



STRIDE FORWARD



**Racing Staff
Development
Programme**

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INDUSTRY LEARNING FROM RSDP

MEET THE TEAM



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KEY UPDATES

Welcome to our new bi-monthly newsletter, keeping you up to date on industry learning offered by the Racing Staff Development Programme.

As we commence another exciting year in the horseracing industry, we are delighted to share the latest opportunities, resources, and updates designed to support your growth and development within the Racing Staff Development Programme. Whether you are seeking new skills, mentoring support, or the latest industry insights, we're here to guide you every step of the way.

MENTORING COURSES

Mentoring is a cornerstone of professional development in racing, equipping staff with practical skills, confidence, and the support network needed to excel.

The programme will be delivered through blended learning, beginning with a face-to-face training day, followed by online sessions. Regional support will also be available if required to help complete the qualification.

Effective mentoring plays a vital role in developing confident, capable staff. It supports improved performance, enhances communication and problem-solving skills, and helps create a positive workplace culture. Mentors not only guide colleagues through challenges but also encourage growth, career development and long-term retention—making it a valuable skillset for both individuals and organisations.

Across our network, many partners are already providing both informal and formal mentoring opportunities, supporting individuals to grow, learn, and succeed. This qualification builds on that great work by offering mentors the chance to gain formal recognition for the valuable support they provide.



Achieving the qualification not only acknowledges existing mentoring experience, but also offers additional professional development, helping mentors strengthen their skills, confidence, and impact. It provides a structured pathway for those who are already mentoring, as well as for individuals who are new to mentoring but have a strong aspiration to help and support others.

Open to those working within their communities and teams, the qualification supports the development of capable, confident mentors who are committed to making a positive difference.

We are pleased to signpost you towards upcoming mentoring courses;-
 The Ascot group began their journey with an in-person training session at the racecourse on 28 January.
 The next cohort of the mentoring programme will begin at Nottingham racecourse, with an in-person training session scheduled for March 31st. Training will run from 10:00 to 15:30, providing participants with comprehensive guidance and support as they embark on their mentoring journey.
 Individuals interested in joining this cohort are invited to submit their applications via email to S.Trainor@thenhc.co.uk.

Congratulations to those who have taken part in our pilot course and gained their mentoring qualification

- Sarah Hamlyn- BHA Training and Education Executive
- Gill Greeves- BHA Vocational Training Manager
- Claire Daniels- TBA Operations Executive
- Andrea O’Keeffe- BHA Consultant
- Lauren Webb- RSDP Co Ordinator
- Lyndsey Bull- NHC Roving Tutor
- Michelle Douglas- BHA Careers, Marketing and Recruitment Advisor
- Zoe Elliot- BHA Head of Careers, Marketing and Recruitment

As our mentoring course grows, we hope to initiate a Peer-to-Peer Support Programme: A group-based initiative encouraging staff to share experiences and advice, fostering a collaborative learning environment across yards and racecourses.

The team are currently developing a dedicated mentoring hub, which will be available to all qualified mentors. The hub will provide access to useful resources used throughout the course, as well as additional tools and materials to support mentors in their ongoing mentoring practice and future development.

Staying up-to-date with trends and stories from our sector is crucial. We recommend the following recent articles from leading racing magazines:

- “New Year, New Mentor? Women in Racing -January 20, 2025” In the News”
- “Equine Welfare: The Staff Behind the Scenes” – Equestrian Today, December 2025. A feature on racing staff’s vital role in horse care, including first-hand accounts from yard managers.

This article appeared recently in the British Horse magazine and illustrates the value of mentoring amongst the equine community





Level 3 Equine First Aid Qualification

We are delighted to announce the upcoming Equine First Aid Level 3 courses for racing staff. This advanced training is essential for anyone involved in the day-to-day care and welfare of racehorses, providing practical skills in emergency response, injury management, and preventative care.

The iPet Network Level 3 Award in Equine Emergency First Aid Qualification is held at locations across the UK and is delivered over one day.

Designed for racing staff who wish to improve their knowledge and understanding of dealing with emergency situations and want to boost their confidence and practical experience to deliver emergency equine first aid. It will enable current staff to gain recognition and bring commonality to skills and the application of equine first aid across the industry.

Course highlights include:

- Hands-on training with certified instructors
- Scenario-based learning, including common injuries and emergencies
- Latest techniques in equine wound management and recovery
- Level 3 certification recognised across the horseracing industry

Next course dates:

18/02/2026 Middleham Ashgill Equestrian & Saddleroom (limited)
17/03/2026 BRS

14/4/2026 Comeytrove Equestrian Somerset
To reserve your place, email hello@rsdp.co.uk



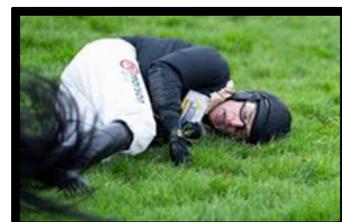
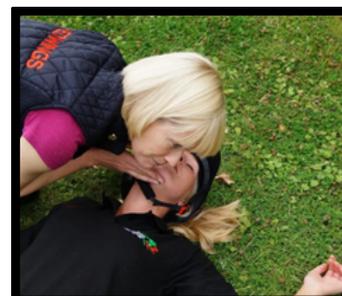
First Aid at Work with Equestrian Supplement

Did you know that all employers are legally required to have staff trained in first aid?

Our courses are delivered by expert providers, Medi K Training and include dealing with rider related injuries, imperative when working away from the yard on the gallops. You never know when you might need these skills and you could save a life!

Our courses are covering Epsom, Cheshire, Yorkshire, The Cotswolds and Lambourn in 2026 and are partially subsidised. The course is one day and costs £150 including lunch, refreshments and full qualification.

To book your place (first come first served basis)
Tel 07827 330059 or email hello@rsdp.co.uk





Safeguarding Training

Whatever your role is within the racing industry, safeguarding is the responsibility of each and every individual. Our online safeguarding training is easy to access via our Racing2Learn website and is flexible to complete. This makes it easy for everyone to learn at their own pace, in their own time.

If you prefer to learn face to face, we will be delivering regional safeguarding workshops at racing centres nationwide from March – June, 2026.

Join us for a practical, hands-on workshop all about keeping your team safe and supported. This friendly session will give you the tools to:

- Understand what safeguarding is and why it matters
- Recognize signs that someone may need support
- Learn how to talk about concerns and report them confidently
- Explore best practices for supporting your team in everyday work

This is a friendly, no-judgment, safe space where you can ask questions, share experiences, and pick up practical tips to make your workplace safer and more supportive.

Whether you're new to safeguarding or just want a refresher, this session is for you.

Take this quick safeguarding quiz to test your knowledge.

1. What is the correct first step to take if you have a concern over a child or a vulnerable adult?
2. What does this emoji mean in safeguarding terms? 🦋
3. Can you describe to me a situation where you felt pressured or intimidated by someone at work and how did you respond?

Our training can help you to recognise concerns, respond appropriately and keep racing a safer environment for everyone.

To book follow the link

<https://www.rsdpc.co.uk/events-calendar/online-webinar-bha-safeguarding/>

Safeguarding matters and it starts with you!





'Industry Insights' Webinars

Weekly Industry Webinars – Starting This February

From February through to November, we're delighted to offer a programme of weekly industry webinars, taking place every Thursday from 1:30–2:30pm.

These sessions are designed to help you deepen your understanding of our industry, our horses, and the wide range of support networks available across the sector. With topics and speakers chosen to reflect the diversity of our workforce, there really is something for everyone – whether you're a Racing Groom, Secretary, Trainer, or HR Manager.

Easy to Access

All webinars are delivered via Zoom and can be joined from your mobile phone or any device. There's no requirement to be on camera or actively participate – you can simply listen in at a time that suits you, whether you're working or taking a well-earned break.

What to Expect

Monthly webinar schedules shared in advance
Simple enrolment, with login details sent directly to you
Recordings available for up to 5 days after if registered for the session and £5 thereafter.

We'll be heading out of the start box in February with the fantastic Lee Clark, who brings a wealth of experience working with both horses and riders around the world. It's a brilliant way to start the series – and one not to be missed.

On 5th Feb Lee Clark M.C.S.P, S.R.P, BSc, A.C.P.A.T Horse and Rider Physiotherapist will start our webinar series with:

Winter Rider Tips

Stay supple, strong, and saddle-ready this winter with practical, easy-to-follow exercises you can do at home – no horse or gym equipment required.

Drawing on years of experience working with horses and riders around the world, Lee will share expert advice to help you look after your body, improve your performance, and stay fit through the colder months. This session is ideal for anyone looking to maintain their physical wellbeing while continuing to support their horse effectively.





Don't miss our webinar on 12th Feb to celebrate National Apprenticeship Week.

Our apprenticeship webinar is a valuable opportunity for both employers and staff to gain a clearer understanding of how apprenticeships can benefit individuals, teams, and businesses across the industry.

For employers, the session highlights the real value apprenticeships bring – from developing skilled, motivated staff to supporting succession planning and workforce retention. It also provides practical insight into how apprenticeships work in reality, helping to break down common misconceptions around cost, time commitment, and eligibility.

For staff, the webinar showcases how apprenticeships can support career progression, build confidence, and provide recognised qualifications alongside day-to-day work. It's an excellent chance to explore development opportunities that may not have been previously considered.

The webinar also focuses on myth-busting, addressing common misunderstandings about apprenticeships and replacing them with clear, accurate information. Whether you're new to apprenticeships or already involved, this session offers valuable learning and reassurance for everyone.



Colic..... a pain in the guts
Colic - So where do we go wrong??

Other causes:

- Transportation – reduces gut motility
- Overuse of medication – changes gut motility and alters gut biome
- Overuse of supplements – causes imbalances of nutrients and often poor science/efficacy

Logos for H.E.C. (Horseshed Equine Consultancy) and ERA (Equine Research Australia) are present.

Colic Webinar – Part 2: A Pain in the Guts

On 19 February, join us for the second webinar in our Colic: A Pain in the Guts series. This session will focus on more advanced cases of colic, exploring treatment options and what happens when veterinary intervention is required.

If you missed Part 1, which covered what colic is, the signs and symptoms to look out for, and how you can best support your vet, don't worry – you can still catch up. Simply contact the team to request access to the recording.

This series is ideal for anyone working with or caring for horses and looking to build confidence and knowledge around one of the most common and serious equine health concerns.



RSDP are delighted to be working with Women in Racing, Autism in Racing and other stakeholders to bring you up to date industry news and information and enable personal development. Keep your eyes peeled in future issues for more information!!

We trust you found the first edition of Stride Forward both informative and engaging. Please anticipate our second edition, which will contain the latest updates and news, to be delivered to your inbox in April.