RSDP Newsletter November 2025

FB RacingRSDP Insta @RacingRSDP X @regional_train YouTube

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

LEVEL 3 MENTORING IN THE WORKPLACE QUALIFICATION

As our 1st pilot mentoring course continues, we now have dates for further courses leading into 2026. We are piloting courses 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.

Pilot 1 is currently underway, with 8 candidates undergoing training. They attended their first session at the National Horseracing College for the initial face to face training day before the remaining 5 learning sessions are completely either interactively on Microsoft Teams or prerecorded session. Candidates have 1 year to complete their portfolios and there 6 practical mentoring sessions.

Pilot 2 face to face training day will be held at Hexham Racecourse on 3rd November. To register your interest, please contact us at hello@rsdp.co.uk

LEVEL 3 EMERGENCY EQUINE FIRST AID QUALIFICATION

On 22nd September, RSDP delivered their 8th Level 3 Equine Emergency First Aid Qualification underwritten by IPET to the south west racing and stud staff at Comeytrowe Equestrian Centre near Taunton. 7 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 recommended prerequisite learning was also completed online via Racing2Learn.

Dates and locations for 2026 are yet to be confirmed. However, rest assured training will be brought regionally throughout the year so contact Sam or Lauren to register your interest by email hello@rsdp.co.uk. You will be added to mailing list for upcoming training dates and locations.

NEW TRAINING VAN

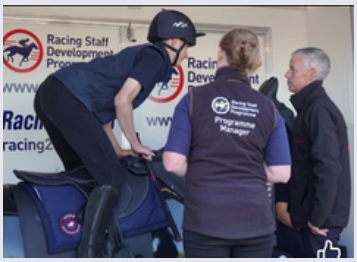
During the month on September, RSDP manager Sam collected RSDP's purpose built, state of the art Racewood simulator. On Friday 12th September,, the new simulator was showcased at Bloomfields coach builders with NHC marketing team.

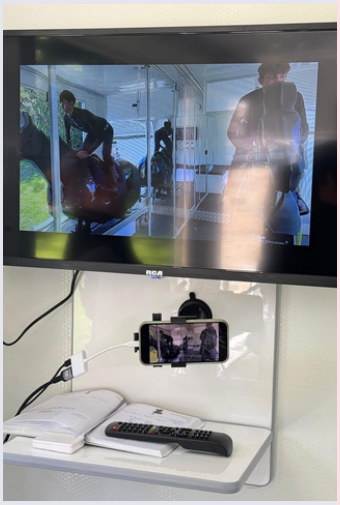
4 days later on 16th September, Sam put the new simulator through it's paces with 7 of Middleham's riders attending rider development sessions at Middleham Key Centre.

Before sessions commenced, Programme Coordinator Lauren caught the train to Middleham to collect the trusty old simulator to bring back down south. This was perfect opportunity for Sam and Lauren to utilise all of the gadgets and gizmo's the new simulator had to offer by "RSDP retained jockey" receiving a trial run coaching session by Sam.

The new simulator has mirrored walls, fixed TV screen and internal lights all round to conduct a 360 degree view of riders whilst on the simulator. With door openings on both sides and steps, visibility and access is greatly improved as well as built in storage for the smartest mobile simulator on the road.

It is fair to say, RSDP are incredibly proud of our new simulator having been able to provide enhanced training to racing industry staff to improve the standard of riding as well as increase staff retention through job satisfaction and personal development.





WORK RIDER TRAINING

The trusty old mobile simulator had been situated up north over the summer months providing simulator coaching sessions to northern racing staff. It served Sam and Level 3 coach and RSDP ambassador Paddy well with providing coaching sessions to Middleham racing staff as well as shadow opportunity to other northern coaches. It was then handed over to Jess Gillam, Malton's Level 3 regional RSDP coach to do the second Scottish Coaching tour of the year. The 5 day tour on 8th September provided 8 yards north of the border with simulator coaching sessions which was as always greatly received. Day 1 Jess visited Fossilfield Training Centre to coach along side fellow level 3 RSDP coach, Mercy McEwen. Day 2 Jess was joined by SRA staff Alex, Rachael and Ali all with coaching qualifications to coach at Nick Alexander and Lucinda Russell yards in Perthshire. On day 3, Jess, Alex, Rachael and Milly headed to Ayrshire to coach at Ian Duncan in the morning followed by Mike Smith into the afternoon. The simulator headed to the borders on day 4 where Jess, Alex, Rachael and Millie coached Katie Scott's team 1st in the morning before travelling to Stuart Coltherd's yard. On the final day in Dumfries & Galloway, Polly joined Jess and Rachael to coach at Ian Jardine's before Jess ventured home.

We would also like to thank Jess for providing coaching sessions at Jack Berry House for racing staff from Malton, York and surrounding areas throughout this year.

In Newmarket's Peter O'Sullevan House thanks goes to L3 coach/ RSDP ambassador and coordinator Lauren with L2 coaches Svitlana and Tim Wilson for having provided 8 riders with sessions on 6th August.

Lambourn's IJF facility Oaksey House saw Lauren coach 10 racing staff in August and October.

Lauren has also accompanied Level 2 coach Saranna to provide simulator coaching sessions at Venetia William's yard in Herefordshire to coach 8 staff members. She has also returned to Jeremy Scott's to coach some familiar faces as well as new to the industry riders. 9 riders all in different stages of their career and future plans received coaching sessions on the simulator and equicizer. Fitness sessions, balance and symmetry checks, taster sessions as well as hints and tips were given to the riders to accommodate for the needs of the team.

WEBINARS

A webinar series will be brought to you on 17th November. 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 sign up to receive link to watch live please visit https://www.rsdp.co.uk/events-calendar/lets-talk-about-colic-webinar-series/
Episode 2 will be brought out in the new year.

To view previous webinars on various topics please visit https://www.rsdp.co.uk/horsemanship/resources/

FUTURE EVENTS

- 3rd November - L3 Mentoring in the workplace. Day 1 face to face training at Hexham Racecourse
- 17th November - Webinar on colic. 7pm Teams
- 18th November - Human first Aid training with rider supplement. Oaksey House

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

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 the year, Oaksey House will host one on 18th November which is also fully booked.
Please contact hello@rsdp.co.uk to register your interest for training to be brought to your area. Dates and locations for 2026 are yet to be confirmed, however registry of interest can influence location of training selection so please do not hesitate to contact us.

L1 SCOTTISH COACHES

RSDP warmly congratulated five coaches who passed their Level 1 coaching qualification with the Scottish Racing Academy, recently in Ayrshire. Well done to Ailsa McClung, Natasha McKee, Rachael Grant, Eloise Justice Vose and Lauren Semple. A special mention goes to Alex Garven who navigated them through the coaching process with support from Sam.

LEVEL 2 COACHES DEVELOPMENT DAY

Level 2 coaches wishing to upskill attended the NHC on Monday 6th October. The day was designed for a developmental purposes of what a level 3 racing coach entails. The select few that attended enjoyed their day watching coaching demonstrations and having discussions bouncing ideas around how they develop riders and the racing industry workforce on a greater level.