

Developed in partnership with British Equestrian Federation

# 1st4sport Level 1 Award in Equestrian Coaching (Racing)

## 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 through 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 1 Award in Equestrian Coaching (Racing)
Qualification Overview:	Gives learners the knowledge and skills to assist the delivery of equestrian coaching sessions with a focus on racing.
Qualification Code:	L1AECRR
Qualification Regulation Number:	603/2707/8
Guided Learning Hours (GLH):	32
Total Qualification Time (TQT):	76
Credit Value (if applicable):	Not applicable
Operational Start Date:	01/01/2018
Qualification Review Date:	31/05/2025
Learner Registration Period:	1 year
Qualification Objective:	This qualification qualifies learners to become an assistant coach for equestrian (racing) sessions.
Qualification Purpose:	Develop knowledge and/or skills in a subject area.

### Who is this qualification for?

The qualification is designed for those who wish to become involved in coaching as an assistant equestrian coach. It is directed at learners who have an interest in coaching equestrian as an assistant.

### 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 Level 2 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, as an assistant coach. Other roles that the learner may consider exploring include Activity Leader, Official, or Sports Volunteer.

### Entry Requirements

Learners must be a minimum of 16 years old at registration and 16 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 16 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 3 of 3 mandatory units),
- Practical Demonstration/Assignment (in 3 of 3 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
Y/616/7574	The role of the equestrian coaching assistant	10
D/616/7575	The equestrian coaching assistant in practice	16
K/616/7577	Technical coaching requirements for racing	9

### Optional Units

There are no optional units in this qualification

### Pathway Units (where applicable)

There are no pathway units in this qualification

Unit Title	The role of the equestrian coaching assistant
Unit Aim	This unit aims to develop the assistant coach's understanding of their role and responsibilities in equestrian coaching. This unit is designed to ensure duty of care through safe and equitable practice as a coaching assistant.
Unique Unit Number	Y/616/7574
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 assistant 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 identify the key aspects of the role	<ul style="list-style-type: none"> <li>the role and its boundaries</li> <li>adherence to equestrian codes of conduct</li> <li>the importance of being a role model</li> <li>the importance of building relationships and rapport with others</li> <li>working within a coaching team</li> </ul>	

## Learning Outcome: 2. understand the responsibilities of the equestrian assistant coach

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 identify responsibilities related to rules and regulations	<ul style="list-style-type: none"> <li>the equestrian sport organisational procedures, responsibilities and liabilities</li> <li>the rules and regulations of equestrian sport to enable the delivery of activities</li> </ul>	
2.2 identify responsibilities related to duty of care	<ul style="list-style-type: none"> <li>the principles of duty of care towards participants</li> <li>the principles of safeguarding children and adults at risk</li> <li>how to assist with accessing resources for all participants including those who share protected characteristics</li> <li>how to assist with accessing information for and about participants</li> <li>how to maintain participants' confidentiality</li> <li>the rationale and processes for referring participants whose needs cannot be met to a more qualified coach</li> </ul>	
2.3 identify responsibilities related to safe coaching practice	<ul style="list-style-type: none"> <li>general principles of safe practice in equestrian sport</li> <li>health and safety requirements of equestrian sport</li> <li>following emergency procedures</li> <li>correct procedures for dealing with accidents, injuries and illnesses</li> <li>correct procedures for reporting accidents, injuries and illnesses</li> </ul>	
2.4 identify responsibilities related to inclusive coaching practice	<ul style="list-style-type: none"> <li>inclusive delivery of equestrian coaching activities</li> <li>assisting the coaching of participants who share protected characteristics</li> <li>communicating with a variety of participant types: <ul style="list-style-type: none"> <li>disabled and non-disabled people, children, youths and adults</li> <li>recognising that different participants learn in different ways</li> <li>different backgrounds and stages of participant development can impact on coaching:</li> </ul> </li> </ul> <p>age, emotional development skill development</p>	

Unit Title	The equestrian coaching assistant in practice
Unit Aim	This unit aims to develop the coach's ability to deliver equestrian coaching activities. It also enables the coach to assist with the review of equestrian sessions and own practice.
Unique Unit Number	D/616/7575
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	Learners are required to demonstrate their ability to deliver an equestrian coaching session in a 20 minute practical coaching assessment (either in their workplace or in a simulated environment). The demonstration must be 20 minutes either in the form of a single session, or a series of shorter micro-session.

#### Learning Outcome: 1. be able to prepare the equestrian coaching environment

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 interpret the session plan to prepare equipment and participants	<ul style="list-style-type: none"> <li>understand principles of planning</li> <li>choose, set out and take down the equipment for the sessions</li> <li>set 'ground rules' and understand why this is important</li> </ul>	



## Learning Outcome: 2. be able to assist with the delivery 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:
2.1 ensure safety is maintained within sessions	<ul style="list-style-type: none"> <li>ensure participants and horses are physically prepared; knowing how to deliver warm-ups and cool-downs for both horse and participant</li> <li>use progressive and appropriate paces for the ability of horse and participant in an enclosed space (indoor or outdoor arena) for warm-up and warm-down</li> <li>manage behaviours by being: positive and challenging encouraging and motivating</li> </ul>	
2.2 deliver planned activities to agreed timings	<ul style="list-style-type: none"> <li>use a range of coaching styles; understanding how different participants learn</li> <li>encourage, engage, interest and empower participants</li> <li>communicating with a variety of participant types: disabled and non-disabled people, children, youths and adults</li> </ul>	
2.3 provide technically correct explanations and demonstrations of activities	<ul style="list-style-type: none"> <li>explain relevant technical and tactical requirements of equestrian sport</li> <li>deliver demonstrations and explanations that are technically and tactically correct</li> </ul>	
2.4 observe participants' performance and provide feedback	<ul style="list-style-type: none"> <li>analyse performance and give feedback to participants</li> <li>facilitate effective questions and deliver correct answers</li> <li>assist with the development of participants' equestrian skill</li> </ul>	

### Learning Outcome: 3. be able to assist with the review 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:
3.1 contribute to the review of coaching sessions	<ul style="list-style-type: none"> <li>contribute to the review the effectiveness of the plan</li> </ul> timings suitability of planned equestrian activities progressions/adaptations <ul style="list-style-type: none"> <li>contribute of the review safety elements of the session</li> </ul> behaviour equipment organisation of activities and/or participants <ul style="list-style-type: none"> <li>contribute to the review of the overall delivery</li> </ul> coaching style of coaching team progress made by participants recommendations for future sessions/activities	
3.2 review own coaching practice.	<ul style="list-style-type: none"> <li>review chosen coaching styles and inclusive practice</li> <li>review personal contribution to safety</li> <li>review personal technical explanations and demonstrations</li> <li>review personal contribution to the development of participants</li> <li>take responsibility for own development as an equestrian coach</li> </ul> gaining feedback on performance from others understanding career development pathways in equestrian and the continuing professional development (CPD) that can support these developing a personal action plan	

Unit Title	Technical coaching requirements for racing
Unit Aim	This unit aims to develop the coach's knowledge of the technical coaching requirements for racing.
Unique Unit Number	K/616/7577
Unit Assessment Method(s)	<ul style="list-style-type: none"> <li>- Coursework</li> <li>- Practical Demonstration/Assignment</li> </ul>
Assessment Specification	Learners are required to demonstrate their ability to deliver an equestrian coaching session in a 20 minute practical coaching assessment (either in their workplace or in a simulated environment). The demonstration must be at least 20 minutes. This will normally be a ridden tasks.

## Learning Outcome: 1. know how to coach equestrian

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 identify the key elements of equestrian skills	<p>Coach in the following areas...</p> <p>Prepare to ride:</p> <ul style="list-style-type: none"> <li>• check tack</li> <li>• adjust stirrups and check girth</li> <li>• mount</li> <li>• hold the reins</li> <li>• dismount</li> </ul> <p>Riding position:</p> <ul style="list-style-type: none"> <li>• work towards a balanced and secure position in harmony with the horse in walk, trot and canter</li> <li>• have an awareness of symmetry and straightness</li> </ul> <p>Application of natural aids:</p> <ul style="list-style-type: none"> <li>• explain the basic controlling aids for effective riding (stop, start, steer, pace and direction)</li> <li>• use the basic controlling aids as above</li> </ul> <p>Effective riding on the flat:</p> <p>Learner will be able to recognise...</p> <ul style="list-style-type: none"> <li>• whether participant is using the aids effectively</li> <li>• whether the horse is maintaining a rhythm and appropriate tempo</li> <li>• whether the horse is on the correct lead in canter</li> </ul>	<p>Mandatory content (Cont.)</p> <p>Have the knowledge of...</p> <p>Riding skills:</p> <ul style="list-style-type: none"> <li>• basic controlling aids for effective race riding (stop, start, steer, pace and direction)</li> <li>• correct body position including light seat</li> <li>• rhythm, suppleness and contact from the Scale(s) of Training (Rhythm – Suppleness – Contact – Impulsion – Straightness – Collection)</li> </ul>
1.2 identify the key coaching points of equestrian skills		

## 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 coach educators (tutors). The coach educators (tutors) are responsible for the delivery of the qualification. Approved qualification coach educators (tutors) are required to:

- provide evidence that they have received training and assessment against relevant National Occupational Standards for Learning & Development
- provide evidence that they hold coaching/teaching qualification at a level above the level they are applying to coach educate at

### 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 delivery of the qualification. Approved qualification assessors are required to:

- provide evidence that they have received training and assessment against relevant National Occupational Standards for Learning & Development
- provide evidence that they hold coaching/teaching qualification at a level above the level they are applying to coach educate at

### 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.

The recognised centre is required to recruit and deploy approved Internal Quality Assurers who are responsible for the Internal Quality Assurance of the qualification. Approved IQA's are required to:

- provide evidence that they have received training and assessment against relevant National Occupational Standards for Learning & Development
- provide evidence that they hold coaching/teaching qualification at a level above the level they are applying to assess

## 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

This qualification is regulated by Ofqual (603/2707/8) and QiW (C00/1305/2 - Regulated).



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