

PCCC Level 2 Certificate in Equestrian Coaching (General Riding)

Requirements

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

- be at least 17 years of age (must be 18 years by the time of assessment),
- be able to communicate effectively in English,
- be able to evidence knowledge of the management of the health & wellbeing of horses, AND
- be able to evidence the ability to competently walk, trot and canter (with and without stirrups) and show an awareness of the horse's way of going,
- have attended a recognised safeguarding workshop (not self study online)*
- hold a current recognised first aid qualification (minimum 2 Day Course)*
- *must be in place before the certificate can be awarded

AND

- hold a UKCC Level 1 or BHS Stage 2 Coach or equivalent coaching qualification, AND
- be able to evidence having actively coached on a regular basis in the previous 12 months

OR

- be able to evidence previous coaching experience/qualifications in equestrian sport or an alternative sport, AND
- be able to evidence having actively coached on a regular basis in the previous 12 months
- This evidence should be in the form of a written report from a Branch DC, Centre Proprietor or professional coach (BHS Stage 4 or above, UKCC Level 3 or above). This person should have seen the learner coach and be able to comment on basic knowledge and safety.

Please note:

Evidence of knowledge of the management of the health & wellbeing of horses to the level in the table below, may include:

- a recognised horse care qualification, e.g. British Horse Society (BHS) Stage 2 Horse Knowledge and Care / Stage 2 Foundation Groom, Pony Club B Test Horse and Pony Care or other similar level qualification, OR
- a witness testimony from a suitably qualified person, e.g. BHSII (or Stage 4 Senior Coach*), UKCC Level 3 Coach, PC A Test holder or equivalent

Evidence of the ability to competently walk, trot and canter (with and without stirrups) and show an awareness of the horse's way of going to the level in the table below, may include:

- a recognised riding qualification, e.g. PC B Test Riding, BHS Stage 2 Ride or similar level qualification, OR
- a witness testimony from a suitably qualified person, e.g. UKCC Level 3 Coach, PC A Testholder or equivalent, BHSII (or Stage 4 Senior Coach) OR
- video evidence of riding in walk, trot and canter (with and without stirrups) and over small (85cm) fences, OR
- a competition record, e.g. British Eventing (BE), British Dressage (BD), British Showjumping (BS)

Safeguarding workshops recognised include:

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

First aid qualifications recognised include:

- FAW 3 Day Course
- BHS Initial First Aid 2 Day Course

Technical Requirements

The information in the table below is a pre-requisite to entry to Level 2

Topic	The coach should:
Horse Welfare	Be able to recognise: <ul style="list-style-type: none"> - Horse lameness, condition, well shod foot, discomfort and ill health - Issues that may impact on coaching and competition eg too fat/thin, unfit, unsound, age etc Be able to: <ul style="list-style-type: none"> - Explain normal equine behaviour - Demonstrate a basic knowledge of the effect of basic types of tack and equipment: bridles, bits, nosebands etc
Prepare to ride	Be able to recognise: <ul style="list-style-type: none"> - Incorrectly fitting or unsafe tack and adjust if necessary Be able to coach the rider to: <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	Be able to recognise: <ul style="list-style-type: none"> - The correct position in the saddle - The impact the rider's position has on the horse's way of going and vice versa Be able to coach the rider to: <ul style="list-style-type: none"> - Develop basic suppleness in the riding position - Modify and adapt the riding position according to their own development and restrictions - Develop balance, security and straightness with/without stirrup in all three paces.
Warm-up and warm-down for horse	Be able to: <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	Be able to coach the rider to: <ul style="list-style-type: none"> - Correctly use the leg, hand, seat and voice aids - Recognise when and how to use jumping/schooling whips and spurs
Effective riding	Be able to coach the rider to:

<p>on the flat</p>	<ul style="list-style-type: none"> - Recognise and improve the foundation elements of the Scales of Training (rhythm, suppleness, contact, impulsion, straightness and collection) 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 - Correctly use the reins to achieve and maintain an appropriate contact. - Develop the horse's rhythm and balance through turns and circles - Move the horse away from the leg for a basic leg yield
<p>Effective riding on outdoor terrain with slopes</p>	<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 able to coach the rider to:</p> <ul style="list-style-type: none"> - Use appropriate tack for the conditions and the horse, including studs - Control the paces effectively <p>Be aware of need to adapt riding according to the ground conditions and slope</p>
<p>Effective riding over poles, jumps and a course of fences</p>	<p>Be able to:</p> <ul style="list-style-type: none"> - Correctly space trot and canter poles for a range of horses/ponies - Place poles/fences appropriately in an arena for rideability and safety - 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 90cm <p>Be able to coach the rider to:</p> <ul style="list-style-type: none"> - Develop a secure balanced jumping position that does not hinder the horse - Have an appropriate length of stirrup - Effectively use leg aids - Correctly and sympathetically use rein aids -