



Developed in Partnership with  
The British Horseracing Authority

# 1st4sport Level 2 Certificate in Equestrian Coaching (Racing)

## Learner Portfolio

Version 2: February 2021

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***Developing and awarding qualifications for the active learning and leisure industry***

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Qualification Number: 603/1443/6  
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## Learner Record of Achievement

Learner name:		Unique learner number (ULN):	
Address:			
Date of birth:		Postcode:	
Event authorisation number (EAN):		Tel no:	
		1st4sport learner registration no:	

## Recognised Centre's Details

Centre name:	
Centre staff:	Coach Educator(s)/Internal Assessor(s)
	Independent Assessor
	Internal Quality Assurer

## Achievement of Course Prerequisites

Prior to <b>registration</b> , learners are required to:	Date	Checked by (coach educator/assessor)
be aged 17 years or over		
complete the pre course tasks		
confirm their identity by showing an accepted form of government issued identification		
Prior to <b>certification</b> , learners are required to:	Date	Checked by (coach educator/assessor)
be aged 18 years or over		
attend and have a valid and in date certificate for a recognised safeguarding workshop		

attend and hold a valid and in date certificate for a recognised first/emergency aid workshop		
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## Task Achievement Summary

The Task Achievement Summary should be updated after each assessment to record your progression through the qualification.

Task	Learner Signature	Assessor Signature	Quality Assurer Signature
1 The Role and Responsibilities of the Coach	Racing2Learn certificate to be included in portfolio		
2 Duty of Care	Racing2Learn certificate to be included in portfolio		
3 Rules and Regulations	Racing2Learn certificate to be included in portfolio		
4 Physical Influences on Participation	Racing2Learn certificate to be included in portfolio		
5 Inclusive Coaching Practice	Racing2Learn certificate to be included in portfolio		
6 Mental and Social Influences on Participation	Racing2Learn certificate to be included in portfolio		
7 Safe Coaching Practice	Racing2Learn certificate to be included in portfolio		
8 Plan a Series of Linked and Progressive Coaching Sessions			
9 Deliver a Series of Linked and Progressive Coaching Sessions			
10 Practical Demonstration of Coaching 1			

Task		Learner Signature	Assessor Signature	Quality Assurer Signature
11	Practical Demonstration of Coaching 2			

## Component Record of Achievement

To be completed by the assessor to confirm that all aspects of the assessment specification have been appropriately evidenced and each component of the qualification has been achieved.

Achievement	Assessor Signature	Date	QA Signature	Date
The role of the equestrian coach (Tasks 1 - 7)				
Plan a series of equestrian coaching sessions (Task 8)				
Deliver a series of equestrian coaching sessions (Task 9, 10 and 11)				
Review a series of equestrian coaching sessions (Task 10, 11 and 12)				
Technical requirements for coaching in racing (All tasks)				

Adherence to the British Horseracing Authority's (BHA) Rider Coaches Code of Conduct <i>To be completed by the learner.</i>			
<i>I can confirm that as a rider coach I agree to abide by the BHA's Code of Conduct for Coaches</i>			
Learner name:		Date:	
Learner signature:			

## Code of Conduct

Personal Statement <i>To be completed by the learner and confirmed by the assessor at the conclusion of the programme of assessment.</i>			
<i>I can confirm that the work contained within this Learner Portfolio and all evidence and products associated with the achievement of this qualification are my own work. I can also confirm that my assessment took place as described in the Learner Portfolio Assessment Specification.</i>			
Learner name:		Date:	
Learner signature:			
I, the undersigned, confirm that I have checked the above to be accurate.			
Assessor name:			
Assessor signature:			

## Personal Statement



## Learner Feedback and Action Plan

(Assessor Use Only)

*This Learner Feedback and Action Plan Form should be used by the coach educator/assessor to provide feedback to the learner on each individual assessment task, with the exception of Tasks 10 and 11 where separate feedback and an action plan is given through the recorded observation and learner reflection.*

Learner's name:			
Assessor's name:			
Assessor Feedback to the Learner on Performance			
Task 1: The Role and Responsibilities of the Rider Coach			
Task 2: Duty of Care			
Task 3: Rules and Regulations			
Task 4: Physical Influences on Participation			
Task 5: Inclusive Coaching Practice			
Task 6: Mental and Social Influences on Participation			
Task 7: Safe Coaching Practice			
Task 8: Plan a Series of Linked and Progressive Coaching Sessions			
Task 9, 10, 11: Deliver a Series of Linked and Progressive Coaching Sessions			
Action Plan for the Learner for Further Development			
Learner's signature:		Date:	
Assessor's signature:			
Internal quality assurer's signature:	(if seen)		

## Task 1: The Role and Responsibilities of the Coach

For this task you should complete Task 1 on the Level 2 Coaching Course on Racing2Learn.

The task also requires you to complete a Continuing Professional Development (CPD) plan which can be downloaded in Task 1 (above). This should also be placed in this portfolio

When you have completed the task, download the certificate and place it in this portfolio.

### Level 2 Coaching – Task 1: Roles and Responsibilities of the Coach



Insert Task 1  
Certificate and CPD  
Plan Here



## Task 2 – Duty of Care

For this task you should complete Task 2 on the Level 2 Coaching Course on Racing2Learn.



**Level 2 Coaching**  
**Task 2: Duty of Care**

Insert Task 2  
Certificate and  
Safeguarding  
Certificate Here

### Task 3: Rules and Regulations

For this task you should complete Task 3 on the Level 2 Coaching Course on Racing2Learn.

Level 2 Coaching – Task 3: The responsibilities of a coach in relation to industry rules and regulations

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Insert Task 3  
Certificate Here

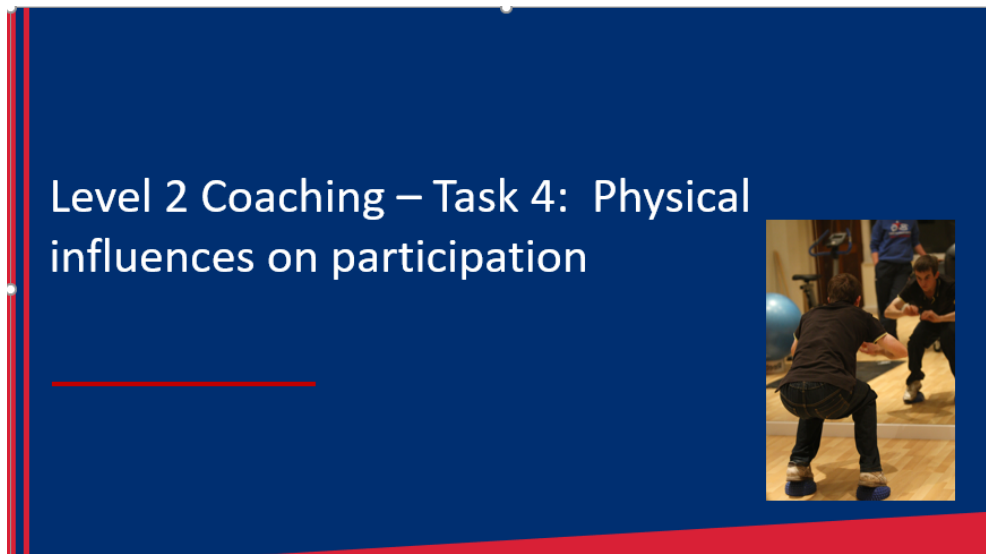
Confirm you have completed the BHA Integrity Education

Signed .....

Date .....

## Task 4: Physical influences on participation

For this task you should complete Task 4 on the Level 2 Coaching Course on Racing2Learn.



To complete this task you must complete the following eLearning programmes on Racing2Learn:

Basic principles of health and wellbeing (Part 1) – **DIET AND EXERCISE**  
<https://racing2learn.com/course/view.php?id=114>

Basic principles of health and wellbeing (Part 2) – **SOCIAL FACTORS**  
<https://racing2learn.com/course/view.php?id=117>

Further information can also be found at RACING WELFARE which also includes advice on Racing's Occupational Health Service  
<https://racingwelfare.co.uk/>

Insert Task 4 and Principles  
of Health and Wellbeing  
Certificate Here

## Task 5: Inclusive Coaching Practice

For this task you should complete Task 5 on the Level 2 Coaching Course on Racing2Learn.

### Level 2 Coaching – Task 5: Inclusive Coaching Practice



To complete this task you must complete the following eLearning programme on Racing2Learn:

LGBT+ Awareness and inclusion for the racing industry <https://racing2learn.com/course/view.php?id=118>

Insert Task 5 and  
LGBT+ Awareness  
Certificates Here



## Task 6: Mental and social influences on participation

For this task you should complete Task 6 on the Level 2 Coaching Course on Racing2Learn.

### Level 2 Coaching – Task 6: Mental and social influences on participation

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# Insert Task 6 Certificate Here

## Task 7: Safe Coaching Practice

For this task you should complete Task 7 on the Level 2 Coaching Course on Racing2Learn.

### Level 2 Coaching – Task 7: Safe coaching practice



Insert Task 7  
Certificate Here

## Sample Risk Assessment for Rider Coaching Sessions

**Venue:** Northern Racing College Gallop **Completed by (name):** A Coach

**(Signature)** *A Coach*

**Date:** 1.1.2021

**Review Date:** 01.6.2021

### Playing Area/Training Area

Check that the area and surroundings are safe and free from obstacles, if applicable check floor, roof leaks, lighting, heating, security and welfare.

### Equipment

Check that it is fit and sound for activity and suitable for age group/ability, check there is no equipment left from other activities or obstructions left in the sporting area

### Riders

Check that the attendance register is up to date with medical information and contact details. Check that riders are appropriately attired for the activity.

Description of Hazard	Evaluation of Risk (high/medium/low)	Action(s) to Minimise Risk	Person to Advise if Risk is Outside Own Control	Re-evaluation of Risk
Gallop	Medium	Walk the gallop to ensure it are safe and free from obstacles/obstruction.	Monitor regularly and not use area if considered dangerous to either horse or rider	Low
Fences/Hurdles	High	Inspect the fences/hurdles to ensure they are safe for use. Also check the ground leading up to the obstacle(s) and both the take and landing	Facility manager	High
Rails	Medium	Check not broken or protruding, in good condition and in full working order	Do not use if broken; report to facility manager	Low
Riders not having appropriate kit (ie helmet, body protector etc)	Medium	Communicate to all riders their responsibility for having the appropriate kit <i>Check riders before sessions</i>	Change your session to minimise risk	Low

## Risk Assessment

**Venue:** \_\_\_\_\_ **Completed by (name):** \_\_\_\_\_  
**(Signature)** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Review Date:** \_\_\_\_\_

### Training Area

Check that the area and surroundings are safe and free from obstacles, check floor, roof leaks, lighting, heating, security and welfare.

### Equipment

Check that it is fit and sound for activity and suitable for age group/ability, check there is no equipment left from other activities or obstructions left in the sporting area

### Riders

Check that the attendance register is up to date with medical information and contact details. Check that riders are appropriately attired for the activity.

Description of Hazard	Evaluation of Risk (high/med/low)	Action(s) to Minimise Risk	Person to Advise if Risk is Outside Own Competence to	Re-evaluation

- a. Following the Risk Assessment and Health and Safety Check of the venue, you should check and set up the required equipment. What are the key things you should look for?

	Equipment check	Equipment Set Up
Key things to look for:		

- b. If you found any problems when conducting the Risk Assessment or the Pre-Session Health and Safety Check, what should you do?

	Venue Issues	Equipment Issues
If I found a problem I would:		

- c. What additional things would you need to consider in your Risk Assessment and Pre-Session Health and Safety Check for an outdoor coaching session? List three.

Additional outdoor health and safety considerations	

- d. What are your responsibilities for dealing with and reporting the following?

	How I would deal with this	How I would report this
Accident		
Injury		
Illness		

## Task 8 – Plan a Series of Linked and Progressive Coaching Sessions

This task requires you to plan a series of four (minimum) linked and progressive coaching sessions. You will be expected to deliver and evaluate the series of coaching sessions in Task 9. Templates are provided to support you completion of this task.

- a. List information you would need to gather be in a position to effectively plan a series of coaching session for a group of riders.

Information	Source of information:

- a. Plan a series of rider coaching sessions for a group of children or adult riders that you regularly coach (or will be coaching in order to achieve this qualification)

To develop an effective overview plan for your series of sessions, you will need to:

- Conduct a risk assessment of your coaching venue to identify any hazards and the impact these may on your sessions. A template is provided for you.
- Establish who your rider group are including:
  - Expected number
  - Age
  - Ability level
  - Their motivation for attending – what are their goals?
- Establish the dates, times and durations<sup>1</sup> of your coaching session
- Establish if you will have any coaching support available

Once you have developed your overview plan, you will need to develop the individual session plans for each session in the series.

Your session plan should contain the following information:

- any racing / riding specific requirements. *Information on this will be provided by your coach educator/ assessor.*
- full breadth of session plan, including but not limited to:
  - session details (location, time, date, equipment requirements etc.)
  - introduction
  - warm up and cool down
  - activities (technical, tactical and/or race related)
  - plenary/recap

A session plan template has been provided on the following pages. An example of a completed session plan will be provided by your coach educator/assessor.

<sup>1</sup> You will be informed of the required duration of the session by your coach educator/assessor.

## Risk Assessment

Venue: \_\_\_\_\_ Completed by (name): \_\_\_\_\_  
(Signature) \_\_\_\_\_

Date: \_\_\_\_\_ Review Date: \_\_\_\_\_

### Playing Area/Training Area

Check that the area and surroundings are safe and free from obstacles, check floor, roof leaks, lighting, heating, security and welfare.

### Equipment

Check that it is fit and sound for activity and suitable for age group/ability, check there is no equipment left from other activities or obstructions left in the sporting area

### Riders

Check that the attendance register is up to date with medical information and contact details. Check that performers are appropriately attired for the activity.

Description of Hazard	Evaluation of Risk (high/med/low)	Action(s) to Minimise Risk	Person to Advise if Risk is Outside Own Competence to	Re-evaluation

## Linked Session Planner – an overview (Example)

Learner	A Coach			
Topic:	Develop rider balance, position and effectiveness at all paces			
Equipment/resources required:	Venue, Racehorse simulator, video and playback equipment, first aid kit, radio/mobile phone, correct riding equipment, yellow	Ability/special needs:	Apprentice Riders	
Session Number	Resources/Equipment	Key Technical Content	Key Coaching Points	Aim/Goal of session
Session 1:	<ul style="list-style-type: none"> <li>Understanding of importance of rider balance in relation to horse performance</li> <li>Links to riding</li> </ul>	<ul style="list-style-type: none"> <li>Warm up</li> <li>Discuss rider position</li> <li>Demonstrate position and balance</li> <li>Cool down</li> <li>Fitness elements</li> </ul>	<ul style="list-style-type: none"> <li>Understanding of importance of balance</li> <li>Correct position</li> <li>Holding reins in single and double bridle</li> </ul>	<ul style="list-style-type: none"> <li>Understanding of importance of rider balance in relation to horse performance</li> <li>Links to riding session</li> </ul>



Session 2:	<ul style="list-style-type: none"> <li>Enclosed arena</li> <li>Correct riding equipment</li> <li>Radio/mobile phone</li> <li>Video and playback equipment</li> </ul>	<ul style="list-style-type: none"> <li>Establish correct balanced position in walk, trot and canter in enclosed area</li> <li>Correct use of aids</li> <li>Importance of warm up and cool down</li> </ul>	<ul style="list-style-type: none"> <li>Position</li> <li>Balance at each pace and during transitions</li> <li>Use of space</li> <li>Consideration of other riders (if applicable)</li> </ul>	<ul style="list-style-type: none"> <li>Establishing effective, balanced position</li> <li>Ability to maintain control of horse at each pace</li> </ul>
Session 3:	<ul style="list-style-type: none"> <li>Horse</li> <li>Gallop</li> <li>Correct riding equipment</li> <li>Video and playback equipment</li> <li>Radio/mobile phone</li> </ul>	<ul style="list-style-type: none"> <li>Warm up horse in enclosed area</li> <li>Steady canter on gallops</li> <li>Smooth set off and pull up</li> <li>Position and balance</li> <li>Cool down and</li> </ul>	<ul style="list-style-type: none"> <li>Position</li> <li>Balance and effectiveness</li> <li>Consideration of other riders (if applicable)</li> <li>Judgement of pace</li> </ul>	<ul style="list-style-type: none"> <li>Controlling horse on the gallops</li> <li>Maintaining a balanced, effective position throughout</li> <li>Links to changes of pace and</li> </ul>
Session 4:	<ul style="list-style-type: none"> <li>Horse</li> <li>Other riders and horses</li> <li>Gallop</li> <li>Correct riding equipment</li> <li>Video and playback equipment</li> </ul>	<ul style="list-style-type: none"> <li>Warm up horse in enclosed area in a string</li> <li>Steady canter on gallops behind other riders</li> <li>Smooth set off and pull up</li> <li>Keeping on</li> </ul>	<ul style="list-style-type: none"> <li>Position</li> <li>Balance and effectiveness</li> <li>Consideration of other riders (if applicable)</li> <li>Judgement of pace</li> </ul>	<ul style="list-style-type: none"> <li>Controlling horse on the gallops in a string</li> <li>Maintaining a balanced, effective position throughout</li> <li>Awareness of</li> </ul>

### Linked Session Planner – an overview

Learner				
Topic covered in the four				
Equipment/ resources		Ability/ specialist		
Session Number	Objectives	Activity	Key Coaching Points	Organisation
Session 1:				
Session 2:				
Session 3:				
Session 4:				
Comments:				

## Coaching Session Plan 1

Name:				
Date:	Time:	Venue/facility:	Risk Assessment complete:	
Group and age:		Coaches/personnel:	Equipment/resources:	
Ability:		Others:	Riders' needs:	
Objective:				
Time	Activity/Session Content (including progression)	Coaching Points	Differentiation (All, most, some)	Organisation/ Resources
	<i>Warm Up:</i>			
	<i>Cool down and recap:</i>			
<i>Contingency plan:</i>				

## Coaching Session Plan 2

Name:			
Date:	Time:	Venue/facility:	Risk Assessment complete:
Group and age:		Coaches/personnel:	Equipment/resources:
Ability:		Others:	Riders' needs:
Objective:			

Time	Activity/Session Content (including progression)	Coaching Points	Differentiation (All, most, some)	Organisation/ Resources
	<i>Warm Up:</i>			
	<i>Cool down and recap:</i>			
<i>Contingency plan:</i>				

## Coaching Session Plan 3

Name:			
Date:	Time:	Venue/facility:	Risk Assessment complete:
Group and age:		Coaches/personnel:	Equipment/resources:
Ability:		Others:	Riders' needs:
Objective:			

Time	Activity/Session Content (including progression)	Coaching Points	Differentiation (All, most, some)	Organisation/ Resources
	<i>Warm Up:</i>			
	<i>Cool down and recap:</i>			
<i>Contingency plan:</i>				

## Coaching Session Plan 4

Name:			
Date:	Time:	Venue/facility:	Risk Assessment complete:
Group and age:		Coaches/personnel:	Equipment/resources:
Ability:		Others:	Riders' needs:
Objective:			

Time	Activity/Session Content (including progression)	Coaching Points	Differentiation (All, most, some)	Organisation/ Resources
	<i>Warm Up:</i>			
	<i>Cool down and recap:</i>			
<i>Contingency plan:</i>				

## Task 9: Deliver a Series of Linked and Progressive Coaching Sessions

The task requires you to **deliver and evaluate** your series of coaching sessions planned in Task 8. The series of coaching sessions must be delivered to the same rider, or group of riders in a real coaching environment. Templates are provided to support your recording of the task. This task involves the following:

- a. Deliver the series of coaching sessions. For each session you must:
  - Conduct a pre-session health and safety check in line with your Risk Assessment *per session*
  - Follow your session plan, making any required adaptations and/or progressions as required by the rider(s).
  - Evaluate each session immediately following delivery, identifying any areas of strength and areas for development for:
    - The rider, or group of riders
    - Your own coaching practice
  - Record the delivery of each session on the coaching log, identifying any changes to the following session(s) and goals
  - Have the delivery of each session confirmed by somebody who witnessed it. This could be a rider, another coach, or a spectator. You are expected to provide the contact details of this witness to allow your assessor and internal/external quality assurer to verify the delivery of each session if required. You will need to make the witness aware of this and ensure they are happy to be contacted for this purpose.
- b. Evaluate the series of coaching sessions holistically. For this you should reflect on:
  - Feedback from people involved in the coaching sessions. This could include riders, other coaches, spectators
  - the progress made by the rider(s)
  - further areas for development for the rider(s) based on their initial goals
  - your own coaching practice and how this has developed over the delivery of the sessions
  - further areas for development for your own coaching practice based on strengths and weaknesses identified over the series of sessions

## Coaching Log for the Series of Linked and Progressive Coaching Sessions

Complete the log with the details of each session and ensure it is witnessed, preferably by a mentor. Four session plans must be submitted and evidenced in the log.

Learner				
Sessi Date	Session Goals	Session Outcomes (Include Review of Rider Development)	Changes to next session	Delivery confirmed by: (name, signature,
1				
2				
3				
4				

## Pre-session Health and Safety Checklist: Session 1

*NB. Refer to Risk Assessment (Task 8) to identify any additional required checks*

Coach name				Venue	
Date				Time	
Facility	Yes	No	Notes		
Is first aid available?					
Do you have a mobile phone?					
Is a telephone within easy reach?					
Toilet facilities available					
Emergency briefing carried out					
Exit routes checked and cleared					
Playing/practical area					
Non-slippery/suitable					
Safe and free from obstacles					
Area free of hazards					
Equipment					
Sturdy?					
Free from rough edges?					
Large equipment secured?					
Electrical equipment safe to use?					
Riders					
Full register & contact details?					
Any medical conditions/disabilities?					
Appropriately attired?					
Additional information/Notes:					



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## Self-Evaluation Session 1

Describe how the aims/goals were met:	
Feedback from Others	
Did you receive feedback from others? What was the feedback?	
Summarise feedback from others:	
Review of session delivery	
What were the strengths of the session?	
What were the weaknesses or aspects you would change of the session?	
Review of own performance	
What were your areas of strength within the session?	
What were your areas of further development within the session?	

## Pre-session Health and Safety Checklist: Session 2

*NB. Refer to Risk Assessment (Task 8) to identify any additional required checks*

Coach name				Venue	
Date				Time	
Facility	Yes	No	Notes		
Is first aid available?					
Do you have a mobile phone?					
Is a telephone within easy reach?					
Toilet facilities available					
Emergency briefing carried out					
Exit routes checked and cleared					
Playing/practical area					
Non-slippery/suitable					
Safe and free from obstacles					
Area free of hazards					
Equipment					
Sturdy?					
Free from rough edges?					
Large equipment secured?					
Electrical equipment safe to use?					
Riders					
Full register & contact details?					
Any medical conditions/disabilities?					
Appropriately attired?					
Additional information/Notes:					

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## Self-Evaluation Session 2

Describe how the aims/goals were met:	
Feedback from Others	
Did you receive feedback from others? What was the feedback?	
Summarise feedback from others:	
Review of session delivery	
What were the strengths of the session?	
What were the weaknesses or aspects you would change of the session?	
Review of own performance	
What were your areas of strength within the session?	
What were your areas of further development within the session?	

## Pre-session Health and Safety Checklist: Session 3

*NB. Refer to Risk Assessment (Task 8) to identify any additional required checks*

Coach name				Venue	
Date				Time	
Facility	Yes	No	Notes		
Is first aid available?					
Do you have a mobile phone?					
Is a telephone within easy reach?					
Toilet facilities available					
Emergency briefing carried out					
Exit routes checked and cleared					
Playing/practical area					
Non-slippery/suitable					
Safe and free from obstacles					
Area free of hazards					
Equipment					
Sturdy?					
Free from rough edges?					
Large equipment secured?					
Electrical equipment safe to use?					
Riders					
Full register & contact details?					
Any medical conditions/disabilities?					
Appropriately attired?					
Additional information/Notes:					

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## Self-Evaluation Session 3

Describe how the aims/goals were met:	
Feedback from Others	
Did you receive feedback from others? What was the feedback?	
Summarise feedback from others:	
Review of session delivery	
What were the strengths of the session?	
What were the weaknesses or aspects you would change of the session?	
Review of own performance	
What were your areas of strength within the session?	
What were your areas of further development within the session?	



## Pre-session Health and Safety Checklist: Session 4

*NB. Refer to Risk Assessment (Task 8) to identify any additional required checks*

Coach name				Venue	
Date				Time	
Facility	Yes	No	Notes		
Is first aid available?					
Do you have a mobile phone?					
Is a telephone within easy reach?					
Toilet facilities available					
Emergency briefing carried out					
Exit routes checked and cleared					
Playing/practical area					
Non-slippery/suitable					
Safe and free from obstacles					
Area free of hazards					
Equipment					
Sturdy?					
Free from rough edges?					
Large equipment secured?					
Electrical equipment safe to use?					
Riders					
Full register & contact details?					
Any medical conditions/disabilities?					
Appropriately attired?					
Additional information/Notes:					

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## Self-Evaluation Session 4

Describe how the aims/goals were met:	
Feedback from Others	
Did you receive feedback from others? What was the feedback?	
Summarise feedback from others:	
Review of session delivery	
What were the strengths of the session?	
What were the weaknesses or aspects you would change of the session?	
Review of own performance	
What were your areas of strength within the session?	
What were your areas of further development within the session?	

## Task 10: Practical Demonstration of Coaching 1

This task requires you to **plan** a coaching session. You will then **deliver and evaluate** coaching activity/activities from this session plan. Your coaching delivery will be observed by your assessor. Templates are provided to support your recording of the task. This task involves the following:

- a. Write a session plan for a rider, or group of riders that you would coach. You may coach this session to peers on your course, or within a real coaching environment. Your coach educator/assessor will advise you of this.

### Riding Coach Assessment

You will be expected to demonstrate your ability to coach session(s) in equestrian coaching (Racing) for a minimum of 20 minutes, through the observation of two practical coaching session assessments. Observations will take place with riders in an assessment situation which closely simulates exercising or working racehorses. One observed coaching session will take place in the school, and one will take place on the gallops. Where observations are conducted in a simulated environment, these must be in addition to the logged sessions that must be delivered in the coach's normal coaching environment.

### Jockey Coach Assessment

You will be expected to demonstrate your ability to coach session(s) in equestrian coaching (Racing) for a minimum of 20 minutes, through the observation of two practical coaching session assessments. One observed coaching session will take place on a racing simulator, and one will take place with one or more riders either in an arena or on the gallops. Where observations are conducted in a simulated environment, these must be in addition to the logged sessions that must be delivered in the coach's normal coaching environment.

- b. Using your session plan, identify the coaching activity/ activities you will deliver to a rider, or group of riders. The selected activity/activities must last a minimum of 20 minutes.
- c. Prepare the coaching environment, including the racing simulator and rider(s) for the delivery of your chosen activity/activities. This preparation should include:
  - Session goals
  - Ground rules
  - Completion of a Pre-Session Health and Safety Checklist, in line with the Risk Assessment for your assessment venue (you may use the venue Risk Assessment where one exists).
- d. **Deliver** the activity/activities to the rider, or group of riders, incorporating appropriate skills and techniques. The assessor will observe you leading the activity/activities and assess you using the criteria listed on the Practical Coaching Assessment Observer Record.
- e. **Self-evaluate** your coaching performance immediately after delivering the activity/activities. Identify aspects of the sessions you did well and any you would do differently next time (ideally three of each). Include any feedback you received from the rider(s) and others involved in the session. A template is provided for you.
- f. Share the self-evaluation with your assessor. Your assessor may wish to ask you some questions on your Risk Assessment, pre-session health and safety checks, session plan, session delivery and/or your self-evaluation.

## Practical Demonstration of Coaching 1 Session Plan

Name:			
Date:	Time:	Venue/facility:	Risk Assessment complete:
Group and age:		Coaches/personnel:	Equipment/resources:
Ability:		Others:	Riders' needs:
Objective:			

Time	Activity/Session Content (including progression)	Coaching Points	Differentiation (All, most, some)	Organisation/ Resources
	<i>Warm Up:</i>			
	<i>Cool down and recap:</i>			
<i>Contingency plan:</i>				

## Level 2 Practical Demonstration of Coaching 1: Pre-session Health and Safety Checklist

*NB. Refer to relevant Risk Assessment to identify any additional required checks*

Coach name				Venue	
Date				Time	
Facility	Yes	No	Notes		
Is first aid available?					
Do you have a mobile phone?					
Is a telephone within easy reach?					
Toilet facilities available					
Emergency briefing carried out					
Exit routes checked and cleared					
Playing/practical area					
Non-slippery/suitable					
Safe and free from obstacles					
Area free of hazards					
Equipment					
Sturdy?					
Free from rough edges?					
Large equipment secured?					
Electrical equipment safe to use?					
Riders					
Full register & contact details?					
Any medical conditions/disabilities?					
Appropriately attired?					
Additional information/Notes:					

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## Level 2 Practical Demonstration of Coaching 1: Self-Evaluation

Describe how the aims/goals were met:		
Feedback from Others		
Did you receive feedback from others? What was the method of		
Summarise feedback from others:		
Review of session delivery		
What were the strengths of the session?		
What were the weaknesses or aspects you would change of the session next time?		
Review of own performance		
What were your areas of strength within the session?		
What were your areas of further development within the session?		
	Development:	Action plan:



<p>Priorities for own personal development and related action plan to continue to improve your coaching?</p>		
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## Level 2 Practical Coaching Demonstration 1: Assessment Observer Record

**For assessor use only**

*This record provides the assessor with a means to assess learners' practical coaching demonstration. The overall outcome for the task is recorded on the Level 2 Practical Coaching Demonstration: Assessment Outcomes sheet.*

Learner name:			
Assessor name:		Date:	
The learner has:		Evidence Ref. Obs/ Q + No.	Outcome C / NYC
1	set up equipment safely and effectively and conducted health and safety checks (required standards are met)		
2	developed a session plan that is well planned and technically accurate		
3	delivered introduction to the session including planned outcomes and ensuring riders ownership in this		
4	delivered an engaging session where riders are positive and motivated		
5	delivered a session where all riders interact and have plenty of opportunity to be involved		
6	delivered a session that includes decision making for riders		
7	delivered a session using technically accurate demonstrations and explanations when required		
8	provided the opportunity for the group and individuals to be stretched (physically/technically/mentally)		
9	analysed riders performance providing timely support and feedback to the group and individuals to develop their understanding and promote learning		
10	demonstrated time management for the session and group, moving activities on at appropriate times		
11	established and maintained group control, and ensured a safe and positive environment at all times		
12	demonstrated a range of communication skills relevant to the session and the group (verbal and non verbal)		
13	concluded the session by reviewing the main outcomes and providing whole group and, where possible, individual feedback		

## Level 2 Practical Demonstration of Coaching 1: Question Sheet

**For assessor use only**

Learner name:		Date:	
<b>To be completed by the assessor</b>			
Q1:			
Answer 1 :			
Q2:			
Answer 2:			
Q3:			
Answer 3:			
Q4:			
Answer 4:			
Q5:			
Answer 5:			
I can confirm that the questions listed above were asked by my assessor and the answers are an accurate record of my responses.			
Learner signature		Name	Date
Assessor signature		Name	Date

## Level 2 Practical Demonstration of Coaching 1: Notes and Feedback

**For assessor use only**

Notes from the session (indicate references):

How to coach (coaching methodology)

What to coach (sports-specific knowledge)

**Level 2 Practical Demonstration of Coaching 1:**  
**Assessment Outcomes**  
**For assessor use only**

Practical Coaching Demonstration:		<b>Competent / Not Yet Competent</b> (delete as appropriate)			
Action Plan for Further Coaching Development					Timescale
I agree to abide by the _____ <i>Code of Practice:</i>					
Learner signature		Name		Date	
Assessor signature		Name		Date	

**Task 11: Practical Demonstration of Coaching 2**

This task requires you to **plan** a coaching session. You will then **deliver and evaluate** coaching activity/activities from this session plan. Your coaching delivery will be observed by your coach educator/assessor. Templates are provided to support your recording of the task. This task involves the following:

- a. Write a session plan for a rider, or group of riders. You may coach this session to peers on your course, or within a real coaching environment. Your coach educator/assessor will advise you of this.

### Riding Coach Assessment

You will be expected to demonstrate your ability to coach session(s) in equestrian coaching (Racing) for a minimum of 20 minutes, through the observation of two practical coaching session assessments. Observations will take place with riders in an assessment situation which closely simulates exercising or working racehorses. One observed coaching session will take place in the school, and one will take place on the gallops. Where observations are conducted in a simulated environment, these must be in addition to the logged sessions that must be delivered in the coach's normal coaching environment.

### Jockey Coach Assessment

You will be expected to demonstrate your ability to coach session(s) in equestrian coaching (Racing) for a minimum of 20 minutes, through the observation of two practical coaching session assessments. One observed coaching session will take place on a racing simulator, and one will take place on the gallops. Where observations are conducted in a simulated environment, these must be in addition to the logged sessions that must be delivered in the coach's normal coaching environment.

- b. Using your session plan, identify the coaching activity/ activities you will deliver to a rider, or group of riders. The selected activity/activities must last a minimum of 20 minutes.
- c. Prepare the coaching environment and riders for the delivery of your chosen activity/activities. This preparation should include:
  - Session goals
  - Ground rules
  - Completion of a Pre-Session Health and Safety Checklist, in line with the Risk Assessment for your assessment venue (you may use the venue Risk Assessment where one exists).
- d. **Deliver** the activity/activities to the rider, or group of riders, incorporating appropriate skills and techniques. The assessor will observe you leading the activity/activities and assess you using the criteria listed on the Practical Coaching Assessment Observer Record.
- e. **Self-evaluate** your coaching performance immediately after delivering the activity/activities. Identify aspects of the sessions you did well and any you would do differently next time (ideally three of each). Include any feedback you received from the rider(s) and others involved in the session. A template is provided for you.
- f. Share the self-evaluation with your assessor. Your assessor may wish to ask you some questions on your Risk Assessment, pre-session health and safety checks, session plan, session delivery and/or your self-evaluation.

## Practical Demonstration of Coaching 2 Session Plan

Name:			
Date:	Time:	Venue/facility:	Risk Assessment complete:
Group and age:		Coaches/personnel:	Equipment/resources:
Ability:		Others:	Riders' needs:
Objective:			

Time	Activity/Session Content (including progression)	Coaching Points	Differentiation (All, most, some)	Organisation/ Resources
	<i>Warm Up:</i>			



Time	Activity/Session Content (including progression)	Coaching Points	Differentiation (All, most, some)	Organisation/ Resources
	Cool down and recap:			
Contingency plan:				

## Level 2 Practical Demonstration of Coaching 2: Pre-session Health and Safety Checklist

*NB. Refer to relevant Risk Assessment to identify any additional required checks*

Coach name				Venue	
Date				Time	
Facility	Yes	No	Notes		
Is first aid available?					
Do you have a mobile phone?					
Is a telephone within easy reach?					
Toilet facilities available					
Emergency briefing carried out					
Exit routes checked and cleared					
Playing/practical area					
Non-slippery/suitable					
Safe and free from obstacles					
Area free of hazards					
Equipment					
Sturdy?					
Free from rough edges?					
Large equipment secured?					
Electrical equipment safe to use?					
Riders					
Full register & contact details?					
Any medical conditions/disabilities?					
Appropriately attired?					
Additional information/Notes:					

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## Level 2 Practical Demonstration of Coaching 1: Self-Evaluation

Describe how the aims/goals were met:		
Feedback from Others		
Did you receive feedback from others? What was the method of		
Summarise feedback from others:		
Review of session delivery		
What were the strengths of the session?		
What were the weaknesses or aspects you would change of the session next time?		
Review of own performance		
What were your areas of strength within the session?		
What were your areas of further development within the session?		
	Development:	Action plan:

Priorities for own personal development and related action plan to continue to improve your coaching?		
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## Level 2 Practical Coaching Demonstration 2: Assessment Observer Record

**For assessor use only**



*This record provides the assessor with a means to assess learners' practical coaching demonstration. The overall outcome for the task is recorded on the Level 2 Practical Coaching Demonstration: Assessment Outcomes sheet.*

Learner name:			
Assessor name:		Date:	
The learner has:		Evidence Ref. Obs/ Q + No.	Outcome C / NYC
1	set up equipment safely and effectively and conducted health and safety checks (required standards are met)		
2	developed a session plan that is well planned and technically accurate		
3	delivered introduction to the session including planned outcomes and ensuring riders ownership in this		
4	delivered an engaging session where riders are positive and motivated		
5	delivered a session where all riders interact and have plenty of opportunity to be involved		
6	delivered a session that includes decision making for riders		
7	delivered a session using technically accurate demonstrations and explanations when required		
8	provided the opportunity for the group and individuals to be stretched (physically/technically/mentally)		
9	analysed riders performance providing timely support and feedback to the group and individuals to develop their understanding and promote learning		
10	demonstrated time management for the session and group, moving activities on at appropriate times		
11	established and maintained group control, ensuring a safe and positive environment at all times		
12	demonstrated a range of communication skills relevant to the session and the group (verbal and non verbal)		
13	concluded the session by reviewing the main outcomes and providing whole group and, where possible, individual feedback		

# Level 2 Practical Demonstration of Coaching 2: Question Sheet

For assessor use only



Learner name:		Date:	
<b>To be completed by the assessor</b>			
Q1:			
Answer 1 :			
Q2:			
Answer 2:			
Q3:			
Answer 3:			
Q4:			
Answer 4:			
Q5:			
Answer 5:			
I can confirm that the questions listed above were asked by my assessor and the answers are an accurate record of my responses.			
Learner signature		Name	
Assessor signature		Name	

## Level 2 Practical Demonstration of Coaching 2: Notes and Feedback

**For assessor use only**

Notes from the session (indicate references):

How to coach (coaching methodology)

What to coach (sports-specific knowledge)



Level 2 Practical Demonstration of Coaching 2:  
Assessment Outcomes  
For assessor use only



Practical Coaching Demonstration:		Competent / Not Yet Competent (delete as appropriate)			
Action Plan for Further Coaching Development					Timescale
I agree to abide by the _____ Code of Practice:					
Learner signature		Name		Date	
Assessor signature		Name		Date	

**Reassessment Records:**

If you are unsuccessful in achieving any of the assessments of the qualification, you will be presented with two opportunities for reassessment.

Reassessment 1			
Learner's name:	Qualifications		
Assessor's name:			
Reassessment date:		Venue:	
Outcome (please circle):	Competent	Not yet competent	
Feedback			
Learner's Action Plan			Completed By:
Learner's signature:		Date:	
Assessor's signature:			

Reassessment 2	
Learner's name:	

Assessor's name:				<b>1st4sport</b> Qualifications
Reassessment date:		Venue:		
Outcome (please circle):	Competent		Not yet competent	
Feedback				
Learner's Action Plan			Completed By:	
Learner's signature:			Date:	
Assessor's signature:				