

# Work Rider Progression Programme

## INTRODUCTION

The Racing Staff Development Programme (RSDP), offers rider development opportunities for stable staff working in the racing industry. The training takes place in the work place and is delivered by BHA-trained and qualified Rider Coaches.

The coaching comprises an initial assessment, followed by observation and feedback of practical riding skills and work on a racehorse simulator. The training also includes the development of knowledge and understanding of riding horses to improve performance.

## WHAT DOES THE TRAINING COVER?

Practical skills development will include:

- The ability to ride with a single and double bridge
- The ability to change hands
- Riding in a balanced, effective position at all paces in lead position, upsides and as part of a string
- Demonstrating correct use of the whip (according to yard practice)
- Riding and improving horse's way of going, effectively and competently in all paces according to instructions
- Showing an understanding of pace and distance
- Giving detailed feedback on the horse's way of going and issues that may affect horse performance and welfare.



These practical skills are backed up by understanding the principles of training and fittening racehorses including:

- Understanding the importance of a balanced effective position on horse performance
- Understanding the physical barriers to improved horse performance
- The effect of temperament and fitness on exercise regimes
- The effects of going, terrain and surface on horse performance
- Minimising risks to self, horses and others when riding

Video and photographic feedback will be provided to enable participants to monitor their own improvement.

Coaching can progress over time to suit the individual and can lead to more advanced horsemanship skills to include schooling and riding work.

## HOW IS PROGRESS RECORDED?

Riders will undertake an initial assessment on the gallop and simulator with a qualified Rider Coach. From this, an Individual Development Plan is agreed, which will identify areas for development. The Rider Coach will then work through the work rider training standards to develop riding skills and knowledge. Records of progress will be maintained and may be shared with other regional Coaches involved in the Programme subject to agreement and in line with GDPR.



## HOW DO I BOOK?

Employers or employees can contact Sam Trainor, RSDP Manager on [S.Trainor@theNHC.co.uk](mailto:S.Trainor@theNHC.co.uk), who will discuss options and dates with you to make a yard visit.