

# The Irish Pony Club Foundation Coach

2022

## Candidate Requirements:

- Candidates must be 18 years old before taking the Foundation Coach assessment.
- Candidates must have passed their complete B test before their Foundation Coach.
- Candidates must complete 4 hours shadowing a senior coach in advance of sitting this assessment
- A log book of 10 sessions must be completed and submitted a week before the assessment, this must be done under the guidance of an IPC Senior Coach.
- Successful candidates must hold a valid First Aid Certificate (FAR or BHS Equine Specific), Safeguarding 1 and have been Garda Vetted through Horse Sport Ireland, to join the Irish Pony Club register and begin coaching

Candidates should have knowledge of the relevant test cards and tack sheets.

## Outcomes:

Candidates should be capable of coaching up to and including "C" test level riders in a safe, fun and educational manner, with the Irish Pony Club ethos.

## Format:

Candidates will be asked to coach two separate ridden sessions and one interactive horse care session.

The first ridden session should be 45 mins long and be an integrated flat work and show jumping session. In the first session candidates will have 2 or 3 'C' test level riders to coach.

The second session should be 30 mins long, 10 mins on cross-country theory (discussed with Assessor) and 20 minutes on the cross-country session. In the second session candidates will have the same 2 or 3 'C' test level riders to coach.

## **Session 1:**

### **Flat Work:**

Candidates should include and have relevant knowledge and understanding of how to coach the following topics:

- Basic control
- Secure and balanced position in all 3 paces on the flat
- Aids natural/artificial
- Awareness of types, ages and suitability of ponies
- How to manage and control small groups
- Coach in accordance with ground conditions, weather and venue.

### **Safety Aware:**

- Check that the rider(s) are wearing suitable and correctly fitted clothing, footwear and equipment, including an up to standard back protector and helmet.
- Check the suitability and fitting of horse's tack and equipment.

### **Show Jumping:**

Candidates should include and have relevant knowledge and understanding of how to coach the following topics:

- Secure and balanced position in light seat
- Secure and balanced show jumping position.
- Aids natural/artificial
- Phases of the jump
- Heights and exercises appropriate to the group
- Quality of the canter
- Coach according to ground conditions, weather and venue

### **Safety Aware:**

- Check that the rider(s) are wearing suitable and correctly fitted clothing, footwear and equipment, including an up to standard back protector and helmet.
- Check the suitability and fitting of horse's tack and equipment.
- All poles to be safely raised on one end, have understanding of why this is necessary
- Knowledge of distances in metres, including 3 trotting poles, placing pole to a fence, fence to fence out of trot and canter (distance chart and tape allowed)
- Coaching in accordance with ground conditions, weather and venue.

Full list of topics for sessions on IPC website.

## **Session 2:**

### **Cross-Country:**

Candidates should include and have relevant knowledge and understanding of how to coach the following topics:

- Secure and balanced cross-country position on flat and undulating ground
- Secure and balanced cross-country position over various types of fences
- Correct speed and balance
- Various types of cross-country fences
- Distances the factors that can affect distances
- Coaching in accordance with ground conditions, weather and venue.
- Awareness of rider and horse / pony fitness

### **Safety Aware:**

- Check that the rider(s) are wearing suitable and correctly fitted clothing, footwear and equipment, including an up to standard back protector and helmet.
- Check the suitability and fitting of horse's tack and equipment.
- Safe approaches/landings and fences.

Full list of sessions on IPC website.

## **Session 3:**

### **Interactive Theory Session:**

- Candidates will be asked to coach a session on horse care.
- This session should be 12 to 15 minutes long and include interactive and theory elements
- Candidates will be asked to deliver this session to a group of 'C' test level riders
- Candidates will be asked to involve the riders as much as possible
- Candidates will receive their topic, 5 days before the test

Full list of sessions on the IPC website.

**Overall Preparation Required:**

- Candidates should have their own tools/props for coaching
- Measuring tape, at least 30m long
- Pods for poles. Small cones for guidance
- Candidates should check all saddlery and clothing before the start of every session
- Candidates should check age, ability and aims of all riders and ponies
- Candidates should complete a risk assessment for every session
- Candidates should plan their session in advance
- Candidates will be required to evaluate their session after delivery and discuss this with the assessors

**Open Discussion:**

During the assessment candidates will be asked to discuss the following topics:

- Plan for a wet day
- How to deal with a very nervous rider
- How to deal with an unsuitable horse / pony (over/under weight, too fresh, poor shoeing etc)
- Know when to seek help from the DC or senior coach
- Ability to involve riders so they acquire skills in a fun and interactive way