

Developed in partnership with British Carriagedriving



1st4sport Level 2 Certificate in Equestrian Coaching (Carriage Driving)

Qualification Specification





About Us

Welcome to 1st4sport, established in 2000, 1st4sport Qualifications are an industry specialist recognised awarding organisation regulated in England by the Office of the Qualifications and Examinations Regulator (Ofqual), in Wales by Qualifications Wales, and in Northern Ireland by the Council for the Curriculum, Examination and Assessment (CCEA) Regulation.

Serving the needs of the sport, physical activity and active leisure industry; our niche status is emphasised through our accomplished people, network of esteemed industry partnerships and our culture of excellence. We have an outstanding reputation; evidenced though the loyalty we receive from our trusted partners, recognised centres and most importantly our learners.

We have a proven track record; offering of valid, value-added, educational solutions and services and outstanding customer care. Our offer includes sector specific qualifications and pathways, and a range of relevant high-performing educational services; underpinned by leading digital solutions. The majority of these are developed and deployed in partnership with governing bodies of sport and other sector specific professional organisations. More than any other awarding organisation, our knowledge of the industry and our continuous cross-sector network enables us to understand the direction of our sector.

Our involvement in shaping our sector has been significant and we continue to be the awarding organisation that partner and representative organisations turn to for guidance on the direction of travel, as appropriate to the needs of our partners, centres, industry employers and learners.

Our Mission: To deliver excellent educational solutions and value-added services to sport, physical activity and the active leisure industry.

Our Direction: We aim to support the ongoing professionalisation of our industry; supporting employment, growth, sustainability and success. We embrace performance, participation and health agendas. Our objective is to continue to support our respected partners, providers and learners.



Qualification Specification

Title:	1st4sport Level 2 Certificate in Equestrian Coaching (Carriage Driving)
Qualification Overview:	Gives learners the knowledge and skills to deliver equestrian coaching sessions with a focus on carriage driving.
Qualification Code:	L2CECRCD
Qualification Regulation Number:	603/1443/6
Guided Learning Hours (GLH):	40
Total Qualification Time (TQT):	136
Credit Value (if applicable):	Not applicable
Operational Start Date:	01/06/2017
Qualification Review Date:	31/05/2025
Learner Registration Period:	2 years
Qualification Objective:	This qualification qualifies learners to become an equestrian coach in carriage driving.
Qualification Purpose:	Prepare for employment in a specific occupational area.

Who is this qualification for?

The qualification is designed for those who wish to become involved in showjumping as a coach, and to have responsibility for the ongoing development of participants. It is an entry point to coaching, depending on the ability and confidence of the learner. It is directed at learners who have an interest in sport or physical activity and showjumping.

Qualification Progression

The skills and knowledge developed may also be used to enable learners to progress to other industry-relevant qualifications in equestrian coaching, such as the 1st4sport Level 3 Qualification in Equestrian Coaching. Learners may also be able to access British Equestrian Federation regional Continual Professional Development workshops.

This qualification may lead to paid employment or unpaid voluntary roles in equestrian coaching, either working independently or as part of a coaching team. Other roles that the learner may consider exploring include Activity Leader, Official, or Sports Volunteer.



Entry Requirements

Learners must be a minimum of 21 years old at registration and 21 years old at certification.

Pre-requisite(s) or other entry requirements

The recognised centre is required to conduct an initial assessment of learners to ensure that pre-requisites to registration and certification and any barriers that may disadvantage a learner under the Equality Act 2010 are considered and outcomes recorded during the application process.

Prior to registration learners are required to:

- be accurately identified
- be at least 21 years of age
- be able to undertake this assessment in English or Welsh (if available)

Assessment Methods

The assessment methods used in this qualification are:

- Coursework (in 5 of 5 mandatory units),
- Practical Demonstration/Assignment (in 5 of 5 mandatory units)

Grading Methods

This qualification will be graded Pass / Fail.

Qualification Structure

Learners must successfully complete all mandatory units to achieve this qualification.

Mandatory Units		
Unit ID	Unit Title	GLH
F/615/7122	Plan a series of equestrian coaching sessions	9
A/615/7121	The role of the equestrian coach	8
J/615/7123	Deliver a series of equestrian coaching sessions	8
L/615/7124	Review a series of equestrian coaching sessions	7
H/616/8596	Technical coaching requirements for carriage driving	8

Optional Units

There are no optional units in this qualification

Pathway Units (where applicable)

There are no pathway units in this qualification



Unit Title	Plan a series of equestrian coaching sessions
Unit Aim	This component assesses a coach's ability to plan a series of equestrian coaching sessions to meet the needs of participants. The series of equestrian coaching sessions planned will be linked and progressive in nature in order to develop participants' performance in equestrian.
Unique Unit Number	F/615/7122
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	Learners are required to plan a minimum of six equestrian coaching sessions. Four of the six sessions must be linked and progressive, and working with the same group of participants in order to monitor and review any progress made. The additional two sessions will ideally be planned for a different rider type to the linked and progressive sessions eg adults/youths/ children/disabled/non-disabled. Sessions should be an appropriate length for equestrian coaching and the identified rider or group of riders. This will be for a minimum of 45 minutes but may be longer based on horse and rider needs. Where sessions are significantly longer or shorter than this, learners should provide a rationale for this.



Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete.
1.1 plan a series of progressive sessions	Understand the principles of planning progressive sessions Identify aims and objectives of the coaching programme, setting SMART/tangible goals that have been agreed with participants Plan a series of progressive sessions with goals that are linked, progressive and consistent with the overall aims of the coaching programme	There are no specific evidence requirements for this assessment criteria
1.2 plan activities to meet the aims of the sessions	Understand how individual coaching sessions support the aims of the coaching programme Identify aims and objectives of sessions, setting SMART/tangible goals that have been agreed with the participant Plan and prepare sessions that meet the needs of participants from different backgrounds and at different stages of development to include: realistic timings sequences of activities intensity of activities duration of activities specific technical content within activities specific tactical content within activities contingencies	There are no specific evidence requirements for this assessment criteria



Unit Title	The role of the equestrian coach
Unit Aim	This component assesses a coach's understanding of their role and responsibilities and the roles of others, ensuring that their equestrian coaching is safe and inclusive.
Unique Unit Number	A/615/7121
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	Learners are required to complete a series of assessed tasks within their learner portfolio. These are set by 1st4sport and assessed by their assessor.

Learning Outcome: 1. understand the role of the equestrian coach		
Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
1.1 describe the role	the role of the fully independent equestrian coach the boundaries of the role and adherence to codes of conduct the responsibilities of the fully independent equestrian coach when working with others such as leaders, coaching assistants the importance of being a role model the sports or physical activity coaching process of plan-do-review an awareness of the breadth of the equine industry and the opportunities available to participants to take part	There are no specific evidence requirements for this assessment criteria

Learning Outcome: 2. understand the responsibilities of the coach in equestrian		
Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:

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2.1 describe the responsibilities related to rules and regulations	the overarching legal and sport-specific responsibilities equestrian discipline-specific organisational procedures, responsibilities and liabilities the rules and regulations of the relevant equestrian discipline, how to access these and how they enable the delivery of sessions the role of officials and the positive promotion of these national human and equine anti-doping and controlled medication rules and how to keep up to date with these the opportunities for participants to take part in equestrian training events and progressive awards how to coach participants to apply the rules for riding safely in enclosed areas, in the open, alone and with others applying safe rules for riding complying with appropriate dress for riding and leading horses recognising safe tack and saddlery and how to take appropriate action if necessary	There are no specific evidence requirements for this assessment criteria
2.2 describe responsibilities related to duty of care	what constitutes acceptable relationships as a coach the guidelines for safeguarding and protecting the following rider groups, adherence to these and maintaining confidentiality: young people and children, including signs and symptoms of abuse adults at risk riders who share protected characteristics how to encourage and reward positive behaviour and to respond to discriminatory behaviour, behaving in a fair, consistent and ethical manner the requirements of the rider group; managing information for and about all types of riders	There are no specific evidence requirements for this assessment criteria

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2.3 describe responsibilities related to safe coaching practice	how to set and agree ground rules health and safety management, understanding how to: prepare the environment conduct a risk assessment minimise risk put contingency plans in place recognise the appropriate length of stirrup for balance and security recognise the need to adapt riding according to conditions and weather use appropriate tack for the conditions and the horse, including studs effectively control paces be aware of the need to adapt riding according to ground conditions and slope emergency procedures; knowing how to follow: emergency procedures in an equine coaching environment, including the reporting of accidents, issues and incidents	There are no specific evidence requirements for this assessment criteria
	inclusive delivery of coaching sessions and activities and where to gain information on this how to communicate, deal with and meet the needs of a variety of rider types: disabled and non-disabled people children/youth/adults those who share protected characteristics recognising that different riders learn in different ways how different backgrounds and stages of participant development can impact on age skill development emotional development.	There are no specific evidence requirements for this assessment criteria

Learning Outcome: 3. understand equestrian participants and their development needs		
Assessment Criteria The learner can:	, ,	Evidence Requirements The learner is required to complete:

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3.1 describe how to engage with and develop a range of participants	how to gather information about lifestyle, previous experience, and the needs of different participant groups participants motivations for taking part the impact of the participants background, stage of development and needs on: session management the different ways adults and children learn learning and the coaching environment (beginner vs experienced) training and competition how to cater for individual needs within group coaching	There are no specific evidence requirements for this assessment criteria
3.2 describe the physical influences on participation	the physical capabilities required for, and the basic anatomical and biomechanical demands of, the specific discipline of equestrian being coached the components of physical fitness and how they link directly to the specific discipline of equestrian being coached how to minimise the risk of injury and assist a participant returning from injury the role of the coach in encouraging the pursuit of a healthy lifestyle, including an awareness of: nutrition hydration social and performance-enhancing drugs the principles of weight management in relation to the sport demonstrate knowledge of national anti-doping and controlled medication rules and how to keep up to date with these demonstrate an awareness of the FEI horse welfare codes how the physical capabilities of participants will influence the content and structure of the session	requirements for this assessment criteria



3.3 describe the mental and how the mental capabilities of participants will There are no specific evidence social influences on influence the content and structure of the session requirements for this assessment the key methods for improving participants: criteria participation connection confidence concentration motivation emotional control cohesion the concepts of: skill coordination motor skill learning skill acquisition skill retention skill transfer

the different stages of cognitive, emotional and

how to develop participants mental skills in sport

how to develop participants socially; building relationships and rapport with and

social development

or physical activity

between participants develop confidence

self-esteem





Unit Title	Deliver a series of equestrian coaching sessions
Unit Aim	This component assesses a coach's ability to deliver a series of equestrian coaching sessions to meet the needs of participants. The equestrian coaching sessions delivered will be linked and progressive in nature in order to develop participants' performance within equestrian.
Unique Unit Number	J/615/7123
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	The learner is required to deliver a minimum of six coaching sessions in equestrian. Four of the six sessions must be linked and progressive, and working with the same rider or group of riders in order to monitor and review any progress made. The additional two sessions will ideally be planned for a different participant type to the linked and progressive sessions eg adults/youths/children/disabled/non-disabled. Sessions should be an appropriate length for equestrian coaching group of learners. The content for these sessions must have been developed for Plan a series of equestrian coaching sessions unit. In addition, learners are required to demonstrate their ability to coach session(s) in a 35 minute and 40 minute practical coaching assessments (either in their workplace or in a simulated environment). Observed sessions may be taken from the six planned sessions, there is no requirement to plan additional sessions for the observation of coaching practice. Sessions must be for equestrian coaching.<

Learning Outcome: 1. be able to deliver a series of equestrian coaching sessions		
Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
1.1 establish a safe coaching environment	conduct a risk assessment, minimising any identified risks organise the setting up of equipment required for the session be familiar with emergency procedures in an equine coaching environment, incl. the reporting of accidents and incidents	There are no specific evidence requirements for this assessment criteria

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1.2 prepare the participants for the coaching sessions		
1.3 deliver a series of equestrian coaching sessions in line with guidelines	techniques in delivery and incorporate:	There are no specific evidence requirements for this assessment criteria
through the provision of explanations and	communication methods in the provision of	There are no specific evidence requirements for this assessment criteria
1.5 analyse and provide feedback on participants performance		There are no specific evidence requirements for this assessment criteria

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1.6 ensure participants safety is maintained	safety as required	There are no specific evidence requirements for this assessment criteria
1.7 conclude the session		requirements for this assessment criteria

Unit Title	Review a series of equestrian coaching sessions
Unit Aim	This component assesses a coach's ability to review a series of equestrian coaching sessions that meet the needs of participants. The series of equestrian coaching sessions reviewed will be linked and progressive in nature in order to develop participants' performance within equestrian.
Unique Unit Number	L/615/7124
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	The learner is required to review and evaluate a minimum of six coaching sessions in equestrian. Four of the six sessions must be linked and progressive, and working with the same rider or group of riders. These linked and progressive sessions must be reviewed and evaluated individually at the time of delivery, and holistically once all sessions have been delivered. The planning and delivery of the sessions for review must be completed within Plan a series of equestrian coaching sessions and Deliver a series of equestrian coaching sessions; reviews must clearly relate to these sessions.



Learning Outcome: 1. be a	Learning Outcome: 1. be able to review a series of equestrian coaching sessions		
Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:	
1.1 review participants performance	measure participant development use a variety of evaluation methods that can be used to monitor participant development and learning	There are no specific evidence requirements for this assessment criteria	
1.2 analyse own coaching practice	understand the principles of self-reflection utilise feedback from others identify personal development needs gain valid feedback on own performance from riders and others take responsibility for own development access continuing personal development (CPD) and develop a personal action plan and mentoring opportunities participate in continual review identify career progressions in the sport and the role of others	There are no specific evidence requirements for this assessment criteria	
1.3 apply the review of coaching sessions to future planning	review and evaluate the session, using the views of riders and others, and using it to impact on future sessions agree the outcomes of the review with riders and others, advise them on their development needs and adapt future sessions to reflect needs	There are no specific evidence requirements for this assessment criteria	
1.4 review the effectiveness of the series of equestrian coaching sessions	review the overall aims and goals of the programme and progress made towards these use a variety of evaluation methods that can be used to monitor riders development and learning measure the quality of the coaching experience measure participant and horse development	There are no specific evidence requirements for this assessment criteria	



Unit Title	Technical coaching requirements for carriage driving
Unit Aim	This unit aims to develop the coach's knowledge of the technical coaching requirements for Carriage Driving.
Unique Unit Number	H/616/8596
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	Learners are required to complete a series of assessed tasks within their learner portfolio. These are set by 1st4sport and assessed by their assessor.

Learning Outcome: 1. be able to prepare drivers for driving		
Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
1.1 prepare to drive	Be able to coach the driver to mount from the ground check and adjust harness Be able to recognise incorrectly fitted or unsafe harness and adjust if necessary	There are no specific evidence requirements for this assessment criteria
1.2 develop the technical aspects of driving in drivers	Be able to coach the driver to develop basic suppleness in the driving position achieve rhythm and balance through turns and circles develop balance and straightness in walk, trot and canter co-ordinate the aids when driving and also with the reins in one hand use the whip correctly Be able to modify and adapt the driver's position according to driver development and restrictions support the driver to develop the appropriate hand/rein position Be able to recognise the correct position on the box the impact of the driver's hands on the horse's way of going and vice versa	There are no specific evidence requirements for this assessment criteria



Learning Outcome: 2. dem	nonstrate drivers skills and techniques whilst pa	articipating in Carriage Driving
Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
2.1 coach the application of natural and artificial driving aids	Be able to coach the driver to correctly use hand, whip and voice aids recognise when and how to use hand, whip and voice aids use upward/downward transitions from all paces (including halt) and direct transitions from one pace to another drive changes of direction and correctly sized and shaped figures correctly use the reins to achieve and maintain appropriate contact move the horse away for a basic leg yield recognise and improve the foundation elements of the Scale(s) of Training (rhythm, suppleness, contact, impulsion and straightness) appropriate to the level of horse they are driving deal with basic equine behavioural issues e.g. napping, spooking and bucking use appropriate studs for the conditions and the horse recognise the appropriate balance and security of backstepper effectively control paces be aware of the risks of driving in an open environment e.g. field, forest, hills and moors!	Mandatory content (cont.) be aware of the need to adapt driving according to conditions and weather develop a secure balanced driving position backstepper uses secure balance and agility effectively use the whip correctly and sympathetically use rein aids and whip control pace effectively including a forward rhythm when driving obstacles and cones Be able to recognise: the appropriate length, balance and security of backstepper the risks of driving in an open environment as above the need to adapt driving according to conditions and weather
2.2 coach effective driving on the flat	There is no Mandatory Delivery Content for this Assessment Criteria	There are no specific evidence requirements for this assessment criteria
2.3 coach effective driving in the open and over undulating terrain	There is no Mandatory Delivery Content for this Assessment Criteria	There are no specific evidence requirements for this assessment criteria
2.4 coach effective obstacle driving	There is no Mandatory Delivery Content for this Assessment Criteria	There are no specific evidence requirements for this assessment criteria
2.5 warm-up and warm- down for horse	There is no Mandatory Delivery Content for this Assessment Criteria	There are no specific evidence requirements for this assessment criteria
2.6 coach lunging of the horse and participant prior to driving	There is no Mandatory Delivery Content for this Assessment Criteria	There are no specific evidence requirements for this assessment criteria



2.7 coach health and safety principles and rules specific to carriage driving

There is no Mandatory Delivery Content for this Assessment Criteria

There are no specific evidence requirements for this assessment criteria

Assessment Criteria	Mandatory Delivery Content	Evidence Requirements
The learner can:	The learner will develop an understanding of:	The learner is required to complete
3.1 demonstrate their knowledge of the theory of horse suitability and development	Be able to: place poles/fence appropriately in an arena for rideability and safety set up simple grids using equipment appropriate for a variety of horses and ponies and appropriate to ability of horse and driver develop a track of 4-6 linked cones safely warm-up horse to prepare mentally/physically for driven coaching session on the lunge or long rein safely use lunge equipment or long reining and handle horse recognise when there is a need to lunge a horse prior to coaching the driver - this topic refers to lunging of a horse prior to any coaching session e.g. to help horses way of going, reduce, freshness etc. safely warm up horse safely use lunge equipment or long reining equipment and handle horse recognise suitability of hose and its level of development/fitness explain the Scale(s) of Training and recognise their importance Be able to demonstrate: knowledge of national anti-doping and controlled medication rules and how to keep up to date with these	equine industry and opportunities available to participate Be able to coach the driver to: use walk, trot, canter, change of direction, turns, circles and transitions appropriate to the conditions and behaviour of the horse use a progressive warm-down to reduce the intensity, allowing the

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Qualification Conditions: Delivery and assessment requirements

To complete the delivery, assessment, and internal quality assurance of the qualification, providers will be required to adhere to the guidance set out in the Recognised Centre Handbook.

Qualification Approval Conditions: Workforce requirements

In addition to the workforce requirements stated in the Recognised Centre Handbook, the following qualification specific requirements must be met and evidenced.

Tutor(s):

For this qualification, the minimum requirements stated in the centre handbook do not apply. Centres must ensure that all workforce meet the requirements stated below.

The recognised centre is required to recruit and deploy approved tutors. The tutors are responsible for the delivery of the qualification. Approved qualification tutors are required to:

- provide evidence that they have previous occupational experience in the specific discipline of Carriage Driving
- provide evidence that they have undergone an induction into the qualification and how to tutor/deliver it to learners

Assessor(s):

For this qualification, the minimum requirements stated in the centre handbook do not apply. Centres must ensure that all workforce meet the requirements stated below.

The recognised centre is required to recruit and deploy approved assessors. The assessors are responsible for the assessment of the qualification. Approved qualification assessors are required to:

- provide evidence that they have previous occupational experience in the specific discipline of Carriage Driving
- provide evidence that they have undergone an induction into the qualification and how to tutor/deliver it to learners

Internal Verifier(s) and Quality Assurer(s):

For this qualification, the minimum requirements stated in the centre handbook do not apply. Centres must ensure that all workforce meet the requirements stated below.

hold or be working towards a recognised internal quality assurance qualification



Additional Qualification Requirements

The minimum venue, facility and requirements stated in the centre handbook apply.

The recognised centre is required to have one or more delivery sites with facilities to support the programme of training and assessment. All delivery sites must include the following:

- car parking and toilets
- either one 30m x 60m arena, or two 20m x 40m arenas suitable for Racing
- male and female changing facilities

The recognised centre is required to have equipment in place to facilitate the full programme of learning and assessment which must comply with accepted health and safety practice and should include:

- twenty fence wings
- 60 poles
- sufficient cups including safety cups
- first aid kit (human and equine)
- emergency phone
- an indoor classroom
- a screen, projector, laptop, speakers and flipchart.

The recognised centre must ensure that all learners and persons being coached wear appropriate showjumping apparel and safety clothing/equipment.

This qualification is regulated by Ofqual (603/1443/6) and QiW (C00/1304/0 - Regulated).



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