

UKCC Level 3 Certificate in Equestrian Coaching (General Riding)

Registration and Certification Requirements

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

- be at least 18 years of age (must be 20 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 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 2 qualification or BHS Stage 3 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 equestrian coaching qualifications or other equivalent qualification AND
- be able to evidence having actively coached on 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 5 or above, UKCC Level 4). This person should have seen the learner coach and be able to comment on the level of knowledge they hold.

Please note:

Evidence of the knowledge of health & wellbeing of horses may include:

- a recognised horse care qualification, e.g. PC AH Test, BHS Stage 3 Groom, or other similar level qualification
- a witness testimony from a suitably qualified person, e.g. BHS Stage 5 Performance 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 may include:

- a recognised riding qualification, e.g. BHS Stage 3 Ride, PC B+ Test Riding or similar level qualification, OR
- a witness testimony from a suitably qualified person, e.g. BHS Stage 5 Performance Coach, UKCC Level 3 Coach, PC A Test holder or equivalent, OR
- video evidence of riding in walk, trot and canter (with and without stirrups) and over fences (95cm), OR
- a competition record, e.g. British Eventing (BE), British Dressage (BD) or 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 3Day Course
- BHS Initial First Aid 2 Day Course

Technical Requirements

The information in the table below is a pre-requisite to entry to Level 3

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 - Fit a variety of specialist tack including: nosebands, martingales, breastplates, bits, saddles and double bridle
Knowledge of equine behaviour/ psychology	Be able to recognise: <ul style="list-style-type: none"> - And manage causes of unwanted equine behaviours and know the reasons why these arise Be able to: <ul style="list-style-type: none"> - Work with a variety of horse types
Equine anatomy/ physiology and horse suitability	Be able to recognise: <ul style="list-style-type: none"> - Horse conformation, condition and fitness and identify the limitations and appropriate work to develop the horse short and long term.
Prepare to ride	Be able to recognise: <ul style="list-style-type: none"> - Incorrectly fitting or unsafe tack and adjust if necessary - When and what type of protective boots/bandages are used for: dressage, show jumping and cross country 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 coach the rider to: <ul style="list-style-type: none"> - Establish a position which positively influences the horse - Improve balance, suppleness, security and straightness to maintain a riding position appropriate to the activity being coached.
Warm-up and warm-down for horse	Be able to: <ul style="list-style-type: none"> - Use appropriate exercises for the needs of the horse, taking into account age, fitness, level of training and work following warm up which might include: <ul style="list-style-type: none"> o Walk, trot and canter o Changes of direction, turns, circles and transitions o Appropriate lateral exercises - Use methods to help the horse warm-down, relax and recuperate taking into account weather conditions, work done, horse/rider fitness, age and condition - Apply appropriate rugs, boots/bandages and rehydrate the horse to aid the warm-down and recovery process
Effective riding	Be able to coach the rider to: <ul style="list-style-type: none"> - Use single and double reins as appropriate - Apply fluent, co-ordinated aids including leg, hand, seat, voice and weight. - Prepare for and make transitions and changes of direction
Effective riding	Be able to:

<p>on the flat</p>	<ul style="list-style-type: none"> - Identify faults and problems in both horse/rider and find suitable solutions that will lead to improvement <p>Be able to coach the rider to:</p> <ul style="list-style-type: none"> - Understand and establish the Scales of Training appropriate to the level of horse/rider - Improve the horse's obedience and suppleness using appropriate exercises - Develop work appropriate to horse/rider including lateral movements and turns that will benefit the horse's overall way of going.
<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"> - Improve balance and security of position, suitable for riding over sloping ground - Recognise ground conditions and their impact on riding position and horses' way of going and jump - Be aware of different types of cross country obstacles and the variation in approach needed to negotiate safely.
<p>Effective riding over poles, jumps and a course of fences</p>	<p>Be able to:</p> <ul style="list-style-type: none"> - Demonstrate the appropriate use of poles, fence types and their positioning within the training environment - Set out distances for poles and related fences appropriate for a variety of horse/rider combinations up to 1m. - Identify areas for development in both horse/ rider and find suitable solutions that will lead to improvement <p>Be able to coach the rider to:</p> <ul style="list-style-type: none"> - Develop an independent secure, supple, balanced jumping position with a secure lower leg. - Achieve appropriate rhythm, speed and balance for a variety of fences appropriate to horse/rider up to 1m - Deal with refusals or run-outs
<p>Prepare teams to compete at competition</p>	<p>Be able to:</p> <ul style="list-style-type: none"> - Support teams to warm-up at competitions, including setting up practise fences in accordance with Pony Club rules - Support rider to walk and analyse show jumping and cross country courses at 1m. - Plan a development program for a team competing at Pony Club Intermediate level.
<p>Horse development</p>	<p>Be able to:</p> <ul style="list-style-type: none"> - Help the rider to further develop the horse eg, via the use of training aids or appropriate exercises when ridden, on the lunge or loose
<p>General knowledge</p>	<p>Be able to:</p> <ul style="list-style-type: none"> - Direct riders to the available training offered by The Pony Club - Direct riders towards specialists in the equine field who may be beneficial to horses' development eg vets, farriers, physiotherapists, nutritionists etc - Direct horse/rider combination towards appropriate discipline/ level of competition.