

INTRODUCTORY COACH COURSE (IC)



The Introductory Coach (IC) course is designed to provide the candidate with the essential skills and knowledge to offer basic equestrian coaching, in a safe and nurturing environment. This course is the fundamental course underpinning all equestrian coaching courses and successful candidates will be EFA NCAS registered.

In essence this course will provide the corner stone by which a beginner equestrian coach will develop and build future experiences upon. The EFA recognises that coaches are not educated and developed through theoretical training, but more so by doing and performing. To effectively coach, a person must use a complex mixture between art and science and this course is designed to give the candidate exposure to theoretical concepts (science) through readings and study, as well as the practical concepts (art) through interaction with EFA Coach Educators.

This blending of experiences will place the Introductory Coach in a strong position to further develop and progress towards becoming an effective coach.

It must be highlighted that the EFA Introductory Coach is only permitted to instruct at the beginner level. This is two fold:

- i) the Introductory Coach can teach beginner riders only, on the flat, with no jumping.
- ii) the Introductory Coach must be aware that this qualification offers only limited expertise for coaching, therefore the Introductory Coach is a beginner within the profession of Equestrian Coaching.

INTRODUCTORY COACH - COURSE OVERVIEW

The IC course is segmented in four core units of study, each of which consists of a series of competencies that the candidate must attain as part of the successful completion of this course.

The unit of study and the competencies within are listed below.

Unit 1 Introduction to the EFA NCAS

At the end of this unit the candidate will be able to:

- 1.1 Discuss the structure and function of the EFA, EFA Branches and other equestrian organisations
- 1.2 Discuss where to acquire information and resources to further one's professional development
- 1.3 Discuss the structure of the EFA NCAS and the function of ASC in this program
- 1.4 Discuss annual EFA NCAS coach registration and updating activities
- 1.5 Understand the benefits of EFA NCAS accreditation
- 1.6 Advise the public on the benefits of using EFA-accredited coaches

Unit 2 Safety & Risk management

Part A) Facilities

At the end of this unit the candidate will be able to:

- 2a.1 Recognise the characteristics of a safe equestrian centre as covered in the Horse Management certificates
- 2a.2 Assess the suitability of an area/facility for a particular equestrian activity
- 2a.3 Adapt training sessions, equipment or the venue to comply with EFA and Industry standards

Part B) Accident and Injury

At the end of this unit the candidate will be able to:

- 2b.1 Apply basic first aid for people and horses
- 2b.2 Implement accident procedures in the event of an emergency/accident
- 2b.3 Identify common safety threats in training sessions
- 2b.4 Discuss common problems associated with stallions, mares and ex-racehorses and how to avoid accidents in training sessions
- 2b.5 Demonstrate appropriate accident-recording procedures and discuss reasons for recording

Part C) Safety: Riders and Coaches

At the end of this unit the candidate will be able to:

- 2c.1 Identify appropriate riding clothing and equipment and demonstrate comprehensive gear check
- 2c.2 Discuss the role of the coach in setting appropriate safety standards
- 2c.3 Discuss Occupational Health and Safety considerations for coaches

Part D) Insurance and Legal Issues

At the end of this unit the candidate will be able to:

- 2d.1 Discuss the EFA Coaches' Code of Ethics
- 2d.2 Identify and define types of harassment
- 2d.3 Identify and define duty of care, negligence and liability
- 2d.4 Identify different types of insurance cover and discuss the EFA's insurance coverage
- 2d.5 Discuss the legal responsibilities of the coach, of horse owners and of property owners
- 2d.6 Identify the elements of risk management and develop a risk management plan for your facilities

Unit 3 Equestrian-Specific Coaching Skills

Part A) The Role of the Coach

At the end of this unit the candidate will be able to:

- 3a.1 Demonstrate an understanding of coaching styles
- 3a.2 Demonstrate an understanding of the functions an Equestrian coach may be expected to fulfil
- 3a.3 Understand the difference between teaching and coaching within equestrian pursuits
- 3a.4 Discuss the role and characteristics of effective goals

Part B) Equestrian Coach Communication

At the end of this unit the candidate will be able to:

- 3b.1 Identify and demonstrate effective communication techniques for the equestrian environment
- 3b.2 Define the facets of conflict
- 3b.3 Demonstrate conflict management skills

Part C) Physiology and Psychology of the Rider

At the end of this unit the candidate will be able to:

- 3c.1 Demonstrate an understanding of rider needs and various developmental stages
- 3c.2 Demonstrate awareness of beginner rider needs and performance

Unit 4 Equestrian Coaching Experiences

Part A) Understanding Coaching Principles

At the end of this unit the candidate will be able to:

- 4a.1 Demonstrate and discuss how and why to create a lesson plan
- 4a.2 Discuss and identify the basic requirements for assessing a horse and a beginner rider (capabilities and performance)
- 4a.3 Plan and prepare training for beginner riders, in groups and individually, in accordance with EFA and industry-accepted coaching practices
- 4a.4 Discuss the use of demonstrations
- 4a.5 Demonstrate an understanding of skill sequencing/development as it pertains to basic riding skills
- 4a.6 Demonstrate an understanding of rider assessment and feedback

Part B) The Coach In Action (Practical Coaching Skills)

At the end of this unit the candidate will be able to:

- 4b.1 Demonstrate effective use of standard practices and ride organisation
- 4b.2 Identify and discuss the essential skills for the first lessons on the flat
- 4b.3 Extend beginner skills in the upright position, aids and paces
- 4b.4 Teach tracks, figures and school movements
- 4b.5 Demonstrate lungeing the rider