

What is needed to run the course?

- 8 participants from one or more Areas – if Pony Club Members, must have their Coaching Experience logbook signed by their DC / Centre Proprietor before applying, to verify that they have been actively coaching, including jumping, since attending Step 2.
- Participants to bring a current copy of The Manual of Horsemanship, Instructors Folder and writing materials.
- Two Tutors (taken from the Intro to Coaching Tutor panel, or one panel Tutor and one local Tutor who has been selected by the Area to join the panel – email training@pcuk.org for details). Tutor: Participant ratio is 1:4.
- Hand outs – these are available on website so can be printed by the organiser / tutor, emailed to participants, or participants can be directed to download their own copies.

Facilities

- 9.30 – 16.00 - Warm room, chairs, flipchart, and projector and screen (where possible).
- 11.15 – 13.00 – Field with cross country fences appropriate to rider ability (75-90cms) or large arena and jumps to simulate cross country challenges.
- 14.00 – 15.30 – An enclosed, undulating field with a variety of cross country jumps appropriate to rider ability (75-90 cm). Cross country fences, if portable, must be appropriately secured and anchored.
- Demo riders: 8 riders at C / C+ level (2 groups of 4) from 11.30 - 13.00 and a further 8 (or the same riders if they are happy to stay on) from 14.30 – 16.00. Suitably mounted and correctly equipped for cross country.
- Drinks facility if possible, participants (and riders if staying all day) to provide own lunch.

Organisers / Tutors to provide:

- Flipchart paper
- Thank you presents for demo riders
- Risk Assessment sheets / Accident Report forms
- Certificates of Attendance / Feedback Forms

Attendance / Feedback Forms:

- Please order well in advance of course from The Pony Club office (training@pcuk.org)
- Please ensure that all feedback comments are positive and constructive
- Please ensure that the top copies are given to the participants, middle goes to their Branch DC / Centre Proprietor and bottom copies are returned to The Pony Club office (Stoneleigh Park, Kenilworth, Warwickshire, CV8 2RW).

Course Format: 10.00am - 4.00pm

Objectives: The focus of this course is on the safety requirements for cross country coaching, and how to best prepare riders to tackle cross country challenges safely and effectively.

Recommended Timetable and Topics to be covered in discussion during the course:

9.30	Tutor Preparation, risk assessment
10.00	<ul style="list-style-type: none"> • Discuss participants' coaching experiences, problems and queries regarding organizing and/or coaching cross country. • Share ideas (flipchart bullet points). • Discuss risk assessment, checking facilities and horse/rider equipment.
11.00	<ul style="list-style-type: none"> • Participants to plan a 20 minute cross country session for C Test level upwards. • Suggested session topics (dependant on facilities): <ul style="list-style-type: none"> • Understanding the gears for cross country • Jumping bounces • Jumping angled rails • Riding related distances • Riding combinations on straight/curving lines • Introducing corners • Introducing water • Introducing skinnies <p>Demo riders arrive</p>
11.15	Participants meet demo riders and discuss and check tack/equipment with coach tutors so that any adjustments can be made before session starts.
11.30	<p>Coaching Practice Format</p> <ul style="list-style-type: none"> • Divide the group in half so that each Coach Tutor has equal numbers of participants and one group of riders. • Each participant will coach their topic for a minimum of 20 minutes. • Lead a group discussion with other participants in your group on good points of sessions and solutions to problems encountered. • Positive and constructive feedback should be given to each participant following their session.
13.00	<p>Working lunch:</p> <ul style="list-style-type: none"> • Discussion on the strengths and weaknesses of the riders and their ponies/horses and how to develop a positive afternoon session. • Plan for the afternoon sessions; developing the skills needed to coach a cross country session for a group of riders.
14.00	<p>Coaching Practice Format</p> <ul style="list-style-type: none"> • Divide the group in half so that each Coach Tutor has equal numbers of participants, and one group of riders. • Each participant will coach a different part of the session; revisiting the morning's skills and lessons, riding a simple course as individuals, providing positive and constructive feedback to the riders. • Lead a group discussion with other participants in your group on good points of the session and solutions to problems encountered. • Positive and constructive feedback should be given to each participant following their session.
15.30	<ul style="list-style-type: none"> • Participant Q&As. • Group discussion on how participants could improve on their coaching and how to achieve their future coaching goals. • Completion of Attendance/Feedback Report.



Introduction to Coaching Cross Country Course

Step 3 – Notes for Organisers and Tutors
