

# RSDP Newsletter November 2024



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

## INTRODUCTION TO PEOPLE MANAGEMENT

RSDP Programme Manager Sam supported BRS's Carol Bramhill deliver Malton's Introduction to People Management course. On 26th September, 8 racing industry staff from different yards and varying job roles attended the informative course. Malton was the third destination this year for this course and RSDP will be looking to bring this course to new regions in 2025.

To register your interest please contact:

Sam at  
S.Trainor@theNHC.co.uk  
or Lauren at  
L.Webb@theNHC.co.uk



## MILITARY STAFF TASTER DAY

On 16th October, RSDP Programme Coordinator Lauren (level 3 coach) and level 2 coach Lis, travelled to Woolwich to provide taster sessions on motorised simulator and equicizer. The 9 Kings Troop, 3 Cavalry and 1 RAF staff each had an interest in participating in military races. Organised by previous military race participant, each rider had an introduction presentation, coaching sessions on the simulator and equicizer adapting their position to give them a feel for riding racehorses followed by riding the King's Troop horses in racing tack in the indoor arena. The day was thoroughly enjoyed by all and everyone went away learning about each other's professions.



## LEVEL 3 EMERGENCY EQUINE FIRST AID QUALIFICATION

RSDP delivered their 4th Level 3 Equine Emergency First Aid Qualification underwritten by IPET. Allowing current racing staff to gain recognition and bring commonality to skills and the application of equine first aid across the industry.

On 8th August the course was delivered to Malton racing staff by Programme Manager Sam assisted by NHC work based staff at New Beginnings Horses. 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 course will be run in Epsom on 18th November Contact Sam or Lauren to register your interest and book a place on a course being run near you in new areas for 2025.



# LEVEL 3 COACHES

## COHORT 3

The 3rd cohort of level 3 coaches were selected and attended their Zoom induction 9th September before their first in person workshop study day at NHC on 7th October.

Over the next 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.

We look forward to developing the future level 3 coaches coming through to support the racing industry on a wider scale helping address staff shortages and job satisfaction.



## BECOME A LEVEL 1 COACH

RSDP host 2 level 1 coaching courses each 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.

Courses are run at the BRS and NHC to cover northern and southern industry staff.

Contact Sam or Lauren [hello@rsdp.co.uk](mailto:hello@rsdp.co.uk) to enquire.

# WORK RIDER TRAINING

Coaches have been busy coaching up and down the country at either drop in days in training centre's and bringing training to yards with our simulator. The mobile training unit finished it's summer stint in the north with a Scottish Coaching Tour in collaboration with SRA. Between 17th and 20th September L3 coach and Programme Coordinator, Lauren crossed the border to work with SRA's Emma Stevenson and Alex Garvin to deliver coaching, fitness and Pony Racing taster afternoon to Scottish racing staff and future industry employees. Over the 4 days, 50 people took part in training for 6 different trainers and 2 training centres.

Thanks to RSDP manager and ambassador, Level 3 coaches Sam and Paddy based in Middleham for providing 4 days of rider development coaching sessions on the simulator at the Key Centre. Malton's IJF facility Jack Berry House was the base for L3 coach Jess Gillam on 1st August and 25th October for regular attendees and new staff coming into the racing industry. Jess also delivered work rider training in yards providing bespoke training to cater for individual needs in racing yards.

In southern regions, Level 3 coach and coordinator Lauren supported level 1 and 2 coaches in Lambourn on 13th August and 18th October. In Newmarket, Lauren worked along side level 2 coach Svet on 3 occasions as well as provided shadow opportunities for new level 1 coaches.

Trainee level 3 coach and RSDP ambassador Louisa continues to bring on the younger generation as well as support the Epsom community at her base South Hatch Stables. On 1st July Lauren supported Louisa and L2 coach Kim and then returned on 28th August to gather coaching content for RSDP's new website.

Drop in coaching sessions in training centre's have been received especially well with increased uptake of participants booking on. This is a testament to the good work our coaches have been doing and the changing mind set of staff development happening within the racing industry.

Additional coaching days were added to the RSDP calendar to accommodate for the increased demand of these coaching sessions as well as providing support to new participants taking part in charity races.

Thanks to all involved, proof that news of your good work is spreading.



# WELCOME LEVEL 1 COACHES

The first of the level 1 coaching courses was held at the NHC from 31st July to 2nd August. Delivered by BHA Coach Educator Sue Ringrose and RSDP manager Sam, the first of the level 1 industry coaches for 2024 were trained on the roles and responsibilities of an assistant coach, session planning, delivering a stable management and arena ridden session.

Well done to the 7 people that graduated from that course: Andrea Kelly, Antonia Heraghty, Camilla Sharples, Dave Griffiths, Lauren Sanders, Sophy Scott and Vikki Atkins.

A few months later at BRS, an eclectic group participated from 24th - 27th September. Coordinator Lauren supported Coach Educator Sue to deliver the course with Manager Sam joining for assessment day. Congratulations to "King of Chester" Franny Norton and his fellow graduates JP Guillemberg, Faye Galvin, Clare Roberts, Tim Wilson, Megan Edgar, Anna Lynn and Saranna Jordan on successfully completing the course and bringing much inspiration to the students they coached at BRS.

A level 1 coach is an assistant coach who operates under the supervision of a yard manager or assistant trainer on the training yard where they are employed, with extensive experience and knowledge of the racing industry. Level 1 coaches are nurtured by support from level 3 and 2 coaches shadowing at drop in days in training centre's and bringing work rider training to their place of work and providing gallop observations and simulator coaching sessions. Suitable level 1 coaches who have gone on to provide support and mentoring to their colleagues are then able to progress onto becoming a level 2 coach.



# 1ST AID TRAINING

RSDP has facilitated extra 1st aid training days provided by Medi-K with added rider supplement in 3 different locations. This is in line with RSDP objective providing localised training to staff regionally. Middleham staff had their training day on 30th September and level 1 coaching course at the BRS also provided 1st aid training. In the Cotswolds, The Unicorn Centre hosted on 21st October. Lambourn is hosting a training day at Oaksey House on 22nd November. Regional locations have been fully booked so RSDP will bring training to new regions in 2025.

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



# LEVEL 2 COACHING COURSE

The second level 2 coaching course of 2024 will take place at NHC from 2nd - 6th December. 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)

# WEBINARS

23rd July was the evening RSDP hosted the very popular webinar about handicapping delivered by Rachel Brierley-Ambrose. For a large subject, Rachel broke the webinar down into a digestible portion for all attendees to enjoy and interact.

Nigel Haizelden will add to his veterinary series providing other interesting topics on specific ailments and worming.

In the new year, other subjects are in the pipeline so keep an eye out for adverts.

Email [hello@rsdp.co.uk](mailto:hello@rsdp.co.uk) to register interest for the web links.



# COACH CPD DAY AT BRS

On Monday 5th August, 26 RSDP coaches gathered at the BRS to attend our second face to face CPD event of the year. Titled 'Maximizing Coaching Potential' a fun interactive day was had with an introduction to media training being delivered in the morning, L3 JCP coach, William Kennedy and Sam delivered with role play exercises coaches participated in.

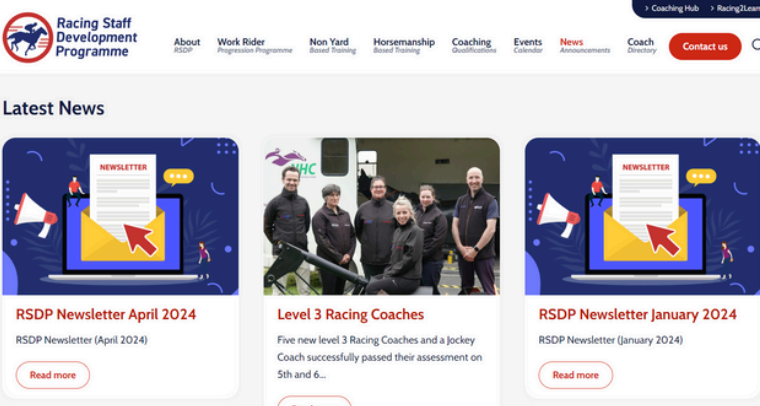
We then had guest speaker from David Frost, director of Enduro Equine talking about state of the art technology beginning to be used in training racehorses. Enduro FIT is a girth sleeve device attached to horse's tack during exercise which is linked to an app on a mobile so that the trainer can track their location via GPS as well as measure speed, heart rate and stride length.

In the afternoon, William gave a schooling coaching session with 2 riders in the arena before progressing onto the schooling strip. Horses, riders and coaches all enjoyed this session with much exuberance. Following this insightful session, a second coaching display with local riders was given on the simulators in Peter O'Sullivan House. Sam provided useful exercises for aspiring riders and coaches before all the coaches got involved in coaching each other, bouncing ideas around, demonstrating to newly qualified coaches exercises and equipment that can be used for their coaching toolkit.



# WEBSITE LAUNCHED

We were excited to add a website to RSDP repertoire launched on 29th July. The aim of the website is to aid with raising awareness of the programme, ease of course sign up for participants, provide coaches with an exclusive hub, provide learning content, read previously published newsletters and signpost to Racing2Learn and other associates.



# FUTURE EVENTS

- 18th November - Equine First Aid course, Wildwoods Riding Center Epsom
- 22nd November - Emergency First Aid with rider supplement, Oaksey House Lambourn
- 2nd to 6th December - Level 2 Coaching course, NHC Doncaster

2025 plans:  
Webinars quarterly; Equine First Aid Courses and Introduction to People Management in new regions; Emergency First Aid courses; Rider Coaching courses; Work Rider Coaching in new destinations; pilot new course.

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

Sam, Lauren and the RSDP programme

