**PRE–COACH TRAINING DAY**

* Can be delivered as a training session or as a group visit(s) by a Regional or County Coach
* Prospective Coach information form to be completed and sent to Regional/County Coach prior to attending the training
* Day or session to be run with no more than six prospective coaches
* The day can be run in a flexible way to suit the venue /prospective coaches

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| **Time** | **Subject** | **Activity** | **Resources** |
| 10 minutes | Introductions, Health & Safety | Introduce yourself, run through any health and safety matters.  Go around the room and ask prospective coaches to introduce themselves and say where they are from and how long they have been volunteering at the group. Get a little insight in to their background. |  |
| 15 minutes | What is coaching?  Roles and Responsibilities  Coaching Skills | Show a few short coaching phrases or a short video on what coaching actually is.  Go through the roles and responsibilities of being a good coach | PowerPoint |
| 30 minutes | Learning Styles | Go through the different learning styles one by one.  What they mean and how they are used, showing examples.  Coaches to complete the quiz on different learning styles. | PowerPoint  Questionnaire |
| 40 minutes | Session Planning & Risk Assessments | **Risk Assessments –**  What is a risk assessment?  How to complete a risk assessment?  Looking out for risks?  **Task:** Show a picture of a yard / arena with risks on it. Coaches to complete the risk assessment. This can be carried out in a practical way if easier.  **Session Planning:**  Why should we complete a lesson plan?  How to complete a lesson plan?  Ask them to start practising completing lesson plans for the sessions they are assisting with, when back at their group – put them in their passport as evidence of training. | Blank Copies of Risk Assessments  Picture of yard/arena  Blank Session plans |
| 30 minutes | Technical Instruction | Look at pictures of basic positions and go through them, explaining what is good and bad in all the pictures.  Go through the basic aids for halting, walking, holding the reins, changing the rein, starting to learn to trot, circles and serpentines. | Pictures of basic positions |
| 15 minutes | Scenarios of what might happen | Go through some different scenarios and discuss how you would deal with these. | Suggest scenarios – rider not getting on, hat fitting, rider not completed application form, not enough volunteers |
| 40 minutes | Passports – What happens next | Fill in the registration form if the coach is to continue to become a coach in training. This will be sent to National Office, who will then send out the Coach Passport.  Explain what the next steps are and how they record their learnings going forward.  Give each coach a copy of the assessment criteria (coach and equine) at coach certificate  Each Coach in Training to have detailed development plan | Passports  Template development plans |

Total max 3hrs