

Level 2 British Showjumping Coaching Certificate (BSCC)

British Show jumping offer Level 2 and level 3 Showjumping Specific coaching qualifications and work with the British Equestrian Federation (BEF) to provide the Level 4 Coaching Award. All three qualifications have the UK Coaching Certificate endorsement. In addition, Levels 2 and 3 are independently awarded through 1st4Sport Qualifications with Level 4 being awarded through the University of Gloucestershire and the BEF. The external quality assurance of these qualifications ensures they are independently regulated and meet nationally agreed standards of practice.

All the qualifications have a learning programme and assessment requirement. The learning programme is delivered by trained and qualified coach developers who guide and steer coaches to develop their skills; they build on existing coaching knowledge and expertise to build personal development on course and in the coaching work place. The value of a learning programme is that it also enables feedback in action and importantly learning from and with other coaches. British Showjumping have the philosophy that the learning programme is aimed at helping coaches to develop and improve their coaching practice, not solely to help coaches pass an exam. The long term development and on-going learning of coaches is central to broader coach development in which the UKCC endorsed qualifications sit.

Qualification – How it Works

The objective of the Level 2 Certificate is to provide an introduction into the principles and practice of safe, ethical and effective management and coaching of showjumping sessions to adults and/or young people in an appropriate environment. The basic content of the qualification and technical syllabus can be found in appendix 1

Achievement of the qualification is normally through attendance on a course of training and assessment. The assessment specification requires learners to:

- Complete a series of assessed tasks contained within the learner portfolio
- Plan, deliver and evaluate a minimum of six coaching sessions in showjumping. Four of the six sessions must be linked and progressive, and working with the same individual or group of riders in order to monitor and review any progress made. The additional two sessions will ideally be planned for, and delivered to, a different participant type to the linked and progressive sessions e.g. adults/ youths/ children/disabled/non-disabled.
- Produce a written risk assessment for the coaching venue used during the coaching of the above activity
- produce a written evaluation of the above activity
- Be observed delivering one individual showjumping coaching session for a minimum of 30 minutes, and one group showjumping coaching session for a minimum of 45 minutes by an appropriately qualified assessor. An individual session plan, risk assessment and evaluation should be produced for each activity. Observed sessions may be taken from the six planned sessions. The sessions that are evaluated must be observed by an appropriately qualified assessor.

Number of days: Four contact days will be delivered, plus one assessment day. However the total qualification time (time spent practicing new learning and integrating methods into coaching practice in the work place, planning coaching sessions, reflecting and recording coaching sessions), is estimated to be 136 hours.

Costs: The total cost of the Level 2 qualification is £920.

- Registration and certification Fee £80,
- Four workshop days at £130 per day.
- Assessment day £320

This can be paid in one lump sum or over 3 installments (1st £340, 2nd £260, 3rd £320)

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

<https://www.britishshowjumping.co.uk/files/COACH%20APPLICATION%20FORM.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>

Prior to registration for the qualification learners are required to:

- Provide evidence, through application, of possessing Level 1 General Riding competencies through previous qualifications* specifically any of the following:
 - Level 1 Qualification in General Riding
 - BHS Stage 1
 - Pony Club C Test
 - *(Recognition will be given to prior equivalent, experiential learning if none of the above are held)
- Be at least 17 years of age
- Be familiar with the pre-course tasks before day 1 of the course
- Evidence of English speaking, reading and writing).

Prior to certification, learners are required to:

- Be aged 18 years or older
- Attend and have a valid and in date certificate for a recognised safeguarding training course. (On-line course is not accepted)
- Attend and have a valid and in date certificate for a recognised first aid workshop (not including emergency first aid)
- Achievement of the qualification is normally through attendance on a course of training and assessment. The assessment specification requires learners to:
 - Complete a series of assessed tasks contained within the learner portfolio
 - Plan, deliver and evaluate a minimum of six coaching sessions in showjumping. Four of the six sessions must be linked and progressive, and working with the same individual of group of riders in order to monitor and review any progress made. The additional two sessions will ideally be planned for, and delivered to, a different participant type to the linked and progressive sessions e.g. adults/youths/children/disabled/non-disabled.
- Produce a written risk assessment for the coaching venue used during the coaching of the above activity

- Produce a written evaluation of the above activity
- Be observed delivering one individual showjumping coaching session for a minimum of 30 minutes, and one group showjumping coaching session for a minimum of 45 minutes by an appropriately qualified assessor. An individual session plan, risk assessment and evaluation should be produced for each activity. Observed sessions may be taken from the six planned sessions. The sessions that are evaluated must be observed by an appropriately qualified assessor.

Appendix 1

This qualification consists of five mandatory components. Learners must successfully complete all five components.

| Component title | Component aim |
|--|---|
| The role of the equestrian coach | This component assesses a coach's understanding of their role and responsibilities and the roles of others, ensuring that their equestrian coaching is safe and inclusive. |
| Plan a series of equestrian coaching sessions | This component assesses a coach's ability to plan a series of equestrian coaching sessions to meet the needs of participants. The series of equestrian coaching sessions planned will be linked and progressive in nature in order to develop participants' performance in equestrian. |
| Deliver a series of equestrian coaching sessions | This component assesses a coach's ability to deliver a series of equestrian coaching sessions to meet the needs of participants. The equestrian coaching sessions delivered will be linked and progressive in nature in order to develop participants' performance within equestrian. |
| Review a series of equestrian coaching sessions | This component assesses a coach's ability to review a series of equestrian coaching sessions that meet the needs of participants. The series of equestrian coaching sessions reviewed will be linked and progressive in nature in order to develop participants' performance within equestrian. |
| Technical coaching requirements for showjumping | This component aims to develop the coach's knowledge of the technical coaching requirements for showjumping. (See below for technical syllabus) |

Technical Syllabus – Level 2 Show Jumping

The following information in this table is a **pre-requisite for entry** to Level 2

| Topic | The coach should: |
|----------------------------|---|
| Horse welfare | <p><i>Be able to recognise...</i></p> <ul style="list-style-type: none"> • Horse lameness, condition, foot balance/the well shod foot, discomfort and ill health • Issues that may impact on coaching or competition, e.g. too fat/thin, unfit, unsound, age etc. <p><i>Be able to...</i></p> <ul style="list-style-type: none"> • Explain normal equine behaviour and evaluate why behavioural issues arise • Demonstrate a basic knowledge of the effect of basic types of tack and equipment: bridles; bits; nosebands; saddles; boots; and bandages |
| Level 1 technical syllabus | <p><i>Be able to...</i></p> <ul style="list-style-type: none"> • Show competence in all areas of the Level 1 technical syllabus |

| Topic | The coach should: |
|--|--|
| Prepare to ride | <p><i>Be able to recognise...</i></p> <ul style="list-style-type: none"> • Incorrectly fitted or unsafe tack and adjust if necessary <p><i>Be able to coach the rider to...</i></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><i>Be able to recognise...</i></p> <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 <p><i>Be able to coach the rider to...</i></p> <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 stirrups in all three gaits • Develop the appropriate hand/rein position and co-ordinate the aids when riding with the reins in one hand |
| 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 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><i>Be able to coach the rider to...</i></p> <ul style="list-style-type: none"> • Correctly use leg, hand, seat and voice aids • Recognise when and how to use jumping/schooling whips and spurs |

| Topic | The coach should: |
|---|---|
| Effective riding on the flat | <p><i>Be able to coach the rider to...</i></p> <ul style="list-style-type: none"> • Recognise and improve the foundation elements of the Scale(s) of Training (rhythm, suppleness, contact, impulsion, straightness and collection) appropriate to the level of horse they are riding • Use upward/downward transitions from all paces (including halt) and direct transitions from one pace to another • 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 • Deal with basic equine behavioural issues e.g. napping, spooking and bucking |
| Effective riding on outdoor terrain with slopes | <p><i>Be able to recognise...</i></p> <ul style="list-style-type: none"> • The appropriate length of stirrup for balance and security • The need to adapt riding according to conditions and weather <p><i>Be able to coach the rider to...</i></p> <ul style="list-style-type: none"> • Use appropriate tack for the conditions and the horse, including studs • Control paces effectively <p>Be aware of the need to adapt riding according to ground conditions and slope</p> |
| Effective riding over poles, jumps and a course of fences (see diagram 2) | <p><i>Be able to...</i></p> <ul style="list-style-type: none"> • Correctly space walk, 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 for a range of horses and ponies • Develop a track of 6-8 linked fences up to 1m <p><i>Be able to coach the rider to...</i></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 • Maintain a correct position during all phases of the jump (approach, take off, flight, landing and departure) <p>Control pace effectively, including a forward rhythm when riding to/away from fences up to 1m</p> |

| Topic | The coach should: |
|-------------------|---|
| Health and safety | <p><i>Be able to recognise...</i></p> <ul style="list-style-type: none"> • Safe tack & saddlery and take appropriate action if necessary • That riders are applying the rules for riding safely in enclosed areas and in the open, alone and with others <p><i>Be able to...</i></p> <ul style="list-style-type: none"> • Deal with emergency situations in an equine coaching environment, including the reporting of accidents and incidents <p><i>Be able to coach the rider to...</i></p> <ul style="list-style-type: none"> • Comply with appropriate dress for riding and leading horses • Ride safely in enclosed areas and in the open, alone and with others <p>Recognise that they are applying safe rules for riding as above</p> |

| Theoretical | |
|----------------------------------|--|
| Topic | The coach should: |
| Horse development | <p><i>Be able to...</i></p> <ul style="list-style-type: none"> • Explain the Scale(s) of Training and their importance |
| Suitability of horses | <p><i>Be able to...</i></p> <ul style="list-style-type: none"> • Make a basic assessment of the horse for: <ul style="list-style-type: none"> ○ Suitability for a job of work ○ Level of fitness and condition ○ Behaviour |
| The sport, rules and competition | <p><i>Be able to...</i></p> <ul style="list-style-type: none"> • Identify appropriate competition classes for riders jumping up to 1m and the rules for such classes, for both junior and senior age groups • Explain the opportunities for riders to take part in showjumping training events and progressive riding awards |
| Equine anti-doping | <p><i>Be able to...</i></p> <ul style="list-style-type: none"> • Demonstrate knowledge of national anti-doping and controlled medication rules and how to keep up to date with these • Demonstrate an awareness of the FEI horse welfare codes |
| General knowledge | <p><i>Be able to...</i></p> <ul style="list-style-type: none"> • Demonstrate an awareness of the breadth of the equine industry and the opportunities available to riders to participate |

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 coaching qualifications is:

Rhythm – Suppleness – Contact – Impulsion – Straightness – Collection

Why achieve BSCC/what are the benefits?

- There are many people in the Equine Industry that currently coach riders that do not hold a formal coaching qualification; one of the biggest problems that is caused by this is the lack of Insurance held by the unqualified coach. In recent years more and more of the Insurance companies are refusing to insure a coach unless they hold a coaching qualification, (and if they did allow them to take out insurance without a qualification they charge huge premiums per year). Subsequently we see many people approach British Showjumping enquiring as to obtain their coaching qualifications in order to then be able to insure themselves.
- As a qualified Level 2 or 3 coach with additional documents including DBS, Code of conduct and insurance in place, you are able to be involved in the delivery of '*British Showjumping Training*' this means any training delivered under the auspices and title of British Showjumping, usually ran through British Showjumping Academy Sessions.
- As a qualified coach there are various development programmes opportunities (prerequisites vary) that are ran via Governing Bodies as well as National Federations, some examples include British Showjumping CPD, British Equestrian Federation Youth Pathway Coaching Programme, NDCPE as well as being kept up to date with other development opportunities.
- Develop coaching career which may long term enable involvement within British Teams/Riders or excel in other coaching environments.
- Develop/Update coaching skills and reputation enabling higher earnings (able to charge more).