

## Eventing Unmounted Lesson Plan

### **TITLE: VET BOX SIMULATION**

#### **OBJECTIVES**

**Long Term Goal:** To correctly & effectively perform in an actual vet box at a rally

**Short Term Goal:** Participants will practice vet box procedures, including following the correct protocol, taking TPR, and effective cooling out of a horse

#### **EQUIPMENT NEEDED:**

Suggest warm weather, riders coming off a lesson (hot horses), dismounted participants, stethoscope(s), thermometer(s), wipes, large water trough or bucket, ice in water (or at least discuss use of ice) & team buckets, sweat scrapers, large sponges.

#### **AGE & RATING OF STUDENTS: 7 and up, any rating: can vary duties w/ capabilities**

Note Age generalities:

Age 4-7: Lateral motion, body position, spatial body awareness, lots of imagination;

Age 8-11: Group activities, socialization, one key concept, increase vocabulary;

Age 11-14: Relationship w/ teacher important, one-to-one, increase vocabulary level

<b>What</b> (Phases)	<b>How</b> (Exercises, system, games)	<b>Why</b> (Goal Setting)	<b>Time</b> (Estimates can be adjusted)
<i>Intro/ Welcome</i>	<p><b>Game or Method:</b> Participants who will provide horses need preview of protocol for reporting to the vet box after their riding lesson, then send them off. If possible have them return in 5 minute intervals as lesson is finished.</p> <p>Participants working the vet box are given an overview of what their role will be in the vet box</p>	<p><b>Teacher's goal:</b> To establish procedure for how they should return from the riding lesson and "report" to the vet box</p> <p>To assign duties, provide overall picture of what will happen when horses return.</p>	(Est. 5 min)
<i>Warm-up</i>	<p><b>Game or Method:</b> Instructor will be the lead "vet" to start with. Use this time to demonstrate TPR, sequence of events when "hot" horses return. Procedure for cooling hot horses. Have participants help "set-up" the vet box area.</p>	<p><b>Mental/Physical Prep</b> Following the sequence of events: Demonstrate how a rider will report and dismount, how to take TPR (Spend the most time on this). Perhaps practice on a horse not out schooling, then discuss cooling procedures.</p>	(Est. 30 min)
<i>Feedback</i>	<p><b>Question/Sharing</b> See if there are any questions..</p>	<p><b>Teacher's Assessment</b> Modify/ adjust based on situation</p>	(Est. 2-3 min)
<i>Transition</i>	<p><b>Practice or one time around to get idea of lesson/game, relax</b> Be sure everyone has an assigned role. Be creative! Roles can change with as horses come in for additional experience.</p>	<p><b>Cement for lesson</b> Assignments can include "vet", scribe to note TPR statue initially and at 10 minute time, time keeper, SM team to cool horse and walk them, HM person to check rider, help, etc.</p>	(Est. 3-4 min)

<i>Lesson</i>	<b>Game/Method to teach Goal:</b> Vet box in action! Hopefully riders can come in a few minutes apart. "Vet" instructs riders to dismount and starts with initial TPR. Scribe notes information. Stable management team removes saddle, etc., then starts with sponge-scrape-walk procedure. Water is offered to rider. Recheck at 10 minutes until horse is sufficiently cooled, heart rate close to normal. Continue as horses come in. Release when done.	<b>Achieve Goal</b> Instructor monitors, corrects, helps, can have participants change roles.	(Est. 20-30 min)
<i>Conclusion/ Feedback</i>	<b>Slow paced game/activity while teacher &amp; students ask/answer questions</b> Check for questions/issues	<b>Check for understanding and/ feedback for next lesson</b> See if they need more info in any area	(Est. 3-4 min)

Last updated 4/16/07