



# Interactive Vaulting:

THE BENEFITS TO YOUR CENTER AND  
PARTICIPANTS AND HOW TO GET STARTED

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# What is Interactive Vaulting?

- ▶ Interactive Vaulting is an activity in which the participants perform movements on and around the horse. These movements can be very simple such as sitting without holding onto the surcingle or a more elaborate vaulting position such as kneeling or standing on the horse. It all depends on the individual needs of the vaulter.



# Is Interactive Vaulting Right for your Center?

## Some Things to Consider

- Do you have appropriate equines?
- Do you have the personnel?
- Do you have appropriate participants?
- Do you have the equipment?
- Do you have the time/\$\$\$\$?

## Can you meet the PATH Intl. Standards for Interactive Vaulting

- **\*VA5 Mandatory:**
- Does the center have a written policy that sets a maximum limit for each equine of no more than 6 lunging/vaulting sessions of 60 minutes each per week, with a minimum of 6 hours between sessions?
- **F17**
- Does the interactive vaulting area have a radius of at least 30 feet, allowing a lunging circle of 60 feet, and is there a minimum ceiling clearance of 16 feet?
- **F42**
- Is the vaulting barrel as follows:
  1. Designed and constructed of materials of a strength and size to accommodate the participants, personnel, equipment and activities for which it is used?
  2. Sufficiently padded, free of sharp and/or protruding objects and includes built in or attached handles?
  3. Placed in a location with sufficient clearance to mount and dismount safely?
  4. Placed in an area with even, soft and resilient footing?

# The Interactive Vaulting Lesson

- 1) **Groom and Tack**
- 2) **Warm Up Activities**
- 3) **Barrel Work**
- 4) **Mounted Work**
- 5) **Cool Down Activities**
- 6) **Untack**



# Vaulting Positions

Mount/ Dismount



Basic Seat



Mill



Box



Kneel



Flag



Stand



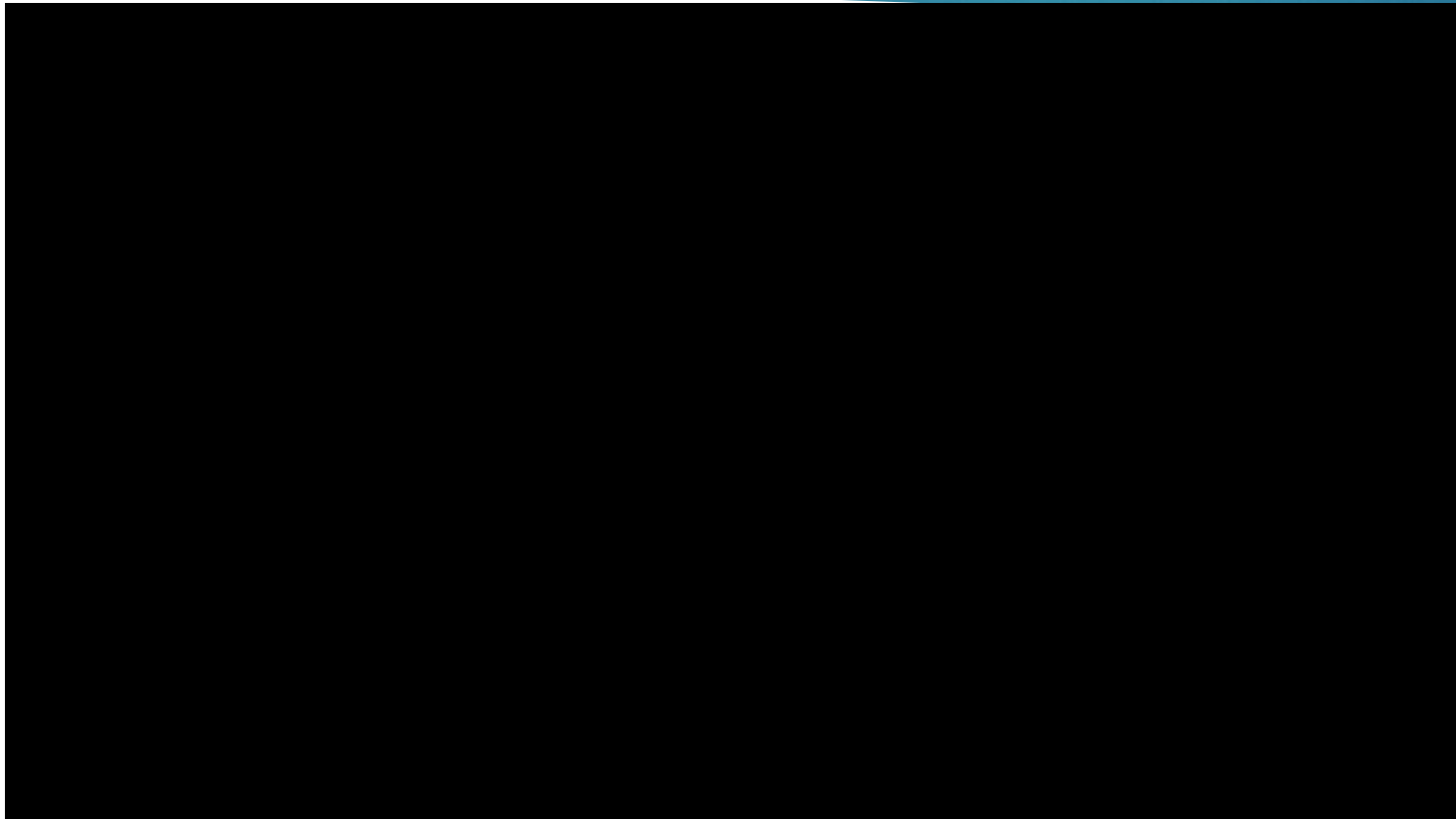
Clicks



Scissors



# Video



## Interactive Vaulting Safety Rules:

- \* Only the instructor handles the whip and the lunge line
- \* Only enter the lunging circle when invited by the instructor
- \* Do not run in front of the lunge line, enter and exit the circle in the half behind the horse.
- \* When you are in the middle next to the instructor, stand behind the whip.
- \* Approach the horse at the shoulder
- \* Work as a team



# Benefits of Interactive Vaulting For Your Center

- 1 horse and 1 instructor serve up to 6 participants.
  - Limited volunteer needs
  - Introduces new populations to your center.
  - Opportunity for new community partnerships.
    - New challenge for existing participants
    - Cost effective program
- Community awareness of IV for “invisible” disabilities



# Benefits of Interactive Vaulting for your Participants

## Social/Behavioral Benefits

- Teamwork
- Respect for Others and Self
- Independence
- Confidence
- Social Interaction
- Problem Solving
- Positive Peer Pressure
- Empowerment
- Creativity



## Physical Benefits

- Strength
- Flexibility
- Balance
- Fine/Gross Motor Skills
- Stamina
- Sensory Input/Integration
- Coordination
- General Fitness/Athleticism



# Interactive Vaulting Horses

Interactive Vaulting Horses must meet specific requirements and undergo specialized training. Not all therapeutic riding horses can be used for interactive vaulting.

## What Kind of Horse do you need?

- Does not need to be fancy!!
- Sound at all three gaits on a circle
- Non-reactive back
- Suitable temperament- not a “dead head”
- Appropriate height, width and gaits for vaulters
- Consider Previous training



## The Interactive Vaulting Horse must be able to:

- Lunge at the walk, trot and canter
- Respond immediately to the lungers
- Accept position changes of the vaulter on their back
- Be approached from all sides at all gaits



# Interactive Vaulting Participants

Not all participants are appropriate for Interactive Vaulting

## Cognitive Requirements

- Must be able and willing to follow simple directions
- Demonstrate healthy self-preservation skills
- Must be able to demonstrate self-restraint in case of frustration



## Physical Requirements

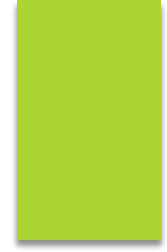
- Walk independently
- May not use assistive devices
- Ability to move sideways and backwards
- Must be able to stand and walk without falling
- Good head and neck control
- Shoulder stability and arm strength
- Must be able to hear from some distance
- Must be capable of dismounting immediately

## Social Requirements

- Function in a group setting
- Must be able to share/be patient
- Demonstrate safe behavior around fellow vaulters and horse



# Interactive Vaulting Equipment



Surcingle



Pad and Foamie



Leg Protection



Lunging Equipment



Vaulting Barrel

# Interactive Vaulting Volunteers

The ideal Interactive Vaulting Volunteer will have a lot of energy (some running may be required,) a strong sense of play and a willingness to be silly while still helping ensure participant safety.



# The Certification Process

- Attend a PATH Intl. Interactive Vaulting Workshop
- Be a PATH Intl. Riding Instructor
- Be 21 years or older
- 50 practice hours, 30 lunging, 20 teaching interactive vaulting
- Application, fee, resume, recommendations, copy of current CPR/First Aid
- Attend onsite certification



# Our Successes and Challenges

## Successes

- School Groups
- Volunteer Reward
- Source of Funding
- New Programs
- Positive feedback from parents
- Resource management



## Challenges

- “Horse Time”
- Horse Training and Selection
- Participant Eligibility
- Achieving Certification

# Any Questions???

