

FEI
Fédération Equestre Internationale



FEI Coaching System
(Competition)

SYLLABUS

LEVEL ONE

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Level ONE

Aim:	<ul style="list-style-type: none"> • To provide coaches with the ability to prepare riders for competitions. Emphasizing skill, develop participation and enjoyment
Duration of the course:	<ul style="list-style-type: none"> • 4 days (2 + 2)
Entry Requirements for Participants:	<ul style="list-style-type: none"> • 18 years old and over • Have a knowledge of horses and horsemanship (responsibility of the NF) • Have completed an FEI Introduction to Coaching course or be recommended by their NF • Have a First Aid Safety certificate (recommendation)
Attendance:	<ul style="list-style-type: none"> • 14 participants + 10 observers (max)
Participants:	<ul style="list-style-type: none"> • Must be registered with their NF
Level:	<ul style="list-style-type: none"> • Jumping: 1.00 - 1.15 m • Dressage: Preliminary/Elementary • Eventing: Novice up to 1*
Insurance:	<ul style="list-style-type: none"> • Participants must be registered with their NF coach insurance scheme or privately
Assessment:	<ul style="list-style-type: none"> • Open Book Assessment • Practical coaching sessions • Logbook Assessment
Certification:	<ul style="list-style-type: none"> • Certificate of Attendance awarded to those who attended the full course
Evaluation of the Course:	<ul style="list-style-type: none"> • By Tutor • By Coaches
Evaluation sheets and Report	<ul style="list-style-type: none"> • To be sent to the FEI by the Tutor

The Sport

UNIT 1 - PRINCIPLES AND RULES

At the conclusion of this unit, the Level One coach will be able to:

- Define the rules which govern the different equestrian sports.
- List the FEI code for the welfare of horses.

UNIT 2 - TACTICS

At the conclusion of this unit, the Level One coach will be able to:

- Explain the manner in which the different equestrian sports are carried out.

UNIT 3 - SAFETY (Further to Introduction to Coaching)

At the conclusion of this unit, the Level One coach will be able to:

- Explain the rules of the school and safe distances for a group coaching session.
- Assess the suitability of the terrain for exercising/lesson.
- Explain how to handle the horse and check the equipment.
- Check that riders are wearing suitable helmets/clothing/footwear.
- Explain how to mount correctly and safely.
- Explain how to adjust the length of stirrup for a particular riding activity and for the level of rider.
- Implement an emergency plan in the event of an accident.
- Assess the size, weight and ability of rider.
- Fill out accident reports and maintain an accident register.
- Explain the importance of professional indemnity and public risk policies.
- Take appropriate steps to protect against possible negligence claims.
- Indoor/outdoor arenas. Hacking/working in a field.

UNIT 4 - SKILLS

Dressage/Jumping/Eventing

At the conclusion of this unit, the Level One coach will be able to explain:

- Convention for riding in company/closed/open order.
- The basic seat and position for flatwork and jumping.
- The natural and artificial aids and how to use them.
- The sequences and footfalls of the basic paces of the horse.
- A balanced position, independent of the reins at all paces.
- The training scale.

The following **simple school exercises**: (as a minimum)

- 20/15 meter circles walk/trot/canter
- 10 meter in walk/trot
- Diagonals
- Shallow loops and serpentines in walk and trot
- Work without stirrups in walk/trot/canter
- Lengthening and shortening the stride
- Progressive transitions
- Canter on the correct leading leg
- Leg yielding
- Use of trotting poles/basic grids and required distances
- Riding in a field
- Hacking Procedure for leading or assisting

Jumping and Eventing

At the conclusion of this unit, the Level One coach will be able to explain:

- A balanced and secure position over fences up to 1.00 - 1.15 meter.
- The ability to keep the horse under control.
- How to set out poles, distances and lines and the reasons for using them.
- Diagonal and bending lines.
- Ability to maintain a secure and balanced seat over poles, grids, single fences and combinations in trot and canter.
- Assessing speeds.
- The five phases of the jump.

- Distances/strides and how to walk a course.
- How to build training fences.
- How to built combinations

The Participant Horse and Rider

UNIT 5 - MOTIVES AND NEEDS

At the conclusion of this unit, the Level One coach will be able to:

- Motivate participants to become and stay involved in equestrian sport with a view to maximising their potential.
- Be aware of the major stages in growth and development of the participant.
- State the importance of promoting positive and enjoyable experiences for participants.
- Encourage and acknowledge individual progress of the participant.
- Give feedback to promote the self-image of the participants.
- Be aware of the dangers of early specialisation and competition.
- Recognize limitations of their own and rider's competence/expertise

UNIT 6 & 7 - PHYSICAL FITNESS OF THE RIDER AND HORSE

At the conclusion of this unit, the Level One coach will be able to:

- Define fitness.
- List the principles of fitness.
- Name the components of fitness.
- List the normal temperature, pulse and respiration of the horse and rider.
- Discuss the principles of training.
- List at a basic level, the working of the cardio, respiratory, muscular and skeletal systems.
- Implement well structured warm up and cool down exercises for the rider and horse.

UNIT 8 - MENTAL FITNESS OF THE RIDER

At the conclusion of this unit, the Level One coach will be able to:

- Describe what is meant by mental fitness.
- Identify the components of mental fitness.
- Observe and analyse a performance using the components of mental fitness.

UNIT 9 - MENTAL FITNESS OF THE HORSE

At the conclusion of this unit, the Level One coach will be able to:

- Identify the components of mental fitness in a horse.
- Identify the key factors which affect the mental fitness of the horse.

The Coach

UNIT 10 - SKILL DEVELOPMENT OF THE RIDER & THE HORSE

At the conclusion of this unit, the Level One coach will be able to:

- Outline the basic factors which affect learning.
- Implement a skill development framework.
- Be aware of the timescale involved in skill development in equestrian sports, and the need for repetition and re-enforcement.
- Be aware of the dominant herd instinct and the senses of the horse and how they affect their learning.
- Give constant feedback to the rider.

UNIT 11 - ROLE OF THE COACH

At the conclusion of this unit, the Level One coach will be able to:

- Outline the role of a coach.
- Identify the qualities which contribute to effective coaching.
- Be aware of his/her own personal strengths and approach to coaching.
- Identify the different coaching styles.

- Apply basic communication skills.
- Be aware of social and gender imbalances in equestrian sport and the concept of fair play.
- Be aware of the moral need and importance of integrating participants with a disability into equestrian activities.
- Understand the dynamics and processes of learning.
- Recognize and correct faults.

UNIT 12 - PLANNING AND FEEDBACK

At the conclusion of this unit, the Level One coach will be able to:

- Outline the need for short, medium and long term planning.
- Complete a session planner.
- Implement a basic coaching session, recognising the need for participation, progress and enjoyment.
- Keep training records.

UNIT 13 - PRACTICE AND COMPETITION

At the conclusion of this unit, the Level One coach will be able to explain:

- Instruct, observe, analyse and provide feedback on basic techniques and skills for the horse and rider.
- Develop empathy and a positive working relationship with participants and their parents/supporters.
- Provide first aid for minor injuries and ensure that professional care is readily at hand for serious injuries.
- Identify suitable competition and non competition opportunities.

Stable Management

Feeding

Explain the rules of feeding and the need for water.

Grooming

Describe various grooming systems.

Shoeing and foot care

Explain the need for shoeing.

Describe the stages of shoeing and the tools required.

Describe a foot in need of shoeing.

Describe the parts of a simple shoe.

Explain the use of studs.

Explain correcting shoeing.

Health

Assess the signs of good/bad health.

Implement basic `First Aid` for the horse and list the conditions that would require a veterinary surgeon.

Travel

Describe the travelling equipment used to protect the horse in transit.

Be aware of the need for safety in the handling of horses in transit.

Travel sickness.

Grass

Describe a suitable field for a horse to be turned out or live in.

Tack

Assess the condition, suitability and fit of the different types of tack used in the different equestrian sports.

Stabling

Describe the design and construction of the different stabling systems.

List the advantages/disadvantages of the different stabling systems.