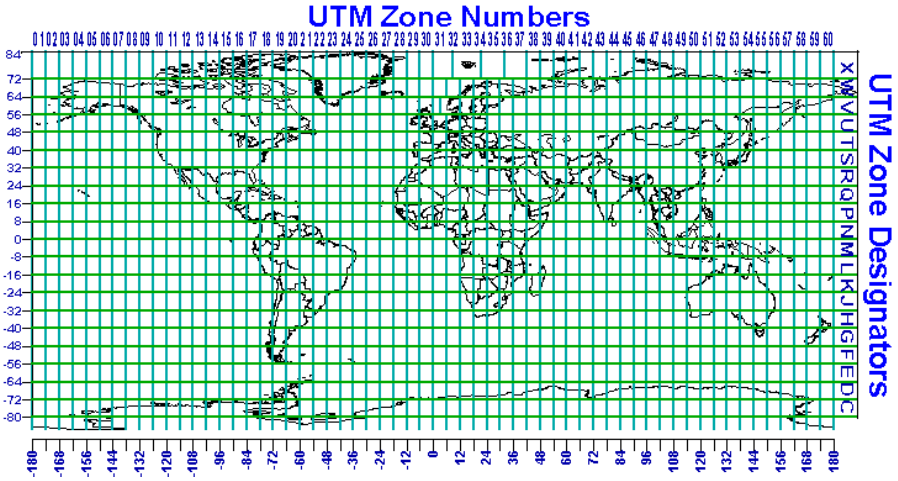
1) **True North.** The North Pole & the North Star can be used as a true north reference.
2) **Magnetic North.** The earth has a magnetic field and the free floating magnetic needle in a compass will automatically align itself with the earth's magnetic field. The difference in degrees between true north and magnetic north is called magnetic variation. Magnetic variation changes over time and will differ depending on where you are on the earth's surface therefore check the border of the map being used for relevant information on magnetic variation.
3) **Grid North.** On a Universal Transverse Mercator (UTM) map Grid North is the northern end of the lines which run vertically up and down the map. The UTM map image is distorted due to the world being round and the map lines being straight, therefore grid north is not exactly the same as true north.

On the next page is a UTM map. This zones on this map are used to minimise the distortion created between the spherical shape of the world and the straight lines of the map.

For basic step by step instructions on how to use a compass see this PowerPoint. Parts of a compass is covered in the PowerPoint and more information can be found here.

Navigation Equipment (cont.)

A UTM map: -



Weather & Environmental Information

During the planning stage for a trail ride and before you set out it is important to gather information about anticipated environmental and weather conditions. Having this information will allow you to pack, dress and plan for the conditions.

You may find that after gathering weather information you need to change your intended route to make the ride safer of more enjoyable. For example if the weather forecasts anticipates afternoon storms, the ride may need to start earlier to avoid riding in stormy weather or if high temperatures will be reached you may re-route the ride to creeks where horses can drink or swim.

In this age of technology the quickest way to gather information about weather conditions is to use the internet and in Australia, the Bureau of Meteorology website www.bom.gov.au . This site provides weather and environmental information nationally including forecasts, rainfall and weather warnings.

Different images or icons are used to indicate the weather forecasts.

	Sat. 19 Mar	Sun. 20 Mar	Mon. 21 Mar	Tue. 22 Mar	Wed. 23 Mar	Thu. 24 Mar	Fri. 25 Mar
	Mostly sunny.	Possible shower.	Possible shower.	Shower or two.	Shower or two.	Possible shower.	Possible shower.
Max. Temperature	34 °C	33 °C	32 °C	31 °C	31 °C	32 °C	32 °C
Min. Temperature		25 °C	25 °C	25 °C	25 °C	25 °C	24 °C

Rainfall information is given in millimetres

Sunday 20 March

Min 22 Max 29

Shower or two.

Possible rainfall: **1 to 8 mm**

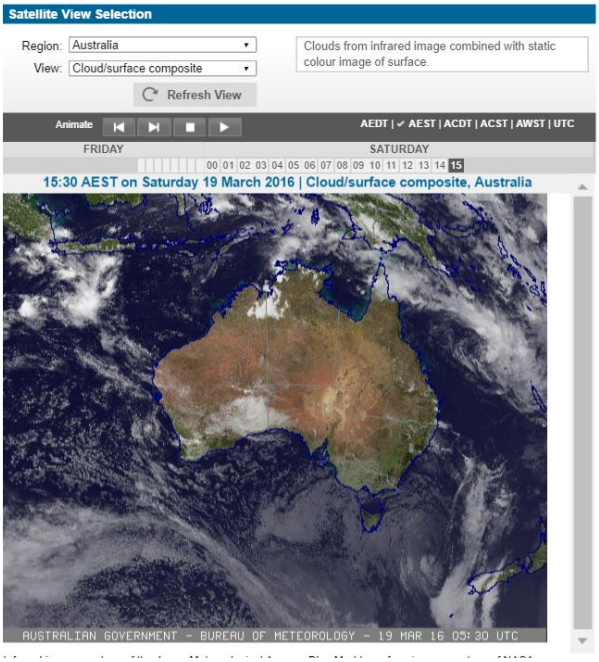
Chance of any rain: **60%**

Weather observations are issued every 30 minutes and provides rainfall, temperatures, and wind and humidity readings.

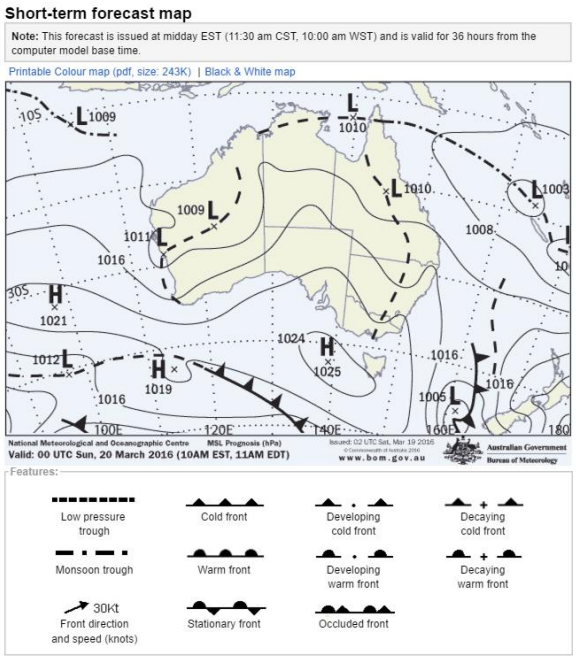
	Date/Time EST	Tmp °C	App Tmp °C	Dew Point °C	Rel Hum %	Delta-T °C	Wind					Press hPa	Rain since 9 am mm	Low Tmp °C time	High Tmp °C time	Highest Wind Gust		
							Dir	Spd km/h	Gust km/h	Spd kts	Gust kts					Dir	km/h time	kts time
Applethorpe	19/03:30pm	24.4	24.3	16.0	59	5.3	WSW	11	17	6	9	1007.4	0.0	15.9 02:25am	26.3 02:15pm	WSW	24 02:30pm	13 02:30pm
Dalby	19/03:30pm	30.0	28.5	16.4	44	8.6	SW	19	30	10	16	1006.0	0.2	19.7 05:58am	31.7 02:41pm	SW	33 02:26pm	18 02:26pm
Miles	19/03:30pm	30.9	28.9	13.9	35	10.4	SSW	17	26	9	14	1008.5	0.0	21.6 05:55am	31.4 03:26pm	S	28 02:17pm	15 02:17pm
Oakey	19/03:30pm	29.7	28.2	18.5	51	7.3	WSW	24	33	13	18	1006.3	0.0	19.3 06:01am	30.5 01:53pm	WSW	33 03:23pm	18 03:23pm
Stanthorpe	19/03:00pm	27.1	-	16.7	53	6.7	-	-	-	-	-	-	0.0	-	-	-	-	-
Texas	*19/09:00am*	*22.7*	*26.9*	*20.9*	*89*	*1.2*	*CALM*	*0*	-	*0*	-	-	*16.0*	-	-	-	-	-
Toowoomba	19/03:30pm	26.6	25.4	18.5	61	5.3	SW	22	30	12	16	1007.5	0.2	18.9 02:45am	28.9 01:49pm	SW	32 03:18pm	17 03:18pm
Warwick	19/03:30pm	29.1	28.9	18.6	53	6.9	WSW	17	24	9	13	1005.6	0.0	17.8 05:55am	30.7 03:00pm	WNW	28 02:46pm	15 02:46pm
Wellcamp Airport	19/03:30pm	29.7	28.8	19.1	53	7.0	SW	22	30	12	16	1005.8	0.0	18.4 05:57am	31.2 01:56pm	SW	33 02:48pm	18 02:48pm

Weather & Environmental Information (cont.)

Satellite images show cloud cover and temperature colours up to the current hour for the current day.

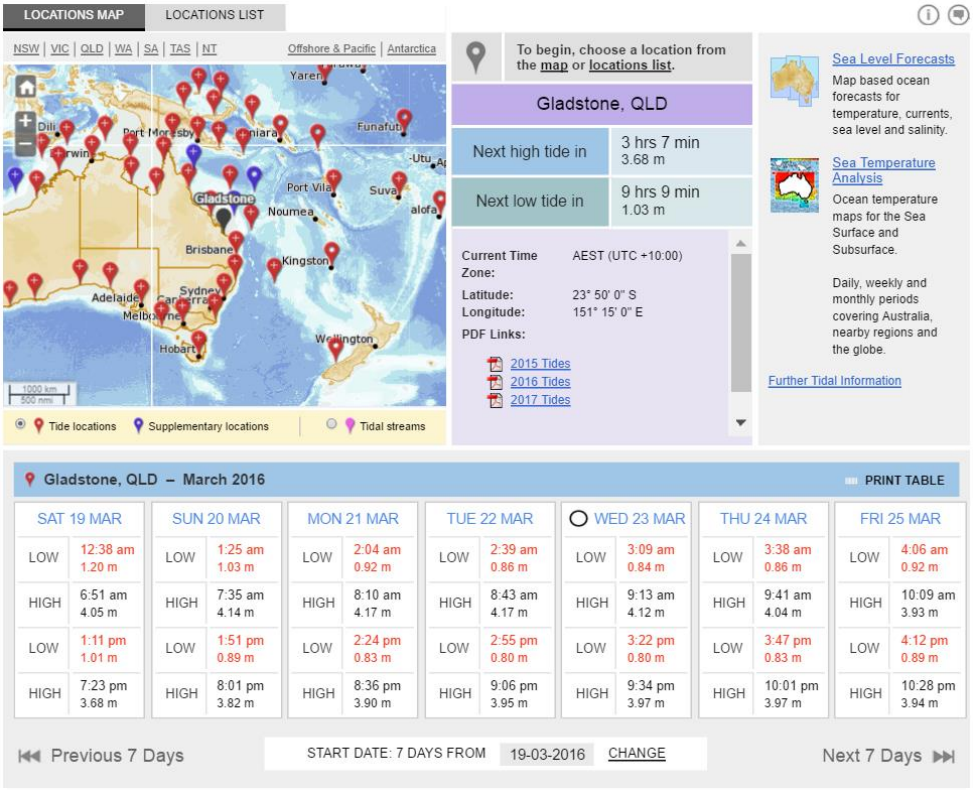


Synoptic charts or weather maps provide information on rainfall, air pressure, wind and temperature. Different symbols and lines on the map represent different weather conditions.



Weather & Environmental Information (cont.)

Tide predictions provide information on the times for the next high and low tides.



Media such as television and radio have regular weather segments and local knowledge can provide insight into the local area's weather, landscape and climate conditions.

Extension Lesson

These activities form part of your assessment for this unit.

Read the following information on how to understand area and grid references. You will need to know this information for the Q&A Assessment of this unit. This document can be found here or in the Student Resource section of your course page under 'Understanding Grid References'.

Recommended Reading

Websites:-

QLD Horse riding in national parks - www.nprsr.qld.gov.au/experiences/horse_riding_and_cycling.html#where_you_can_ride

NSW Horse riding in national parks - www.environment.nsw.gov.au/policies/HorseRideStrat.htm

SA Horse riding in national parks - www.environment.sa.gov.au/parks/Visiting/Horse_riding

VIC Horse riding in national parks – parkweb.vic.gov.au/visit/popular-activities/horse-riding

WA Horse riding in national parks - parks.dpaw.wa.gov.au/activity/horse-riding

Parts of a compass: - www.wildernesscamping.com/parts-of-a-compass/

Outdoor Navigation: - www.dpi.nsw.gov.au/__data/assets/pdf_file/0008/503774/Online-education-outdoor-navigation.pdf

References

Websites: -

www.australiangeographic.com.au

www.instructables.com

www.wildernesscamping.com

www.dpi.nsw.gov.au

www.OnlineHorseCollege.com
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