

PCCC Level 1 Certificate in Equestrian Coaching(General Riding)

Requirements

To **register** onto the qualification learners must:

- be at least 16 years of age (must be 17 years old before the assessment) AND
- be able to communicate effectively in English, AND
- be able to evidence knowledge of the basic care of horses and be able to prepare a horse for a ridden session, AND
- be able to evidence the ability to competently walk, trot and canter (without stirrups in walk and trot) and over ground poles
- Have attended a recognised safeguarding workshop (not online self study)*
- Hold a recognised first aid qualification (minimum 1 day Course)*
- Must be achieved before the certificate can be awarded

Please note:

Evidence of the ability to provide basic horse care and prepare a horse for a ridden session may include:

- a recognised basic horse care qualification, e.g. Pony Club (PC) C Test Horse and Pony Care, British Horse Society (BHS) Stage 1 Care, or other similar level qualification, OR
- a witness testimony from a suitably qualified person, e.g. Stage 4 Senior Coach/ BHSII, UKCC Level 3 Coach, PC AH Test holder or equivalent

Evidence of the ability to competently walk, trot and canter (without stirrups in walk and trot), and over ground poles may include:

- a recognised basic riding qualification, e.g. PC C Test Riding, BHS Stage 1 Ride, or similar level qualification, OR
- a witness testimony from a suitably qualified person, e.g. BHS Stage 4 Senior Coach / BHSII, UKCC Level 3 Coach, PC A Test holder or equivalent, OR

video evidence of riding in walk, trot and canter (without stirrups in walk and trot) and over ground poles, OR

- a competition record, e.g. a British Eventing (BE), British Dressage (BD) or British Showjumping (BS)

Safeguarding workshops recognised include:

- UK Coaching Safeguarding & Protecting Children (NB this is the only qualification accepted by SportScotland)
- British Equestrian Federation (BEF) Safeguarding Course
- The Pony Club Safeguarding for Equestrians Virtual Course

First aid qualifications recognised include:

- Emergency First Aid 1 Day Course
- BHS Initial First Aid 2 Day Course
- First Aid at Work (FAW) 3 Day Course

Technical Requirements

The information in the table below is a pre-requisite to entry to Level 1

Topic	The coach should:
Horse Welfare	<p>Be able to recognise:</p> <ul style="list-style-type: none"> - Horse lameness, condition, well shod foot, discomfort and signs of ill health - Issues that may impact on coaching and competition eg too fat/thin, unsound etc <p>Be able to:</p> <ul style="list-style-type: none"> - Explain normal equine behaviour - Demonstrate a basic knowledge of correctly fitting tack
Prepare to ride	<p>Be able to recognise:</p> <ul style="list-style-type: none"> - Incorrectly fitting or unsafe tack and adjust if necessary <p>Be able to:</p> <ul style="list-style-type: none"> - Mount from a mounting block and a leg-up - Check and adjust tack, alter stirrups to correct length and hold the reins at an appropriate length
Riding Position	<p>Be able to recognise:</p> <ul style="list-style-type: none"> - The correct position in the saddle <p>Be able to:</p> <ul style="list-style-type: none"> - Ride without stirrups in walk and trot.
Warm-up and warm-down for horse	<p>Be able to:</p> <ul style="list-style-type: none"> - Use walk, trot, canter, changes of direction, turns, circles and transitions appropriate to the conditions and the experience of the horse. - Use a progressive warm-down to reduce the intensity, allowing the horse to stretch and reduce respiration rate,

	according to the work done.
Application of natural/artificial aids	<p>Be able to recognise:</p> <ul style="list-style-type: none"> - How to correctly use the leg, hand, seat and voice aids - When and how to use jumping/schooling whips.
Effective riding on the flat	<p>Be able to:</p> <ul style="list-style-type: none"> - Understand the meaning of rhythm and tempo appropriate to the level of horse they are riding - Use upward and downward transitions from all paces (including halt) - Ride changes of direction and correctly sized and shaped school figures - Develop the horse's rhythm and balance through turns and circles
Effective riding on outdoor terrain with slopes	<p>Be able to recognise:</p> <ul style="list-style-type: none"> - The appropriate length of stirrups for balance and security - The need to adapt riding according to conditions and weather <p>Be aware of need to adapt riding according to the ground conditions and slope</p>
Effective riding over poles, jumps and a course of fences	<p>Be able to:</p> <ul style="list-style-type: none"> - Set up simple related distances using a variety of fences (cross poles, uprights, spreads, etc) appropriate to a range of a range of horses and ponies - Develop a track of 6-8 linked fences up to 70cm <p>Be able to:</p> <ul style="list-style-type: none"> - Ride in a correct, balanced position over small fences - Have an appropriate length of stirrup - Effectively use leg aids - Correctly and sympathetically use rein aids -