

Vaulting Hat Assessment



To be used to assess a participant's Movement, Balance and Control against the following criteria as to whether they are required to wear a riding hat to vault on an equine, on a barrel or both.

If there are any concerns about head or trunk control, hat assessment should not continue. Please refer to the Contraindications for Riding/Driving document on MyRDA, speak to a physiotherapist and reassess participant for vaulting suitability.

Floor Moves (To be completed for all assessments)

Participant **must complete 5 out of 8 moves** listed below whilst on the floor.

	Movement	Notes	✓	X
1	1 footed lean – stand on one foot and lean out over centre of gravity.	Hold for 5 seconds		
2	Full Flare and switch to opposite arm/leg	Minimum Score of 5 (FEI)		
3	3 x Squats – to angle of 45-90° between upper and lower leg	Hold each for 5 seconds		
4	Sit (any position) → Prince seat → Stand → Prince seat	No hands on the floor		
5	Stand on a plank on the floor, close your eyes and take one step forward then one step back			
6	5 front push ups or hold standard plank position for 10 Seconds			
7	Using a disk stand on it with one foot, place the other in front to create a Y and then do the same to the side	See notes page for diagram		
8.	Standing up cross one ankle over the other and rotate the ankle and the wrists before swapping feet			

Barrel Moves (To be completed for all assessments)

Participant **must complete 5 out of 7 moves** listed below whilst on a barrel.

	Movement	Notes	✓	X
1	Full Flare and switch to opposite arm/leg	Minimum score of 4.5 (FEI)		
2	Basic Seat → Prince seat → Stand → Prince seat			
3	Stand on the barrel, close eyes, take one step forward and one step backwards			
4	Free Kneel in multiple directions	Straight line: head-knees		
5	Around The World/Mill	Steady, consistent timing		
6	Mount correctly to basic seat	Bunk/trampette allowed		
7	Dismount correctly (push up)			

Equine Moves (To be completed for hat assessments on an equine only)

Participant **must complete 5 out of 7 moves** listed below whilst on an Equine in walk.

	Movement	Notes	✓	X
1	Around The World/Mill to 4-6 walk steps per quarter mill	Leg height not assessed		
2	Stand up, take one step forward and one step backwards	Can be supported		
3	Free Kneel facing backwards	On neck or back		
4	Transfer to the neck and back, with or without a turn			
5	Sequencing into and out of move in the Cossack	Eg. Arabesque, Y-Stand		
6	Mount correctly at halt	Bunk allowed		
7	Dismount correctly (push up)	Landing on both feet only		

Flare

Start in a bench position and extend one leg behind you until the foot is roughly the same height as your head, extend the opposite arm.



Prince Seat

Start by kneeling, then put one foot into a handle or simply rest that foot on the horse's back. Cross the other leg behind you slightly so that your knee is on one side of the back and your foot is on the other, to give you better balance. If you choose to use the handle, try to push your shin against the handle and point the toes down on that foot – on the horse, this helps with the balance.



Y- Stand

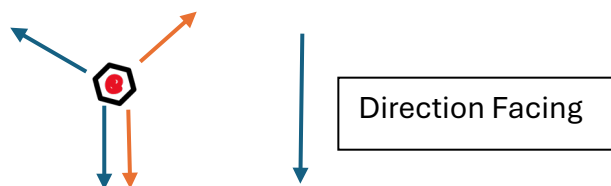
Red dot – person

Hexagon – Disk or flat cone

One leg at time, while standing on other leg.

Reach forward as far as possible then Backwards roughly 45-degree angle as far as possible.

Change Legs



Free Kneel

Kneel on the back, facing any direction. Try to keep the tops of your ankles pushed onto the horse's back, so that your weight is spread equally from knees to toes without any gaps underneath your legs – this will stop you from digging into the horse's back.



Transfer to the neck

Sit astride, facing forward hands on handle (Start position)

Type 1 movement:

Push both legs over the handles, down each side of the neck and lift rest of the body over to sit on the neck. Ends facing forwards

Type 2 movement:

Ends facing backwards by lifting one leg to opposite side of the horse over the roller, repositioning hands to lift body and spin other leg around the side of the horse using the 1st leg as a pivot point. As follows:



*Arms in first picture not applicable to movements.