

RSDP Newsletter August 2025

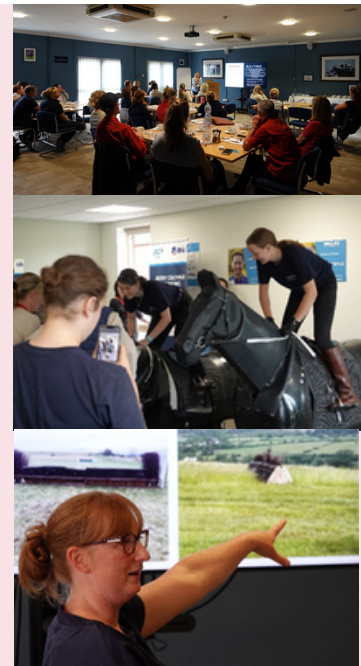


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DID YOU KNOW RSDP IS A PROGRAMME DELIVERED NATIONWIDE AND CATERS FOR ALL STAFF WITHIN THE RACING INDUSTRY?

COACH CPD DAY

A hugely successful CPD day was held at BRS on 22nd July 2025 and attended by around 30 registered coaches. The day began with an informative and interesting safeguarding talk by Naomi McLaughlin of the BHA safeguarding team. Our coaches are all required to do safeguarding and this face to face training was a step up from our online learning and gave us lots of talking points around common themes and support that is available. Everyone listened intently and learned a lot especially about emojis!! After lunch, a short presentation was delivered by Sam on how far RSDP has come in the last 6 years, with a fantastic video showcasing the good work we are doing in the industry. The coaches then did a group exercise of planning a schooling session coaching varying rider abilities before practical coaching with a group of riders in the IJF's Peter O'Sullivan House simulator room. RSDP coaches of different backgrounds demonstrated different exercises that could be used to make coaching sessions inclusive when working with a group of riders.



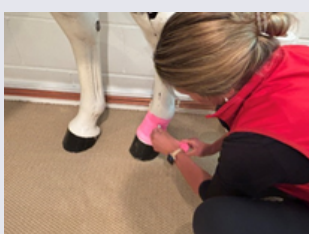
LEVEL 3 EMERGENCY EQUINE FIRST AID QUALIFICATION



On 7th July, RSDP delivered their 7th Level 3 Equine Emergency First Aid Qualification underwritten by IPET to the Northern racing and stud staff at New Beginnings Horses, Bishop Wilton, York. 12 racing staff members in varying job roles attended to gain the level 3 qualification allowing current racing staff to gain recognition and bring commonality to skills and the application of equine first aid across the industry.



The theoretical element covered what is first aid and managing horses in emergency situations, the primary and secondary survey and how to carry these out and how to deal with different ailments. Practical training included standardising and ensuring the correct application of a wound bandage, stable bandage, poultice, shoe removal along with completing survey checks such as temperature, pulse, and respiration. Some prerequisite learning was also completed online via Racing2Learn.



Our next course will take place on 22nd September at Comeytrove Equestrian near Taunton.

Contact Sam or Lauren to register your interest or book onto a course email hello@rsdp.co.uk.

LEVEL 3 COACHES

COHORT 3

The 3rd cohort of level 3 coaches assessments took place on 11th and 12th June at Greenall Guerriero Racing of Stockton Hall in Malpas.

Over the last 9 months, Anna Kirkland, , Lisette Davies, Lyndsey Bull, Louisa Allen and Vic Smeeton have worked their way through an extensive portfolio including tasks to develop annual plans for riders, deliver 12 progressive coaching sessions to achieve rider goals and create their own coaching philosophy as well as their work place observations at Richard Phillips' Aldestrop Yard on 25th March. This was a successful day that prepped the L3 coaches for their assessments and coaching career thereafter.

Thanks goes to all the team at Stockton Hall for accommodating the coaches assessments which consisted gallop observations followed by coaching sessions on the simulator.

The following day the coaches assessments concluded with professional discussions for all 5 participants coaches to successfully gain their level 3 certificate in Rider Coaching (Racing).

Coaches who hold the Level 3 Rider Coaching qualification will be expected to understand the importance and value of retaining staff within the racing industry. They will offer advice on goal setting and long term career development to "work riding" staff employed on yards and also mentor less experienced Level 1 and 2 coaches, signposting them to coaching opportunities and personal enhancement options.



WORK RIDER TRAINING

The trusty mobile training unit has been situated up north over the summer months providing simulator coaching sessions to northern racing staff. Level 3 coach and RSDP ambassador Paddy as well as progressing coach Hayley have been supporting Sam with providing coaching sessions to Middleham racing staff. Since 6th May, Sam has held 7 rider development session days at Middleham to accommodate for demand of upskilling riders as well as stable staff riding in racing staff charity races. So far, 49 racing staff from 6 different yards have received training. The next coaching sessions at Middleham Key Centre will be held in late August, contact S.Trainor@theNHC.co.uk to book a time slot.

At Jack Berry House in Malton, Level 3 coach Jess Gillam has been coaching racing staff from Malton, York and surrounding areas. From 8th May, 4 drop in days have provided 24 racing staff including charity race riders with coaching sessions at the Injured Jockeys Fund facility. Next Session will be 14th August, to book contact L.Webb@theNHC.co.uk

In Newmarket, 4 dates at Peter O'Sullivan House had L3 coach/ RSDP ambassador and coordinator Lauren with L2 coach Svitlana and progressing through his coaching qualifications, Tim Wilson, provide some familiar faces as well as new racing staff who had been signposted to sessions from Racing Staff Week charity riders. A total 44 racing industry staff attended sessions since 7th May. The next session on 6th August has 4 spaces left, for available time contact Lauren on 07827330059 or L.Webb@theNHC.co.uk

Lambourn's IJF facility Oaksey House also provided 4 drop in days from 2nd May, Lauren coached 32 staff members, some of which rode in the Newbury Racing Staff Charity race. 1 space remains at the next drop in day on 8th August, if you would like to book contact Lauren via WhatsApp or email.



**UPCOMING
RIDER DEVELOPMENT
SESSIONS COMING UP.**
1% an hr private timeslots, fully funded.

17th July	Malton Jack Berry
24th July	Middleham Key Centre
6th August	Newmarket BRS
8th August	Lambourn Oaksey
14th August	Malton Jack Berry
TBC contact Sam	Middleham Key Centre
16th September	Middleham Key Centre

 Call or message
Lauren.Santo book
on.
Sam 07597435389 Lauren 07827330059

 Detailed information about
our sessions can be found at.
www.rsdpc.co.uk



BECOME A LEVEL 1 COACH

RSDP will host a level 1 coaching course this year, recruiting the next generation of racing coaches in yards. Coaching courses are designed to give proven industry experienced staff the recognition of the dedication to the industry as well as teaching how to impart knowledge through coaching and mentoring addressing skills shortages and staff retention issues racing is currently facing.

A course will be run at the NHC 1st - 5th September, this includes a first aid and safeguarding qualification.

Contact Sam or Lauren hello@rsdp.co.uk to enquire.

1ST AID TRAINING

RSDP has facilitated extra 1st aid training days provided by Medi-K with added rider supplement in new locations during 2025 as well as areas of over subscription from 2024. This year RSDP has run 4 courses in Newmarket and Malpas in March, York and Chepstow in April all of which have been full.

This is in line with RSDP objectives providing localised training to staff regionally. At the end of summer, NHC will be hosting a course as part of level 1 coaching. Oaksey House will host one on 18th November with some spaces available.

Register your interest with Sam or Lauren at hello@rsdp.co.uk to be put on the list.

LEVEL 2 COACHING COURSE

Six candidates attended our recent L2 coaching course at NHC. This course followed a new format with 4 days of interactive coaching theory, portfolio building and lots of practical coaching, which worked extremely well for the learners. The six coaches will now complete the practical coaching tasks in their portfolio in their own environment, returning to NHC for their practical coaching assessment on 25th September, 2025.

INTRODUCTION TO PEOPLE MANAGEMENT

RSDP will host 2 short courses on Introduction to people management in the Cotswolds on 26th August and Chepstow on 28th October. This course is aimed at racing staff of all ages and experience wanting to learn more for career progression or brush up on skills in a position of team leadership. The day course covers topics such as:

- communication
- motivation
- handling conflict
- team building
- employment law
- styles of leadership

Please send enquiries to hello@rsdp.co.uk

WEBINARS

A webinar series will be brought to you over the winter, keep an eye out for posters circulated. The theme for the first session this winter will be Colic. Looking at what colic is, what we should do if a horse has colic, and how we can develop management environments to help reduce cases. To view previous webinars on various topics please visit

<https://www.rsdp.co.uk/horsemanship/resources/>

Email hello@rsdp.co.uk to register interest for the Teams link to join the webinars live.

LEVEL 3 AWARD IN WORKPLACE MENTORING

As our pilot mentoring course continues, we now have dates for further courses leading into 2026. We are piloting the course until April 2026 and therefore the cost remains at a competitive £55 per applicant to cover registration only. The course is open to anyone within racing including racecourse personnel.

The course consists of two units:-

Unit 1: The mentoring role. This unit covers the theoretical aspects of the role and responsibilities of the mentor, the techniques and skills required during the mentoring process and reflecting on the mentoring role.

Unit 2: Undertaking the mentoring in the workplace. This unit covers the practical aspect of planning and delivering mentoring. You will be required to mentor at least one person for a minimum of six hours.

Support will be provided throughout the course.

2025 PLANS

2025 is an exciting year for RSDP with the programme expanding its provisions. Last year RSDP launched their website which continues to grow with content, it has been an intrinsic tool for raising programme awareness, increased uptake of bookings, providing additional information on everything RSDP and all the training we offer. Training stats show there is an demand for RSDP training and recognising areas where RSDP can further support racing's workforce.

A second mobile training unit due to be deployed this Autumn means we are able to keep up with requests for work rider training, providing simulator coaching sessions to trainers nation wide. Our coaches have been instrumental in raising programme awareness within yards and enabling coaching sessions to happen, supporting staff and progressing through their own coaching qualifications. Compulsory coach face to face CPD days incorporating BHA safeguarding training will result in a higher standard of safe coaching practices reaching more racing industry employees inline with RSDP's strategy and objectives.

Enquiries from varying racing sectors has meant identification of need for non ridden qualifications that will aid with staff retention, career progression and longevity. This year RSDP is rolling out a Level 3 Mentoring Qualification to add to our repertoire.

Free webinars will continue to be delivered this winter to ensure horsemanship awareness which ties in with Racing2Learn courses to gain qualifications and inform with the latest information. A Catalogue of courses can be found [here](#).

FUTURE EVENTS

- 6th August - Simulator coaching sessions, BRS
- 8th August - Rider coaching sessions, Oaksey House
- 14th August - Rider coaching sessions, Jack Berry House
- 26th August - Staff Management short course in Cotswolds
- 1st - 5th September - Level 1 coaching course, NHC
- 5th September - Human 1st Aid, NHC
- 11th September - Mentoring face to face day NHC
- 16th September - Rider development sessions, Middleham (Late August date TBC)
- 22nd September - Equine First Aid Course, Comeytrove Equestrian Taunton

L3 COACHES CPD DAY AT ROYAL HORSE ARTILLARY

What a fantastic day our Level 3 coaches were treated to by the RHA Kings Troop on Wednesday 28th May. After making our separate ways to Regent's Park Barracks we were all given an informative tour of the site, followed by an explanation of the role of a racing coach, by Sam and an interactive classroom session on expectations of racing position.

After simulator sessions at the barracks, six horses and riders rode through the centre of London to Hyde Park Arena where we swapped Army saddles for racing saddles and gave everyone a taste of riding in racing tack, with Sam and Sue using exercises to help the riders develop a feel for rider position, balance, horse rhythm and pace.

The Army riders were so enthusiastic and made us feel very welcome. It was a momentous occasion for RSDP coaches who felt privileged to attend.



**THANK YOU FOR TAKING THE TIME TO READ
AND PLEASE LET OTHERS KNOW ABOUT THE
SUPPORT OF RSDP.**

Sam, Lauren and all at the RSDP programme

