

Position Description

Track Rider

Position Summary:

The Track Rider is responsible for exercising and conditioning racehorses during training sessions. This role requires advanced riding skills, an understanding of horse behaviour, and the ability to follow specific training instructions. Track Riders play a critical role in preparing horses for racing by maintaining their fitness, responsiveness, and overall performance.

1 Key Responsibilities:

- **Track Work Riding:**
 - Riding horses during track work sessions.
 - Following specific training instructions from the trainer.
 - Monitoring horse performance and behaviour during exercise.
 - Reporting feedback on horse fitness, responsiveness, and any concerns.
- **Horse Handling and Preparation:**
 - Assisting with saddling and unsaddling horses.
 - Warming up and cooling down horses before and after rides.
 - Assisting with mounting and dismounting procedures.
- **Safety and Compliance:**
 - Adhering to all safety protocols and riding regulations.
 - Wearing appropriate safety gear (e.g., helmet, vest).
 - Ensuring horses are exercised in a safe and controlled manner.
- **Team Collaboration:**
 - Communicating effectively with trainers, stable hands, and other riders.
 - Assisting with mentoring less experienced riders or stable staff.
 - Participating in team meetings and training briefings.

2 Skills and Attributes:

- Proven experience riding racehorses, pre-trainers or performance horses.
- Strong understanding of horse behaviour and training principles.
- High level of physical fitness and balance.
- Ability to follow detailed instructions and provide accurate feedback.
- Calm, confident, and safety-conscious approach to horse handling.

3 Work Environment:

- Outdoor work in all weather conditions.
- Fast-paced and physically demanding.
- High-risk environment requiring strict adherence to safety protocols.