



Irish Pony Club

Foundation Coach Test

Disc Colour – Purple

Outcomes:

To produce Junior IPC Coaches, capable of coaching up to & including “C” test level riders in a Safe, Fun & Educational manner, with the IPC ethos.

Prerequisite:

- Candidates must be 18 years old before taking the test.
- Candidates must have passed their B test before taking Foundation Coach test.
- Candidates must hold a valid First Aid Certificate (FAR or BHS Equine Specific), Safeguarding 1 & have been Garda Vetted.
- Candidates must have covered 4 hours shadowing a senior coach & this must be completed before they begin their training for the Foundation Coach test.
- A logbook of 10 sessions must be completed & submitted a week before the test. This must be done under the guidance of an IPC Senior Coach.
- Candidates should have knowledge of the relevant test cards & tack sheets.

Format of the Ridden Sessions:

- Candidates will be asked to coach two separate ridden sessions.
- The first ridden session should be 45 mins long & be an integrated flat work & show jumping session.
- In the first session candidates will have 4 ‘C’ test level riders to coach.
- The second session should be 30 mins long, 10 mins on cross country theory & 20 minutes on the cross-country session.
- In the second session candidates will have 2 ‘C’ test level riders to coach.

Flat work:

Candidates should include & have relevant knowledge & understanding of the following topics:

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

Safety Aware:

- Suitable & correctly fitted clothing, white, beige, plain black or plain navy jodhpurs, footwear & equipment, including an up to standard helmet.
- Suitable & correctly fitted tack & equipment.

Flatwork should immediately progress into the show jumping session. These two sessions should relate to each other & come together as one integrated session, like an IPC Rally.

Show Jumping:

Candidates should include & have relevant knowledge & understanding of the following topics:

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

Safety Aware:

- Suitable & correctly fitted clothing, white, beige, plain black or plain navy jodhpurs, footwear & equipment, including an up to standard back protector & helmet.
- Suitable & correctly fitted tack & equipment.
- Raising poles.
- Ground lines.
- Knowledge of distances in metres, including 3 trotting poles, placing pole to a fence, fence to fence out of trot and canter. (distance chart allowed)
- Coaching according to ground conditions, weather & venue.

Full list of topics for sessions on IPC website.

Cross Country:

Candidates should include & have relevant knowledge & understanding of the following topics:

- Secure & balanced cross-country position on flat & undulating ground.
- Secure & balanced cross-country position over various types of fences.
- Knowledge of correct speed & balance.
- Knowledge of various types of cross-country fences.
- Distances & the factors that can affect distances.
- Coaching according to ground conditions, weather & venue.
- Awareness of rider & pony fitness.

Safety aware:

- Suitable & correctly fitted clothing, white, beige, plain black or plain navy jodhpurs, footwear, & equipment, including up to standard back protector & crash helmet.
- Suitable & correctly fitted tack & equipment.
- Safe approaches/landings & fences.

Full list of sessions on IPC website.

Interactive Theory Session:

- Candidates will be asked to coach a session on horsecare.
- This session should be 12 to 15 minutes long & include interactive & 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.

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 & clothing before the start of every session.
- Candidates should check age, ability & aims of all riders & 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 & discuss this with the assessors.

Open discussion:

- Plan for a wet day.
- How to deal with a very nervous rider.
- How to deal with an unsuitable 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 & interactive way.