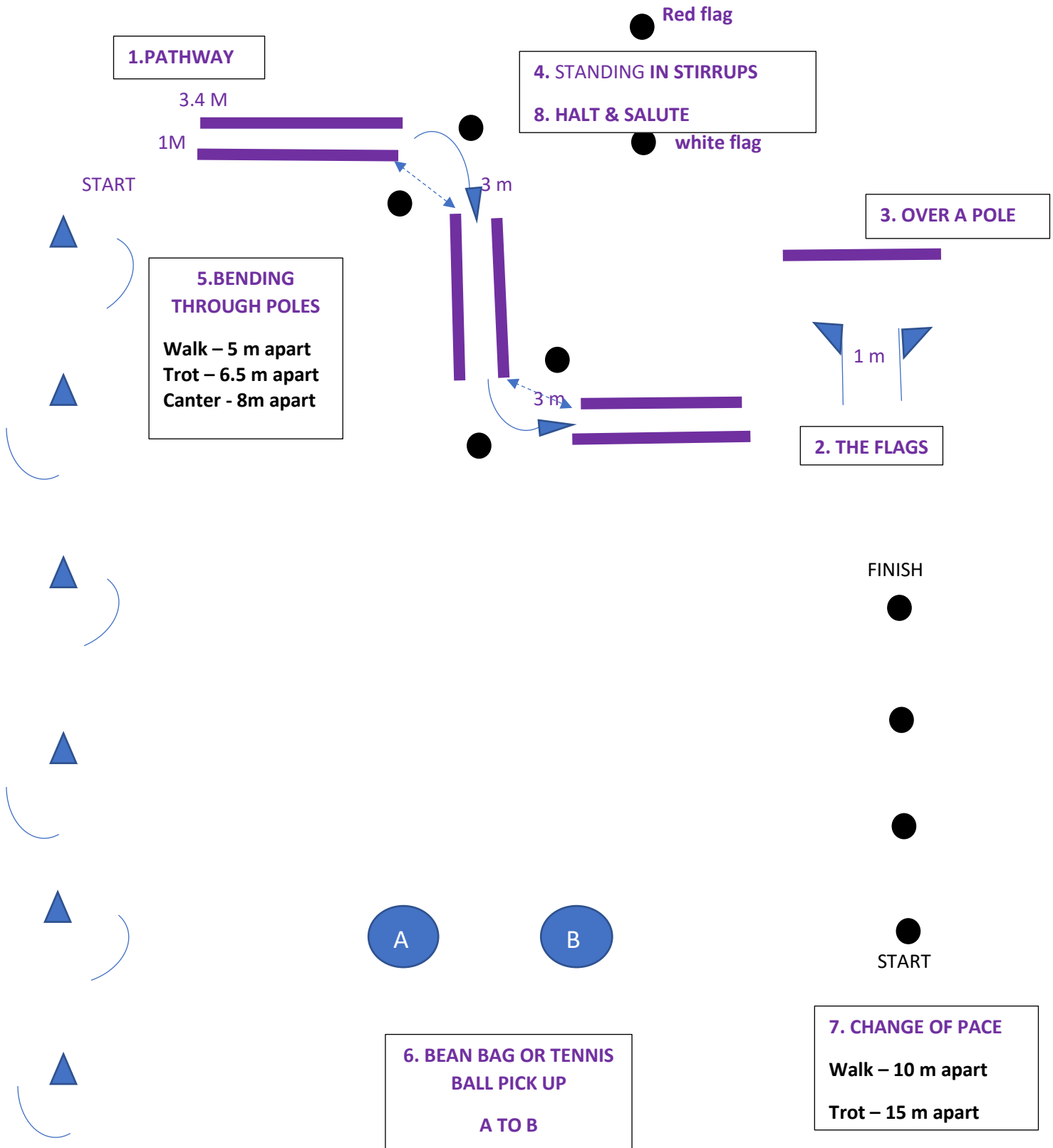


# RDAQ LED WORKING TRAILS

\*Not to scale\*



# RDAQ LED WORKING TRAILS

## RDA QUEENSLAND TRAIL COURSE

### SECTIONS

Walk assisted.

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

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.

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.

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

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 LED 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

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 A at walk, Pick up ball from top of barrel A at halt, Ride to barrel B place or throw bean bag or ball in bucket.

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

Performance – control of horse

accuracy and smoothness of transitions

accuracy placing or throwing object into bucket

**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

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

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)