



Staff Name:

Yard:

I have completed an initial assessment on the gallop and simulator. I have agreed, contributed to and understood how my Individual Development Plan is recorded. I understand I am working towards developing my riding skills within the Work Rider Progression Programme. I consent to my coach working through the agreed training standards relating to my development programme. I also consent for my coach to share information relevant to my learning programme with other regional coaches who will continue my development. The coach will only share video and photographic feedback with myself, unless prior permission is sought. Staff development records will be kept in line with GDPR.

Staff Signature:

Date commenced:

## Theoretical Skill Log

Theoretical Skills	Coach signature	Staff signature	Date
Explain your understanding of a balanced effective position and why this is important.			
Outline possible physical barriers to performance.			
Explain how the horse's behaviour may change during exercise regimes.			
Describe the effects of going and surface on horses.			
Detail the procedures for riding horses with different levels of fitness.			
Outline the procedures for riding horses with different temperaments.			
Describe risks to horse's, yourself and others and how these can be minimised.			
Explain the yard based records that should be kept in relation to the horses fitness and training.			
Explain how to plan the schooling of racehorses.			
Describe types of problems encountered when schooling.			
Outline the hazards that may need to be considered when planning a schooling session.			
Describe the types of tack and additional equipment that may be needed during schooling.			
Show an awareness of the breaking in and backing process of horses.			
Explain the importance of horses welfare within the training and fittening process.			
Discuss the benefits of reflection on personal performance and identifying keys areas for development.			

Signed and approved by the trainer on completion. Name:

Date:

[illegible]