



EA COACH CAMP REGISTRATION

For participants upskilling towards their EA NCAS Introductory/level 1 Coach accreditation

31 May – 2 June 2017 at Tamborine Pony Club – Tamborine QLD

Send to: alison.gestier@equestrian.org.au

Contact details:	Name:	EA Member Number:	
	Address:		
	Suburb:	State:	Postcode:
	Tel:	Mobile:	
	Email:		

Skill Recognition Please provide details of any equestrian related skills/certificates you already hold:
e.g. PCA NCAS Level 1

Pre-Requisites	Please provide a copy of:	I have / have not completed the Orientation to Coaching Course
	<input type="checkbox"/> Introductory Horse Management certificate	
	<input type="checkbox"/> Introductory Riding certificate	If yes, please complete the following:
	<input type="checkbox"/> Current First Aid Certificate	Coach Educator: _____
	<input type="checkbox"/> Working with Children Check (or proof of application)	Date of Completion: _____

I understand that participation in the EA Pilot Coach Camp does not guarantee that I will complete the Introductory/Level 1 Coach accreditation

Signature of applicant:

Date: / /

Course Fees:

\$800 (incl. GST) - Deposit of \$100 is required to confirm spot in the clinic
Final payment is required by COB 17th May 2017

Course Fees include:

- Introductory or level 1 General Coach and General Coach Assessment workbooks (if required)
- Coach Educator fees and expenses
- Venue hire
- Meals, coffee/tea and soft drinks
- Demo riders and horses

Payment details

☐ Visa ☐ MasterCard

Credit Card Number: _____ Exp: ____ / ____

CCV: ____ Card Holder's Name: _____ Signature: _____

Upon payment this form will become a TAX INVOICE for GST purposes.

ABN: 19 077 455 755 (please retain a copy of this form)

Equestrian Australia Coach Camp is presented by



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EA Coaching Camp Expectations:

As I participant of the coaching camp I understand the following:

- 1) This an intensive version of coach training and will be an action packed 3 days
- 2) By participating in this camp I am not guaranteed to pass all the requirements
- 3) Active participation in the course is mandatory, if you do not get involved you will not pass
- 4) A required level of knowledge is expected of you before you attend the camp:
 - You have been around an EA accredited coach and understand the format of lessons expected by an EA accredited coach
 - You have read through the coaching booklets and familiarised yourself with the requirements and expectations
 - You are aware of the lunging process and have observed lunging in practice and are able to supply your own lunging equipment
- 5) Below are the competency statements for Introductory level coach please ensure you have a clear understanding of all these points:

✓ **Unit 1 Coaching Safely**

- Identify the elements of risk management and develop a risk management plan for their facilities, adapting training sessions, equipment or the venue to comply with EA and Industry standards.
- Identify legal and ethical issues and responsibilities of the coach and other stakeholders, and articulate these responsibilities as well as insurance coverage for EA coaches.
- Identify and rectify common safety threats and Occupational Health and Safety considerations in training sessions for the beginner participant and the role of the coach in setting appropriate safety standards.
- Implement accident reporting procedures and apply basic first aid for people and horses in the event of an emergency/accident.

✓ **Unit 2 Coaching Principles**

- Demonstrate the difference between teaching, coaching and the range of coaching styles within equestrian pursuits and functions an Introductory Equestrian coach may be expected to fulfil.
- Plan and prepare lessons in accordance with EA and industry-accepted coaching practices and ride organisation training for beginner participants, in groups and individually.
- Identify conflict triggers and demonstrate effective resolution strategies and communication techniques for the equestrian environment
- Identify the needs of the beginner participant and implement appropriate holistic progression strategies for their stage of development.



Unit 3 Equestrian Specific Coaching Skills and Experiences

- Demonstrate the basic requirements for assessing a horse and a beginner participant (capabilities and performance) and providing appropriate feedback.
- Incorporate skill sequencing/development of basic riding skills into the planning and delivery of beginner lessons
- Articulate and demonstrate the essential skills for the first lessons on the flat and teach beginner skills in the upright position, aids and paces, tracks, figures and school movements and lungeing the participant.

6) Required technical skills for introductory coach:

- Ability to teach:
- Mounting and dismounting
- Holding the reins
- The upright seat
- Basic control, stop go and turn
- Walk, rising trot, sitting trot, canter
- Use of monkey grip or neck strap
- Teach correct canter lead
- Correct rising trot diagonal
- Controlling speed
- Quality of pacing

Dressage

- Teach straight tracks, diagonals, centre and $\frac{3}{4}$ lines turns across the arena
- Teach in walk trot and canter 20m circle, 3 loop serpentine figure of 8

Lungeing

- Demonstrate lungeing the horse and participant in walk, trot and canter
- Maintain control and a circle of approximately 20-metres
- Demonstrate a progression in the lunge lesson

7) Required technical skills for level 1 coach:

Dressage

- Teach the half-halt
- Teach circles of 20m and 15m in walk, working trot (rising and sitting) and canter
- Teach the long and short diagonals in walk, working trot (rising and sitting) and canter
- Teach circles of 10m in walk and working trot (rising and sitting)
- Teach figures-of-eight with 20m circles in walk and working trot (rising and sitting)
- Teach 10m loops off the long side in walk and working trot (rising and sitting)
- Teach turns across the arena in walk and working trot (rising and sitting)
- Teach three-loop serpentine in walk and working trot (rising and sitting)
- Teach turns onto the centreline in walk and working trot (rising and sitting)
- Teach the aids and exercises to achieve medium walk and free walk on a long rein
- Teach the aids and exercises to achieve working trot and moderately lengthened strides
- Teach the aids and exercises to achieve working canter and moderately lengthened strides
- Teach/coach turn on the forehand from halt and walk

- Teach/coach leg yield in walk and rising or sitting trot

Jumping

- Teach and coach the 3- and the 2-point seat
- Teach and coach progressive exercises including poles and grids
- Teach and coach single fences
- Teach and coach related fences
- Teach and coach combinations
- Teach and coach riding at speeds of 350 m/min
- Teach and coach a rider to walk and ride a course of 8-10 fences

Cross-Country

- Teach and coach riding up- and down-hill and at speeds up to 450m/min
- Teach and coach jumping up- and down-hill
- Teach and coach related fences
- Teach and coach combinations
- Teach and coach riding over ditches
- Teach and coach riding over drops
- Teach and coach riding over banks and steps
- Teach and coach riding through water, may include jumping in or jumping out
- Teach and coach riding over bounces
- Teach and coach riding over apexes
- Teach and coach a rider to walk and ride a course of 8-10 fences