

RSDP Newsletter May 2025

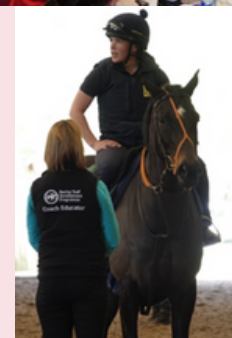


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DID YOU KNOW RSDP IS A PROGRAMME DELIVERED NATIONWIDE AND CATERS FOR ALL STAFF WITHIN THE RACING INDUSTRY?

COACH CPD DAY

A hugely successful CPD day was held at NHC on 1st April, 2025 and attended by nearly 30 registered coaches. The day began with an informative and interesting safeguarding talk by Naomi McLaughlin assisted by Mollie 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 a sumptuous lunch provided by Sam a short presentation was delivered 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. Sue then gave a practical demonstration of working with three riders, giving them an introduction to working over fences which promoted great coach involvement and discussion, before the day concluded with feedback and questions.



LEVEL 3 EMERGENCY EQUINE FIRST AID QUALIFICATION

On 21st February, RSDP delivered their 6th Level 3 Equine Emergency First Aid Qualification underwritten by IPET to the Newmarket Racing community at the British Racing School. 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.

On 12th May, RSDP delivered the qualification to 15 participants at the Unicorn Trust in Stow on the Wold. An eclectic bunch from different backgrounds brought experiences for a discussion filled course.

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 takes place on 7th July at New Beginnings Horses, Bishop Wilton, York if you live in the North get in touch. We hope to then take this course to the Taunton area.

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 are nearing the end of their course with portfolio submission and assessments taking place on 11th and 12th June.

Over the last 8 months, Anna Kirkland, , Lissette 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.

The RSDP team and trainee L3 coaches had their work place observations at Richard Phillips Aldestrop Yard on 25th March. This was a successful day, prepping the L3 coaches for their assessments and coaching career thereafter. Thank you to Richard Phillips and his team for being welcoming and accommodating, feedback received from all parties was positive. The Cohort will head to Greenall Guerrerio Racing at Stockton Hall in Malpas for their practical assessments followed by professional discussions the day after.

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.

Good luck to coaches with assessments and coaching within the racing community.

WORK RIDER TRAINING

During the months of February and March 12 trainers received work rider training in the south, with Lauren coaching 67 racing staff members. The simulator was also brought to Epsom for 2 days on 18th and 19th March for Lauren to film gallop observation videos and assist RSDP Southern Ambassador Louisa with coaching sessions. A total of 19 coaching sessions were conducted on the simulator, proving a welcome trip by the Epsom community. 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, Jack Berry House and Middleham Key Centre 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 and Sam Trainor in Middleham with regular riders returning to better their skills as well as new staff members coming through the industry. Jess has coached 27 staff members on the 3 occasions she has been to Jack Berry House since February. Paddy Trainor and Hayley Clements have joined Sam in Middleham and since April have coached 14 regular riders.

In Newmarket, regular coaches Lauren and Svit supported by BRS's Level 1 coach Tim coached 14 participants at Peter O'Sullivan House since January. 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.

L3 coach Lauren supported newly qualified level 2 coach vicki with coaching riders on simulator and equicizer.



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.

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 necessary coaching experience to progress through the coaching ranks. Please send enquiries to 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



SCOTTISH COACHING TOURS

RSDP paired up with the Scottish Racing Academy again to bring work rider training to the borders racing staff during April. L3 coach Jess Gillam teamed up with L2 coaches Emma Stevenson and Alex Garven and L1 coach Polly Steele of the SRA to deliver simulator coaching sessions, fitness and team building activities. 44 staff members from 7 yards received work rider training. The second tour will take place in early Autumn 2025.

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 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.



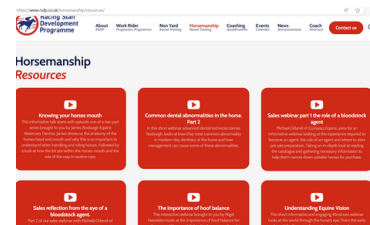
WEBINARS

RSDP will be running free webinars throughout 2025. The first of the year was based on worming which was well received.

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

A webinar series will be brought to you over the winter, keep an eye out for posters circulated the theme of this 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.

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



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

- 3rd June - Middleham rider development sessions
- 4th June - Newmarket simulator coaching sessions
- 6th June - Lambourn rider coaching sessions
- 11th and 12th June L3 coaches assessments
- 12th June - Malton simulator coaching sessions
- 13th June - Lambourn rider coaching sessions
- 24th June - Middleham rider development sessions
- 25th June - Newmarket simulator coaching sessions
- 7th July - Equine First Aid course @ New Beginnings horses
- 14th - 17th July - Level 2 coaching course at NHC
- 22nd July - Coach CPD @ BRS
- 26th August - Staff management Cotswolds

RACING STAFF WEEK

RSDP have put on additional coaching sessions at training centre's in Lambourn, Epsom, Newmarket, Middleham and Malton to support racing staff taking part in the Racing Welfare Charity Stable Staff races. Please let staff know coaching sessions are available to ensure the riders get the best possible experience out of their big day. Contact L.Webb@theNHC.co.uk with your location to find out dates and times available for free coaching sessions with our qualified coaches situated all over the country.

MENTAL HEALTH AWARENESS WEEK

The theme for mental health awareness week this year was community. 12th - 18th May saw the RSDP coaching community sporting green ribbons everywhere they went.



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

