

Starting a Vaulting Program

Vaulting is a combination of dance and gymnastics performed in harmony with a walking, trotting or cantering horse. The fundamental skills required for training a vaulter are common for all equestrians, vaulting is a gateway to learning all equestrian sport.

If you already have a riding centre, it is easy to add a vaulting program to your list of classes offered. A beneficial cross-training tool for all ages and abilities, vaulting assists to develop coordination, balance, strength and creativity in all areas of riding instruction. Vaulting is also an exciting activity for school holiday riding camps. It is a fun, safe and interactive introduction to horses for new and current students.

Introducing vaulting techniques is an ideal way to help new riders understand posture, leg contact and balance from the beginning of their riding experience. More experienced riders gain insight into the horses stride and rhythm and learn more about how to follow the horses movement in order to maintain harmony with the horse.

Variety and fun will ensure your riding camps are popular with students. Providing exercises to develop confidence ensures that effective learning takes place. Vaulting requires fewer resources whilst potentially providing enhanced benefits for the rider. Up to eight vaulters can work on a barrel and one horse in a two hour session, requiring less staff and horses to cater for the absolute beginners.

Vaulting Coach Accreditation

Adding the EA NCAS Vaulting Coach Accreditation to your existing EA NCAS accreditations is much easier than you may think.

By purchasing the Introductory Vaulting Coach Workbook, and undertaking initial training with a Vaulting Coach Educator to ensure the safety standards are met, you will find that the principles of vaulting are a great way to break down and teach fundamental riding skills.

In this initial vaulting program you will learn about;

- Safety techniques for vaulting
- Basic equipment, including where to purchase it
- Warm up and team building exercises
- Skills to be learnt on the barrel, before moving on to the horse
- Step by step guide as to how to teach the vaulting moves
- Training horses for vaulting

Many horses that work in riding centres will allow riders to experience vaulting exercises at walk. Initially a side walker can assist the horse whilst they learn to keep moving as the vaulter

moves around their back. Over time, and with a balanced rider working at trot and canter will assist in training your new vaulting horse.

Whether it be in a riding camp or a weekly session, providing vaulting activities enables your riders to share the one horse for that session. This makes good sense on the workload of school horses, but also enables a “kids club” approach and provides an activity to include enthusiastic riders on your waiting lists for lessons. Introducing vaulting to your riding centre makes good business sense. So why not add vaulting to your Riding Centre’s program of activities? EA NCAS Coaches are already accredited with lungeing the rider skills and have the insurance in place to enable them to further develop their skills in teaching these basic riding fundamentals.

Contacting EA for the resources and then working through the lesson plans will enable the riding coach to use their existing skills to be applied to these fun activities developing classes that enable their current students to learn how to ride in a much more enjoyable environment. More information can be vaulting in the Vaulting Coach Fact Sheet.

Equestrian Vaulting Australia

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