**COACHES DEVELOPMENT WORKBOOK & ACTIVITY GUIDE**



Name:

**CONTENTS**

**1. HEALTH AND SAFETY**

**2. THE RDA COACH**

**3. VOLUNTEER MANAGEMENT**

**4. HORSE CARE & STABLE MANAGEMENT**

**5. TEACHING THEORY**

**6. MEDICAL KNOWLEDGE**

**7. RDA KNOWLEDGE**

**8. CASE STUDIES**

|  |
| --- |
|  |

**8. CASE STUDIES**

This section is to give you a idea about the next steps to becoming an RDA Coach and the depth of knowledge that you will

require. You will choose three riders and keep records on their

progress for a period of eight weeks.

You will need to:

1. choose three riders.

2. discuss their enrolment forms with the physiotherapist, school, teachers or parents.

3. complete rider profiles.

4. set short-term aims & goals.

5. keep records of each rider over an eight week period.

6. summarise at the end of eight weeks stating:

  whether there was any improvement (if so, what?).

  whether there were any major problems that you had to

overcome.

  what the next steps would be for your rider.

  whether you feel riding should continue (say why or why not).

**Aims**

Your aims are to acquire a more in-depth knowledge of your three chosen riders and their riding ability.

**Objectives**

Your objectives are to build up a portfolio of information using

photographic evidence as well as written notes.

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |