

INTRODUCTION TO VAULTING

PROFICIENCY TEST SYLLABUS CARD



To achieve your **Introduction to Vaulting Proficiency Test** you'll need to show your RDA Vaulting Coach that you know how to do these things:

- I know how to collect my hat, and put it on when I am told to
- 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 helpers
- I know that I must wait for my turn to join in
- I can confidently take part in the warm up session
- I can work well with the others in my team
- I know how to dismount safely from the barrel or from the horse

