**COACHES DEVELOPMENT WORKBOOK & ACTIVITY GUIDE**



Name:

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**1. HEALTH AND SAFETY**

**2. THE RDA COACH**

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**5. TEACHING THEORY**

**6. MEDICAL KNOWLEDGE**

**7. RDA KNOWLEDGE**

**8. CASE STUDIES**

**2. THE RDA COACH**

You will be looking at:

1. Roles and responsibilities.

2. Qualities of an RDA Coach.

**Aims**

Your aims are to fully understand the roles and responsibilities of an RDA Coach and the work that goes with the role.

**Objectives**

By completing this section you will be able to:

 state the responsibilities of the RDA Coach in line with RDA standards.

 explain the role of the RDA Coach.

 state the health & safety responsibilities within the RDA standards.

 know the requirements needed for becoming an RDA

 Coach. (Badge & certificate and RDAGI).

 know the pathway to RDASC

 take charge of a riding lesson.

Information can be found on the RDA Coaching Page of the website and your RDA Coaches Log Book.

**THE RDA Coach**

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| 1. List all the responsibilities of an RDA Coach as stated in the RDA Coaches Log Book.
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|  1. List four qualities that you think you have as a new RDA Coach.
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|  1. List six qualities that you think a RDA Coach should have.
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| 4. State the requirements of becoming an RDA Coach. |
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|  5. State the pathway you would need to take to become an RDASC. (*Do this in the form of a flow chart*). |
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|  6. What is the skills bank? |
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|  7. State how you can use the skills bank. |
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