Coach Development Courses

The Introduction to Coaching Series – Step 1 – Step 2 – Step 3

Course Name	Introduction to Coaching – Step 1	Introduction to Coaching – Step 2	Introduction to Coaching Cross Country – Step 3
Who is the course for?	• Pony Club Members aged 16 years or older who are enthusiastic to teach at D/D+ level *(This group will have priority for places)* • Past Members, supporters or parents over 25 years who have sound horse knowledge and are enthusiastic to teach at D/D+ level • Pony Club Coaches at any level who want to refresh their ideas or check they are in line with best practice	• Younger coaches (suggested minimum age: 17 years) • More experienced coaches as a CPD refresher within Branches/Centres. • Any Pony Club Coaches, as a refresher, who require an accreditation day, in either Areas or Branches/Centres.	• Younger coaches (suggested minimum age 18 years) who have completed the Introduction to Coaching Courses - Step 1 and Step 2. • More experienced senior coaches as a refresher within Branches/Centres. • Any Pony Club Coaches, who wish to coach cross country in their Branch/Centre.
Prior knowledge / achievements required?	• The Pony Club C Test (Pony Club Members) or the equivalent level of knowledge (non-Members)	• The Pony Club C+ Test (Pony Club Members) or the equivalent level of knowledge (non-Members). • Introduction to Coaching Step 1 is recommended for Pony Club Members.	• The Pony Club B Test (Pony Club Members) or the equivalent level of knowledge (non-Members). • Pony Club Members must have their Coaching Experience logbook signed by their DC or Centre Proprietor to verify that they have been actively coaching, including jumping in a Branch/Centre since the Step 2 course before applying.
What's involved?	These courses develop participants through discussion, group work and most importantly, activity. All participants will have the opportunity to coach. The atmosphere is fun, friendly, welcoming, and supportive. The emphasis is on drawing together the wide range of experiences that tutors and participants bring and making those experiences available to everyone.		
	This course focuses on the basic skills needed to begin coaching, including planning riding and horse care sessions and the values underpinning Pony Club coaching. The Tutor: Participant ratio is 1:6.	This course focuses on introducing jumping, rider balance and a balanced jumping position, and working groups in open spaces (ride control). The Tutor: Participant ratio is 1:4.	This course focuses on the safety requirements for cross country coaching, and how to best prepare riders to tackle cross country challenges safely and effectively. The Tutor: Participant ratio is 1:4.
What to take / wear:	• A packed lunch • The Pony Club Manual of • If you would like to bring your own teaching props/ideas please do. • Coaches should dress smartly and wear practical, safe footwear, such as riding boots or equivalent. • Notebook and pen		

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What next?	• Participants (who are new to coaching) can assist with Pony Club coaching in Branches and Centres under supervision and with a mentor. • Complete your Coaching Experience Logbook. Each time you practice coaching and volunteer for TPC , this should be signed by your coach, mentor, DC, CP or AR. • **Please note - You are only covered by The Pony Club insurance when coaching at Pony Club organised training/activities/events and MUST have your own liability insurance for all other coaching.** • You could attend other courses which are of interest to you which will help your coaching development. • After 1 – 2 years of coaching practice, book onto an Intro to Coaching – Step 2 course.	• Participants can continue with Pony Club coaching in Branches and Centres more independently, keeping in regular contact with a mentor. Ensure you fulfil the necessary requirements – *https://pcuk.org/become-a-coach/* • Complete your Coaching Experience Logbook each time you practice coaching and volunteer for The Pony Club , this should be signed by your coach, mentor, DC, CP or AR. • **Please note - You are only covered by The Pony Club insurance when coaching at Pony Club organised training/activities/events and MUST have your own liability insurance for all other coaching.** • Interested in starting to coach cross country? After 1 – 2 years of coaching practice, book onto an Intro to Coaching Cross Country – Step 3 course.	• Participants can continue with Pony Club coaching in Branches and Centres independently, keeping in regular contact with a mentor when beginning to coach cross country. Ensure you fulfil the necessary requirements - *https://pcuk.org/become-a-coach/* • **You are only covered by The Pony Club insurance when coaching at Pony Club organised training/activities/events and MUST have your own liability insurance for all other coaching.** • Attend as much CPD as possible to enable your coaching skills to continue to develop. • Complete your Coaching Experience Logbook each time you practice coaching and volunteer for The Pony Club , this should be signed by your coach, mentor, DC, CP or AR.
How much does it cost?	The course is set according to the cost of the venue but will be kept as low as possible. Contact the organiser for more details. Organiser contact details can be found on The Pony Club Website – https://pcuk.org/cpd/		

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