



Level 3 British Showjumping Coaching Certificate (BSCC)

The BSCC Level 3 is the next qualification after BSCC Level 2. Level 3 is highly intense and involves a sufficient level of Showjumping technical knowledge and experience.

Before going forward for Level 3 everyone will have to complete a pre-application which has been put in place to ensure you are aware of the technical knowledge that is required for the training. The qualification is to ensure the coach is able to plan and prepare riders over a season's competition.

The technical syllabus will require a coach to take a rider and horse to 1.20m level, including working the horse and rider correctly on the flat through to the competitive environment. The coaching skills expected at Level 3 are more refined and are based on learning, psychological and skill acquisition theories.

Coaches applying for Level 3 show jumping specific should have considerable coaching experience and a good background in the sport as a competitor or coach/trainer/instructor. British Showjumping's level 3 course comprises of eight days of training spread throughout the year with a practical assessment day. A portfolio of evidence based on a number of tasks must be submitted before final assessment.

Number of days: Eight contact days will be delivered, three theory sessions, plus one final assessment day plus independent study time, e.g. time spent practicing new learning and integrating methods into coaching practice in the work place, planning coaching sessions, reflecting and recording coaching sessions.

Costs: The total cost of the Level 3 qualification is £1800

- Registration and certification Fee £100
- Eight workshop days at £150 per day.
- Three Zoom theory sessions at £50 per session
- Assessment day £350

This can be paid in one lump sum or over five installments (1st £450, 2nd £350, 3rd £350 & 4th £300, 5th £350)

How to apply: An on-line application form is available at:

<http://www.britishshowjumping.co.uk/files/COACH%20APPLICATION%20FORM%202019.pdf>

Please note this needs to be completed and submitted at least 3 weeks prior to the start date of a course.

Dates: Dates for all courses are held on the British Show-jumping Training pages and can be found using the following link: <http://www.britishshowjumping.co.uk/datesVenues-UKCC.cfm>

Technical Definition Level 3 – Syllabus

The following information in this table is a **pre-requisite for entry** to Level 3

Topic	The coach should:
Tack and saddlery	<p><i>Be able to recognise...</i></p> <ul style="list-style-type: none"> When and what type of protective boots/bandages are used for: dressage; show jumping; and cross country <p><i>Be able to...</i></p> <ul style="list-style-type: none"> Fit a variety of specialist tack including: nosebands; martingales; breastplates; bits; saddles; and double bridle
Knowledge of equine behaviour/ psychology	<p><i>Be able to recognise...</i></p> <ul style="list-style-type: none"> And manage causes of unwanted equine behaviours and know the reasons why these arise <p><i>Be able to...</i></p> <ul style="list-style-type: none"> Work with a variety of horse types and genders
Equine anatomy/ physiology and horse suitability	<p><i>Be able to recognise...</i></p> <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
Level 2 technical syllabus – Showjumping	<p><i>Be able to...</i></p> <ul style="list-style-type: none"> Show competence in and develop all areas of the Level 2 Showjumping technical syllabus
Riding position	<p><i>Be able to coach the rider to...</i></p> <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	<p><i>Be able to coach the rider to...</i></p> <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"> Walk, trot and canter Changes of direction, turns, circles and transitions Appropriate lateral exercises Use methods to help the horse to 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	<p><i>Be able to coach the rider to...</i></p> <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 on the flat	<p><i>Be able to...</i></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><i>Be able to coach the rider to:</i></p> <ul style="list-style-type: none"> • Understand and establish the Scale(s) 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 showjumping performance
Effective riding in the open and over undulating terrain	<p><i>Be able to coach the rider to...</i></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
Effective riding over poles, jumps and a course of fences	<p><i>Be able to recognise...</i></p> <ul style="list-style-type: none"> • How terrain and ground conditions influence fences <p><i>Be able to:</i></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 1.20m • Identify areas for development in both horse/rider and find suitable solutions that will lead to improvement <p><i>Be able to coach the rider to...</i></p> <ul style="list-style-type: none"> • Develop an independent secure, supple, balanced jumping position with a secure lower leg • Apply effective aids and create fluency through the phases of the jump allowing the horse freedom over poles, fences, grids and courses up to 1.20m • Achieve appropriate rhythm, speed and balance for a variety of fences appropriate to horse/rider up to 1.20m • Deal with refusals or run-outs
Prepare a rider and horse to compete at competition	<p><i>Be able to:</i></p> <ul style="list-style-type: none"> • Support horse/rider combinations to warm-up at competitions, including setting and using practice fences in accordance with British Showjumping rules • Support rider to walk and analyse courses at 1.20m

Theoretical	
Topic	The coach should:
Horse development	<p><i>Be able to...</i></p> <ul style="list-style-type: none"> • Help the rider to further develop the horse, e.g. via the use of training aids or appropriate exercises when ridden, on the lunge or loose
General knowledge	<p><i>Be able to...</i></p> <ul style="list-style-type: none"> • Direct riders to the available training schemes offered by British Showjumping via the Talent Pathway, recognising entry requirements, e.g. AASE • Direct riders towards specialists in the equine field who may be beneficial to horses' development, e.g. vets, farriers, physiotherapists, nutritionists etc • Direct the horse/rider combination towards the appropriate discipline/level of competition

Notes:

Harmony is used to define the rider's ability to work appropriately with the horse to produce a fluent and balanced movement.

The Scale(s) of Training to be used in all BSCC qualifications is:

Rhythm – Suppleness – Contact – Impulsion – Straightness – Collection