



INTRODUCTION TO VAULTING

PROFICIENCY TEST ACHIEVEMENT SHEET

RDA Group: _____

My Name: _____

I have started to learn to vault and have achieved my

INTRODUCTION TO VAULTING PROFICIENCY AWARD

To do this I have had to show that I know how to do these things:

What I have shown I can do	✓
I know how to collect my hat, and put it on when I am told to do so	
I know what to wear to keep me safe and comfortable when I am vaulting	
I can enter the arena calmly and sensibly	
I know that I must listen carefully to my coach and to my helpers	
I know that I must wait for my turn to join in	
I enjoy taking part in the warm-up session	
I can work well with the others in my group	
I know how to dismount safely from the barrel or from the horse	

My Vaulting Coach's signature: _____

Date Achieved: _____

