What is Vaulting?
Competitive Vaulting

- American Vaulting Association
- Competitive or sport vaulting

Focus:
- Compulsory
- gymnastic movements
- on horseback as an individual or team.
Developmental Therapeutic Vaulting

- Utilized by Therapeutic Riding Instructors to enhance riding Skills.
- The student is led on a horse and typically has side walkers.
- The student performs vaulting movements or other positions to enhance riding skills.
Interactive Vaulting

An equine discipline that engages participants in horsemanship activities and gymnastic movements around, on and off the equine or vaulting barrel.

- Focus:
  - Educational,
  - social,
  - creative,
  - and movement
  - opportunities.
The Compulsories

Compulsories are movements/positions that demonstrate balance, strength and flexibility.

Vault On  Basic Seat  Flag

The Mill
The Compulsories

In Interactive Vaulting, the compulsories are used in combination with other movements.

Scissors

Stand                                           Flank
The Vaulting Barrel

Practice movements and positions on the barrel 1st
For safety of the:
* Horse
* Vaulters

Opportunity to:
Teach effectively
Practice safely
Build the team
What are the Benefits?
Improved Communication

- The interactive vaulting environment assumes that all parties (horse, instructor, vaulters) are of equal importance.

- Vaulters must problem solve through their interactions with the horse and other vaulters.
The vaulting group is required to work as a team
To interact & succeed as a group are learned through interactive activities
Confidence and Self-Esteem

- Empowering environment
- Positive peer pressure
- Use of all three gaits
- Freedom of the lunge line
Creativity

- The instructor facilitates activities without specific instructions
- Example—switching places on the barrel
Physical Benefits

- Fine and gross motor skills
- Sensory input / integration
- Balance
- Strength
- Flexibility
- Coordination
Why add the I.V. discipline to your program?

- Logistics:
  - 1 horse + 1 instructor can serve 4 to 6 students
  - Volunteer ratio 1:4 students
- Maximizes:
  - Social interaction,
  - Team building
  - Self esteem
  - Balance
  - Exercise
Who can vault?
Physical Requirements

- Walk independently on uneven surfaces
- May not use assistive devices
- Ability to move sideways & backwards
- Able to safely Mount & dismount quickly & safely
Cognitive Requirements

- Must be able & willing to follow simple directions
- Demonstrate healthy self-preservation
- Demonstrate self-restraint if frustrated.
Social Requirements

- Function in a group setting
- Able to share
- Safe behavior:
  - * Vaulters
  - * Horse
  - * No violence
Vaulter Attire

- Standard V6
- Light canvas shoes, aqua socks, vaulting shoes
- Long hair tied back
- Clothing should fit snuggly
- Secure medical alert bracelets
- No food items in mouth
Helmets and Horse Time

- Standard * A30
- All participants wear ASTM–SEI approved helmets unless following guidelines for non–use of helmets.

- Standard V3 – limits of vaulting equine workload
  - Max. of 60 minutes on a circle,
  - Min. of 6 hours between sessions
  - No more than 6 sessions per week
Guidelines for Non-use of Helmets

Vaulter’s movements may cause a safety concern while riding with a helmet

- Vaulter must demonstrate consistent, safe dismounts
- Vaulter participates at a PATH Intl. Premier Accredited Center
- Can perform safe emergency dismounts
Additional Guidelines for Non-use of Helmet

- Person lunging is a PATH Intl. certified Interactive Vaulting Instructor AND a PATH Intl. Advanced or Master Instructor

- The vaulter or guardian signs a waiver

- Not in violation of local or state helmet laws

- Documentation of the compliance with all above criteria.
Equipment

- Vaulting Surcingle
- Appropriate Padding
- Girth
- Lunge Line
- Whip
- Side Reins
- Noseband
- Vaulting
- Barrel
- Imagination!!
What Kind of Horse do I need?

Fancy? – No
Sound – Yes! W–T–C
Reactive back – No
Good temperament – Yes
Low flight response – Yes
Size for vaulters – Yes
Previous training:
Dressage, driving, vaulting
Training of the Interactive Vaulting Horse

- Lunge at walk, trot and canter
- Maintain rhythm
- Respond immediately to lunger
- Accept position changes of the vaulter
- Accept ground games
- Be approached from all sides at all gaits
How do I become a PATH Intl. Certified Interactive Vaulting Instructor?
PATH Intl. Interactive Vaulting Certification Process

Prerequisites:

a) Attend PATH Intl. Interactive Vaulting workshop
b) PATH Intl. Registered Riding Instructor
c) Be 21 years or older
d) 30 hours practicing lunging
e) 20 hours teaching interactive vaulting lessons
f) Current 1st aid & CPR
g) Submit completed application
Vaulting Certification Components

- Pass Lunging demonstration – prerequisite
- Teach and demonstrate – Compulsories
- Teach an Interactive Vaulting Lesson
Components of an Interactive Vaulting Lesson

- Preparation of the horse/arena
- Warm up (games and team building)
- Focus area:
  * Barrel compulsories
  * Interactive play, learning and movement
  * Team building, communication
- Cool Down (games, interaction, sharing)
- Appreciation for the horse + thank you
“Come Play With Us”
Region 11 Ruff n Tumblers
Sandy Webster
www.gaitsofchange.com
sandy@gaitsofchange.com
PATH Intl. Master Instructor
PATH Intl Certified Interactive Vaulting Instructor