

TRAINING BULLETIN

JUNE 2014



Welcome to The Pony Club's spring Training Bulletin. Please pass it on to anyone you think may be interested.

From January 2014, all Pony Club Coaches, Instructors and helpers have been split into four categories according to their role with The Pony Club. There is a document detailing the four categories enabling you to check the necessary qualifications and/or requirements and ascertain which category you fit into. It is on the front page of the Training section on the website. Use the link below to take you straight there:

www.pcuk.org/index.php/training

New publications

- The Manual of Horsemanship, essential reading for all coaches & members, has been reprinted (Updated 14th Edition, 2013) and features many revisions and improvements. It is now also available as an eBook that will run on most tablets, e-readers and smartphones, PCs and Macs. As you know, every coach working with Pony Club members, both in Branches and Centres, uses the Manual as a guide to training and learning. This ensures that training is standardised throughout the UK. This not only means that when Members come forward to be assessed at Efficiency Tests they have a clear understanding of the Riding and Horse & Pony Care Principles of The Pony Club, but also that wherever they attend a rally, they will not be confused as the training they receive will be along the same lines. The Manual continues to provide amazing value for money. Please encourage all the Members, coaches, committee members, staff and others involved with The Pony Club that you come into contact with to own and more importantly read this book.
- The Pony Club Guide to Endurance Riding is now available. Packed with photographs, it describes the equipment, preparation, training, practical and veterinary considerations that an Endurance rider will encounter. Another useful addition to a library.
- There is a fully updated new edition of The Pony Club Quiz Book 1.
- If you haven't already bought or downloaded a copy, do have a look at the Competition Badge syllabi. These badges are proving very popular and are great for working towards during camp or over a series of rallies.
www.pcuk.org/tests_and_achievements/achievement_badges/competition_badges/
- The Daily Feeding Planner wall chart is really helpful when discussing Feeding with members and is a useful addition to your bag of 'props', particularly as it has the Rules of Feeding printed down the side.
- For all publications, please visit www.pcuk.org and click on 'Shop' or use the following links: shop.pcuk.org/ and shop.pcuk.org/training.html

Annual Instructors' Conferences

Very successful Instructors' Conferences were held in Bedfordshire and Cumbria during the Easter holidays. Run under the theme of 'Refreshing Rallies' the various coaching sessions showed innovative ways of linking Efficiency Test training with the competitive disciplines, and making learning fun. Notes with details of many of the exercises used are available on the website under 'Training' and 'Annual Instructors Conference'. This link will take you directly to the notes:

www.pcuk.org/uploads/training/Inst_Conf_Notes_2014_Blackdyke.pdf

This link will take you directly to the Conference handout:

www.pcuk.org/uploads/training/Inst_Conf_Handout_2014_for_web.pdf

Both are well worth a look even if you attended either Conference.

Area Instructor and Coaching courses

To find CPD / Accreditation courses in your Area use the following link:

www.pcuk.org/index.php/training/training_area_instructors_courses/

Training pages on The Pony Club website

The training pages are constantly updated and improved. Please check regularly to catch any updates on Training of members and coaches, ideas for rallies, Efficiency Tests, Achievement Badges & Competition Badges.

Use this link to take you straight to Training on The Pony Club website: www.pcuk.org/index.php/training

UKCC

The first Pony Club UKCC Level 3 coaches are being assessed soon, and we are now looking for this year's new recruits. Training runs over 8 days from early October to March, with assessments taking place in June. This is a fantastic chance to progress your coaching practice, in all three disciplines, working alongside other coaches from all over the UK. Please contact Jenny Yates on jenny@pcuk.org or Pat Crann on pat.crann@hotmail.com for further information, dates and application forms.

The following link will take you to the information about UKCC Level 1 and Level 2 courses that continue to run regularly throughout the country:

www.pcuk.org/index.php/training/training_ukcc/

There is the opportunity to be a demo rider for the UKCC Level 3 assessment taking place on 24th June at Stoneleigh Park. Preferably, riders should be competing at PC Open level or equivalent. Please use the link below to apply for a place, or pass on details to any riders who may be interested:

www.pcuk.org/uploads/training/Demo_rider_application_form_24th_June_14.pdf

Flatwork exercise

We thought we would begin to share exercises through this Bulletin, as new ideas or reminders of exercises we have forgotten are always welcome! If you have a favourite exercise, or one that is invaluable, please share it! Email your exercises to training@pcuk.org for inclusion in future Bulletins.

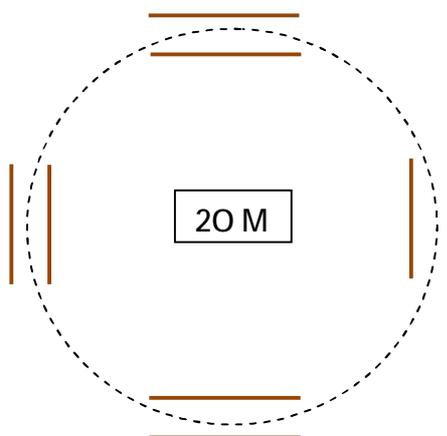
Here is an exercise sent in by one of the UKCC Level 3 candidate coaches. This simple exercise will help with the riding of more accurate circles:

Flatwork Exercise to help with falling in and out on a circle

Place parallel poles at 12, 3, 6 and 9 o'clock on ideally a 20 metre circle. Practice riding around the circle through the middle of the poles whilst keeping a steady, relaxed rhythm. It's easier to start in walk and progress to trot and canter when the rider feels confident enough. Downward and upward transitions can also be used to help if the horse starts to drift inwards. Applying the inside leg on the girth this will stop the horse from falling in and the inside rein should gently create enough direction to the inside. The outside rein should allow bend but not too much that it allows the pony or horse to fall out. If the rider finds their horse is falling out, they should use their outside leg to guide the horse back onto the circle. At this point it's important to check that the rider not pulling back with the inside rein, as this encourages the horse or pony to fall out. Riders should focus on keeping a soft lower back and soft elbows when doing the exercise as well as

looking straight through the horse's ears to the next set of poles to help you keep balanced and stay straight. When progressing the exercise to canter, use downward transitions to trot if the horse starts to fall in or out, to help rebalance the horse. This exercise will enable riders to ride a 20 metre circle correctly and accurately.

Example diagram – exercise to help with riding a circle



A Test Reunion – Plans are in the pipeline for a Reunion event on Tuesday 23rd June 2015 at Addington Manor EC for all those who have achieved The Pony Club A Test. Watch this space and the website for more information.

Pathway for new and young coaches - There is a recommended Pathway for new or young coaches within The Pony Club – this document lays out the suggested pathway for those keen to start to coach or for anyone who hasn't been involved with coaching for some time. Please share it with all Branches, Centres and Coaches you are in contact with to raise awareness of the opportunities available. www.pcuk.org/uploads/training/Recommended_route_for_PC_Coaches.pdf

Visiting Coaches – Please look on the following link regularly to see who has been added to the Visiting Coach list. If you are interested in being considered for inclusion, please contact your Area Rep for more details and an application form. Once completed, send the form along with two references and your CV to Jenny Yates on jenny@pcuk.org. Applications are assessed at the Training Committee meetings in January, June and September.

www.pcuk.org/index.php/training/training_visiting_coaches/

Efficiency Tests

Assessment feedback sheets for AH and B+ Tests are available to download from the website. These are useful for training purposes as well as for assessments. These useful forms will be available for B Test shortly.

www.pcuk.org/index.php/dcs_information/dc_guides_handbooks/dcs_training/

What is a Riding Establishment?

If you are teaching riding make sure you are not contravening the provisions of the Riding Establishments Act 1974.

Some riding instructors may inadvertently be contravening the provisions of this Act, and their premises may need to be registered under the Act.

An instructor/coach has been prosecuted for failing to register where she kept her horses with her local council as a riding establishment under the Riding Establishment Act 1964 (REA). She was fined, but, perhaps more importantly, she now has a criminal record.

Key considerations:

1. (Section 1) No person shall keep a riding establishment without a licence
2. (Section 6 – Interpretation) The keeping of a riding establishment is defined as the carrying on of a business of keeping horses for either the purpose of:
 - a. Being let out on hire for riding OR
 - b. Being used in providing instruction in riding instruction for payment**

The next Bulletin will contain more updates including training of Assessors for E – C Tests, UKCC Level 3, the Pathway for Coach Education and Coach Mentoring. If there is anything else you would like to be included, please let us know: training@pcuk.org