

# RSDP Newsletter February 2025

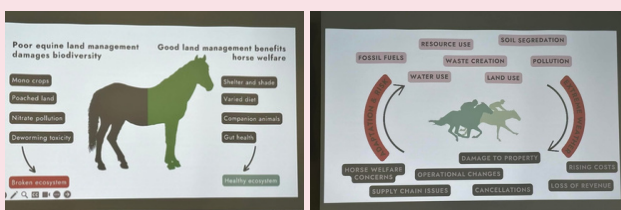


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**DID YOU KNOW RSDP IS A PROGRAMME DELIVERED NATIONWIDE AND CATERS FOR ALL STAFF WITHIN THE RACING INDUSTRY?**

## ENVIRONMENTAL SUSTAINABILITY CONFERENCE

ON 26th November RSDP manager Sam and coordinator Lauren attended York Racecourse for a course hosted by BRS on Environmental Sustainability. Delivered by White Griffin's Ruth Dancer, the team learnt about the tremendous work York are doing their bit on behalf of our industry that effect the wider community. With human and equine welfare in mind, the group drew down on learning and discussing ways we could do our bit within our own sector of the racing industry. Eye opening and thought provoking day meant lots of food for thought to include into RSDP values and objectives.



## COACH OF THE YEAR PRESENTATION

RSDP for the first time awarded a prize to a coach nominated by their peers. The video nominations were judged by a impartial RSDP Advisory Group Member, humbled by the difference our coaches were making to people's lives, Louisa Allen was voted the winner. Thank you to Jim Boyle and his team for hosting a surprise award presentation and to Steve McCormick for photographing the event.

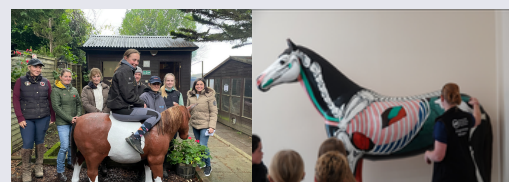


## LEVEL 3 EMERGENCY EQUINE FIRST AID QUALIFICATION

RSDP delivered their 5th Level 3 Equine Emergency First Aid Qualification underwritten by IPET to the community of Epsom on 18th November. 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. The next courses will be run on 21st February at the BRS, 21st May at the Unicorn Equestrian Centre in Stow on the Wold, 7th July at New Beginnings Horses. Taunton TBC.

Contact Sam or Lauren to register your interest or book onto a course  
email [hello@rsdp.co.uk](mailto:hello@rsdp.co.uk).



# LEVEL 3 COACHES

## COHORT 3

The 3rd cohort of level 3 coaches began their training with a induction on 9th September before their first in person study day at NHC on 7th October.

Over 9 months, Anna Kirkland, Emma Watson, Lissette Davies, Lyndsey Bull, Louisa Allen and Vic Smeeton will complete 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. 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.

The cohort is progressing through their portfolio and gaining practical experience coaching alongside existing level 3 coaches to support the racing industry on a wider scale helping address staff shortages and job satisfaction.

## 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](mailto:hello@rsdp.co.uk) to enquire.



# WORK RIDER TRAINING

During the month of December, Level 3 coach Heather Oliver booked the mobile training unit to visit 5 yards in the west midlands area. By all accounts the simulator coaching sessions were gratefully received and enjoyed by all.

RSDP coordinator and level 3 coach Lauren has been taking the simulator nation wide to support new coaches progressing through the ranks as well as delivery training to new yards. With an increasing number of trainers engaging with the programme and increased intake for work rider training, thanks goes to RSDP coaches for promoting the programme, spreading the word of services provided by RSDP to yards and assisting with the coaching sessions. Since November, Lauren has visited 17 yards coaching with over 80 staff supported. This influx of demand is testament to the good work our coaches have been doing within the racing industry as well as the strong relationships we have with yards that support the programme.

We look forward to cementing further positive working relationships with new trainers engaging with RSDP as well as developing our coaches.

Drop in sessions at Oaksey House, Peter O'Sullivan House and Jack Berry House have been successful as ever with fully booked timetables and more yards booking riders in with greater awareness of opportunities to support their staff. Level 3 coach Jess Gillam leads the Malton coaching sessions with regular riders returning to better their skills as well as new staff members coming through the industry. On 30th January Jess had an 8 strong timetable.

In Newmarket on 29th January, regular coaches Lauren and Svit supported by BRS's Level 1 coach Tim coached 12 participants at Peter O'Sullivan House. Regular attendees practiced more advanced training such as jumping out stalls scenarios and use of equipment, whereas new riders worked on fitness and introduction to riding work to aid with settling horses more effectively and scenarios they might come across in their place of work.

24th January saw 14 riders from Southern regions receive coaching sessions at Oaksey House. Level 3 and first ever employed in house coach Leanne from Kingsclere coached along side Lauren whilst level 1 coach Saranna shadowed gaining more experience coaching eclectic riders on simulator and equicizer.



## LEVEL 2 COACH GRADUATES

The second Level 2 coaching course of 2024 took place at the NHC from 2nd to 6th December. RSDP congratulations go to Franny Norton, Vicky Atkins, Dave Griffiths and Alex Garven who were all successful in gaining their qualification after some of which only gaining their level 1 certificate earlier in the year. This quality group coached to a high standard in their assessments and have gone from strength to strength coaching out in the field bringing training to new yards.



## LEVEL 2 COACHING COURSE

This year's level 2 coaching course will take place at NHC 14th to 18th July. Applications are open for this course from level 1 coaches wishing to progress that have gained needed coaching experience to progress through the coaching ranks. Please send enquiries to [hello@rsdp.co.uk](mailto:hello@rsdp.co.uk)

## INTRODUCTION TO PEOPLE MANAGEMENT

Later this year, 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
- handling conflict
- employment law
- motivation
- team building
- styles of leadership



Please send enquiries to [hello@rsdp.co.uk](mailto:hello@rsdp.co.uk)

## 1ST AID TRAINING

The 2024 regional First Aid training courses concluded with a fully booked course on 22nd November. BHA EWIO's joined southern based racing staff in IJF's Lambourn facility, Oaksey House. RSDP will facilitate 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 is in line with RSDP objectives providing localised training to staff regionally. The first of the training days will take place at BRS on 3rd March followed by 18th March at Malpas village hall. 15th April will be hosted at Chepstow Racecourse and then 29th April New Beginnings Horses will host for Yorkshire racing staff to attend. At the end of summer, NHC will be hosting as part of level 1 coaching course. Oaksey House on 18th November will finish the year off for available places.

Register your interest with Sam or Lauren to be put on the list.



## WEBINARS

Our first webinar of 2025 was presented by Kristy Hodgson of Westgate Labs on 3rd Feb covering the topic of worming and parasites. This popular webinar answered questions on improving horse welfare, resistance and future parasite control, environmental sustainability impact, and doing our bit to financially support equine businesses.

To view the recording of this webinar and all previous webinars on various topics please visit <https://www.rsdp.co.uk/horsemanship/resources/>

Email [hello@rsdp.co.uk](mailto:hello@rsdp.co.uk) to register interest for the free webinars throughout 2025.



## SCOTTISH COACHING TOURS

RSDP is pairing up with the Scottish Racing Academy again to bring work rider training as well as horsemanship training such as our Equine first aid qualification north of the border to Scottish racing staff. The first tour of 2025 will commence 7th to 10th April with L3 coach Jess Gillam teaming up with L2 coaches Emma Stevenson and Alex Garven of the SRA to deliver simulator coaching sessions, fitness and team building activities. The second proposed tour incorporating Equine emergency first aid qualification will be at the end of the summer.

## 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 year 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 will roll out a Level 3 Mentoring Qualification to add to our repertoire.

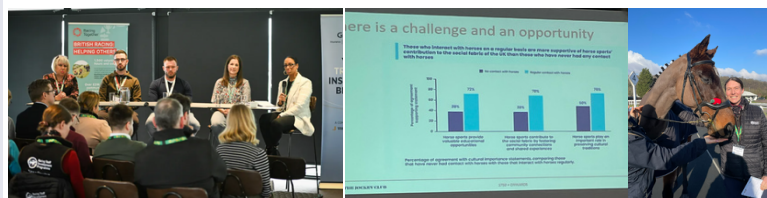
Free webinars will continue to be delivered quarterly to ensure horsemanship awareness which ties in with Racing2Learn courses to gain qualifications and inform with the latest information. A Catalogue of courses can be found [here](#).

## FUTURE EVENTS

- 21st February Level 3 Equine Emergency First Aid Qualification, BRS
- 3rd March Emergency First Aid with rider supplement, BRS
- 18th March Emergency First Aid with rider supplement, Malpas Village Hall
- 18th & 19th March Rider Coaching drop in sessions with gallop observation videos, Epsom
- 20th March Rider Coaching drop in sessions, Jack Berry House
- 26th March Rider Coaching drop in sessions, Peter O'Sullivan House
- 28th March Rider Coaching drop in sessions, Oaksey House

## RACING TOGETHER CONFERENCE

RSDP team members Sam, Sue and Lauren joined 120 guests and speakers from across the sport of horseracing and the wider sport and charity sector attended Nottingham Racecourse on 6th February for the annual Racing Together Industry Day. Titled 'Transactional or transformational: the real value of racing' topics discussed included social impact, cohesion and value of the racehorse using examples from other sports, charities and the NHS. Talks given by varying speakers from different backgrounds and avenues as well as discussion panels meant for a thought provoking day. National Hunt Legend, Sharjah joined the event to reinforce the day's theme of the positive impact and powerful value of the horse-human connection.



## BUNDLE WINNERS

RSDP decided to give away prizes to riders that attended the most RSDP training in 2024.

Congratulations to Taylor Jones of Oliver Signy Racing for attending all the southern drop in days and Phoebe Young of Johnston Racing awarded the north's most regular rider.



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

*Sam, Lauren and all the RSDP programme*

