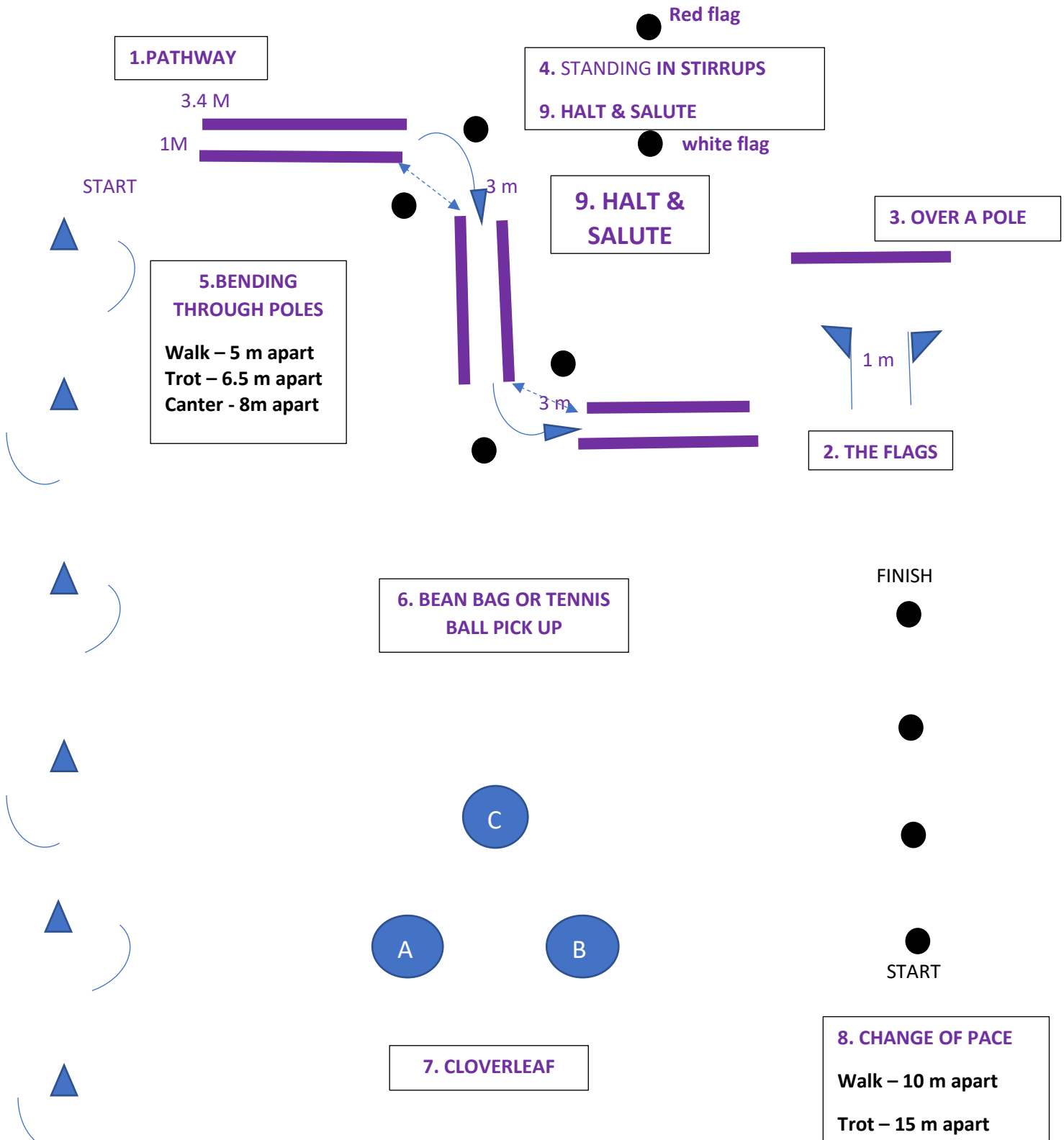


# RDAQ WORKING TRAILS

\*Not to scale\*



# RDAQ WORKING TRAILS

## RDA QUEENSLAND TRAIL COURSE

### SECTIONS

Walk assisted. Not lead.

Option 1 – assistant at Head, shoulder or beside rider

Option 2 – as above but with one or two side walkers

Walk and trot

Walk, trot and canter

### TRAIL COURSE

**Pathway** – steering at walk or trot between poles and cones

Equipment – 6 poles, 4 cones or markers

Set up – see diagram. Parallel poles 1 m apart

Video – from the side

Performance – upright rider position

smooth and accurate turns

staying within poles and cones

**The Flags**– at the halt. Picking up flag from container on one side and putting it in the other container. Rider chooses left to right or right to left.

Equipment – 2 containers for flag. One flag on stick.

Set up – containers one metre apart or adjusted to suit width of horse.

Video – from the front. Make sure view is not obstructed by assistants.

Performance – accuracy of halt

may cross mid-line or change hands

keeping rein control during task

**Over a Pole** – riding over a pole at walk, trot, or canter

Equipment – one pole 3m – 4 m feet long

Set up – make sure the pole is not going to roll.

Video – from the side

Performance – straight approach, over the pole and departure

rider in jumping position over the pole

**Standing in Stirrups** – at halt for 5 – 10 seconds, or walk or trot for 10 seconds

Equipment – 2 flags, red and white

Video – from the side – make sure assistants are not between camera and the rider

Performance – balance and maintaining position

lower leg in correct position

hands staying in correct position

marks will be deducted for holding the mane for balance

# RDAQ WORKING TRAILS

**Bending through Poles** – bending between 6 poles, turning, and returning bending between poles

Equipment – 6 bending poles or cones

Set up – for walk poles are 5m apart. 6.5 m apart for trot and 8 m for canter

Video – from one side

Performance – consistent pace

horse should follow its nose looking left and right between poles

rider maintaining balance

**Bean bag or tennis ball pick up** – ride to barrel at walk, trot or canter. Pick up ball from top of barrel at halt, walk or trot. Ride to bucket at walk, trot or canter and place or throw bean bag or ball in bucket at halt, walk, trot or canter.

Equipment – one bean bag or tennis ball. 1 barrel as used for clover leaf obstacle, one bucket on the ground with sand or earth in the bottom.

Set up – same as for clover leaf obstacle

Video – from the side but without assistants between rider and camera at the barrels

Performance – control of horse

accuracy and smoothness of transitions

accuracy placing or throwing object into bucket

**Clover Leaf** – 3 barrels clover leaf triangular course run starting to left or right at walk, trot or canter

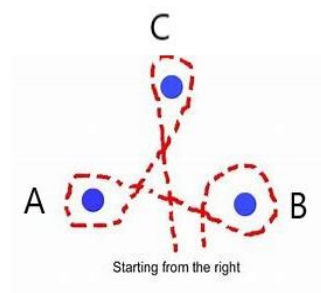
Equipment – 3 barrels and start and finish markers

Set up – see diagram. Depending on available space, two barrels (a and b) at base of triangle 15 – 25 m apart. Third barrel (c) at top of triangle 20 – 30 metres from a and b. start and finish markers 10 m from a and b barrels. The start and finish markers are 4 m apart.

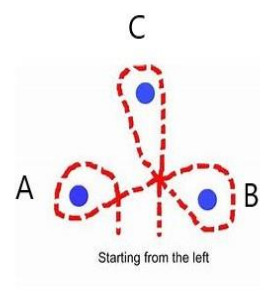
Video – level with starting markers

Activity – see diagram for left or right tracks

Performance – accuracy of turns, balance of the rider, active paces



OPTION 1 B, A, C



OPTION 2 A, B, C

# RDAQ WORKING TRAILS

**Change of Pace** – at walk or trot. Start at steady pace, then faster speed, then back to original speed between markers

Equipment – 4 markers

Set up – 4 markers 10 m apart on a straight line for walk

4 markers 15m apart on a straight line for trot

Video – from the side

Performance – we are wanting to see riders smoothly riding a change of speed within the pace they are riding. Rider in balance with steady rein control

**Halt and Salute** – halt and salute between markers from walk or trot

Equipment – 2 flags, red and white (as used for 4) standing in stirrups)

Set up – 2 flags, red and white 1 metre apart

Video – from side with clear view of rider

Performance – smooth transition

straight into halt

immobile halt

any assistants also salute together with rider

correct salute - Reins in left hand salute (Special Olympics requirements)

Reins in both hands (Para Dressage and Virtus requirements)