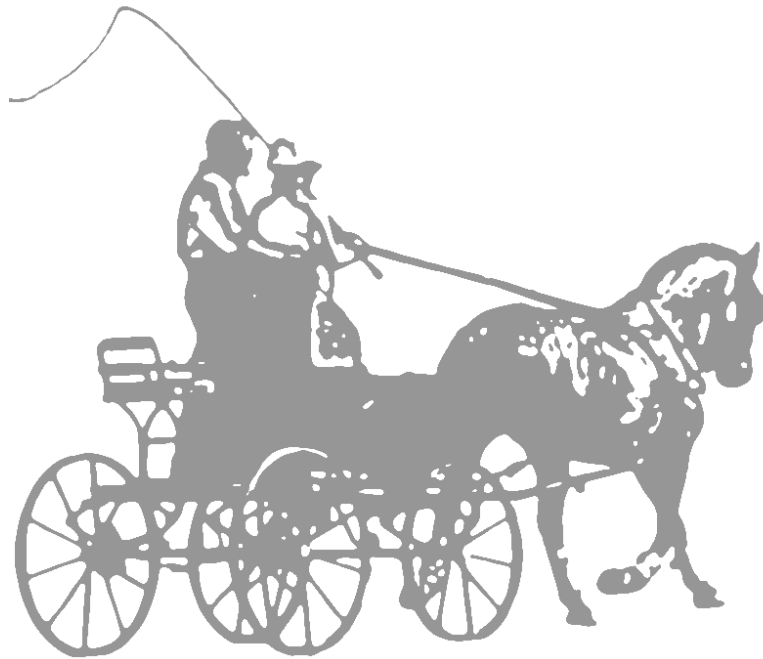


# INTRODUCTORY CARRIAGE DRIVING COACH COURSE

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## COURSE OVERVIEW

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### **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**

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

#### UNIT 2- PART A: Facilities

- 2a.1 Recognise the characteristics of a safe equestrian centre as covered in the Personal Skills certificate
- 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

#### UNIT 2- PART B: Accident and Injury

- 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 how to avoid accidents in training sessions
- 2b.5 Demonstrate appropriate accident-recording procedures and discuss reasons for recording

#### UNIT 2- PART C: Safety: Drivers and Coaches

- 2c.1 Identify appropriate driving clothing and equipment and demonstrate comprehensive gear check
- 2c.2 Discuss the role of the coach in setting appropriate safety standards
- 2c.3 Discuss the role of the groom in driving activities
- 2c.4 Discuss Occupational Health and Safety considerations for coaches

## UNIT 2- PART D: Insurance and Legal Issues

- 2d.1 Discuss the EFA Coaches Code of Conduct
- 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

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

### UNIT 3 – PART A: The Role of the Coach

- 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

### UNIT 3 – PART B: Equestrian Coach Communication

- 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

### UNIT 3 – PART C: Physiology and Psychology of the Driver

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

## Unit 4 Equestrian Coaching Experiences

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

### UNIT 4 – PART A: Understanding Coaching Principles

- 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 driver (capabilities and performance)
- 4a.3 Plan and prepare training for beginner drivers, 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 driving skills
- 4a.6 Demonstrate an understanding of driver assessment and feedback

### UNIT 4 – PART B: The Coach in Action (Beginner Driver Skills)

- 4b.1 Demonstrate effective use of standard practices and lesson organisation
- 4b.2 Identify and discuss the essential considerations for the beginner driver lesson(s)
- 4b.3 Teach the correct use of aids (natural and auxiliary) for Driving
- 4b.4 Identify and teach the essential skills for the beginner driver lesson(s)

### UNIT 4 – PART C: The Coach in Action (Beginner Movements)

- 4c.4 Teach figures and school movements