

RSDP Newsletter April 2024



FB RacingRSDP Insta @RacingRSDP X (formerly known as Twitter) @regional_train

DID YOU KNOW RSDP IS A PROGRAMME DELIVERED NATIONWIDE AND CATERS FOR ALL STAFF WITHIN THE RACING INDUSTRY?

STAFF MANAGEMENT

RSDP and BRS teamed up again to bring Introduction to Staff Management course to Epsom on 4th and 5th of March. Carol Bramhill, an experienced BRS staff member has delivered course to a range of racing staff over a number of years in many parts in the British isles, providing knowledge to variety of staff members in different locations.

In Epsom, people from 4 different yards all with varying industry knowledge, experience and job roles within their yard attended the course. As always, this valuable course was well received by participants.

The next scheduled staff management short course will be on 17th May in Cheshire. Later in the year, the course will be brought to Scotland and Malton.

To book on please contact Sam at S.Trainor@theNHC.co.uk or Lauren at L.Webb@theNHC.co.uk

LEVEL 2 COACH UPDATE

The Level 2 coaching course was held at The National Horseracing College on the 18th - 22nd March 2024. Congratulations to Malc Bygrave, Lyndsey Bull, Kim Jump and Lori Walsh on successfully gaining their Level 2 coaching qualification. These Level 2 coaches will now be able to coach without direct supervision and be able to assist in the delivery of regional yard training organised by RSDP. The benefits of networking with other Level 2 and 3 coaches, roving instructors and trainers ensure the coaching needs of racing communities and the wider racing industry are met.

The next level 2 coaching course will be happening in December 2024 for current level 1 racing coaches to progress through the ranks.

EQUINE FIRST AID QUALIFICATION

New to RSDP this year is the Level 3 Equine Emergency First Aid Qualification underwritten by IPET. This course will allow current staff to gain recognition and bring commonality to skills and the application of equine first aid across the industry. On 3rd April the course was brought to Lambourn being delivered at HEROS Charity. The theoretical element covered what is first aid and managing horses in emergency situations, the primary and secondary survey and how to carry these out and how to deal with different ailments. Practical training included standardising and ensuring the correct application of a wound bandage, stable bandage, poultice along with completing survey checks such as temperature, pulse, and respiration. Some prerequisite learning was also completed online via Racing2Learn.

The qualification will be delivered regionally on 22nd May in Middleham; 29th July At Kelsall Hill in Cheshire; 8th August at New Beginnings in Malton. Scotland and Epsom are also planned for later in the year.

Contact Sam or Lauren for more details and book a place.

LEVEL 3 COACHING UPDATE

The second cohort of RSDP Level 3 coaches are making good progress with their qualification, the trainee level 3 coaches have had their mid course work place observations. Both work places were very friendly and welcoming of the coaches and the rest of the team observing and facilitating. Coaches got to see a variety of riders of all ages, experience and aspirations.

The aim of the day was for coaches to demonstrate their abilities and impart their knowledge on how riders effect horse performance and incorporate that into their coaching for productive and progressive sessions. With horse welfare being paramount, it is important for coaches to make riders aware how they can make a difference, giving them a sense of achievement.

On 6th March our Southern coaches Marie Skelly, Caroline Gill and Will Kennedy were observed by BHA Coach Educator Sue Ringrose at Mick Appleby's racing yard in Oakham. The coaches were appropriately paired up with suitable riders to observe their designated coachees' on the gallop. They used this opportunity to video and set action plan for their coaching session on the simulator.

Both the riders and coaches enjoyed using the simulator proving effective as they both improved their skills throughout the session. Riders were given the opportunity to work on agreed targets and the video evidence was well received to aid with skill development as well as being able to see improvement made. Gym equipment available in the mobile training unit was put to good use in the sessions providing riders with take away exercises to practice at home. Sessions were concluded with feedback from riders, coaches and observers.

Northern L3 coaches Paddy Trainor, Mercy McEwen and Heather Oliver were provided with the same level of service by programme manager Sam Trainor at Rebecca Menzie's yard on Monday 15th April.

The Menzie's team were very welcoming, with the riders and the 3 coaches doing a brilliant job. The take away points from the day were rapport, respect, reflection, action, rider centered progress.

Well done to all participants and the progress the level 3 coaches are making.

The coaches have 1 more training day at the NHC before their coaching assessments on 5th and 6th June.

RSDP will be looking for applicants for the 3rd cohort of Level 3 coaches over the summer before their induction in September 2024. Applicants must have been doing annual RSDP CPD and have been doing regional coaching.

BECOME A LEVEL 1 COACH

RSDP will be recruiting new racing coaches when hosting a Level 1 coaching qualification at the British Racing School at the end of September. The Level 1 qualification is encouraged to proven experienced racing staff to give basic knowledge and understanding of entry level coaching. They would gain coaching experience by coaching with their team for a period of time before the significant step up from level 1 to level 2 is considered. RSDP support with coaching and mentoring as well as other resources for suitable participants. This includes an emergency first aid at work and safeguarding qualifications.

For more information on beginning your coaching journey contact:

Sam at S.Trainor@theNHC.co.uk or Lauren at L.Webb@theNHC.co.uk.

COACHING DROP IN DAYS

Since January, RSDP has put on 7 drop in work rider training days in racing centers to bring coaching to racing staff as well as support coaches with shadowing opportunities by level 2 & 3 coaches.

In Malton, Jess Gillam coached at Injured Jockeys Fund's Jack Berry House on 17th January and again on 27th March. The next drop in day in Malton will be on 30th May and 13th June.

On 22nd Jan Lauren visited Louisa Allen at South Hatch Stables to shadow and support coach Louisa who then assisted Kim Jump on 4th and 5th of March ahead of her progress to the Level 2 coaching course. Louisa took the reins and put on a total of 15 coaching sessions over the 2 day period while RSDP and BRS brought non ridden training to the Epsom with Introduction to staff management course.

In Newmarket, Svitlana and Lauren coached on 13th February at the British Racing School. On 22nd April, 29th May and 11th June Svitlana and Lauren will be coaching out of the Injured Jockeys Fund facility at the BRS to accommodate for increased demand for work rider training at the home of British racing.

Lambourn's Injured Jockeys Fund facility Oaksey House was the base for riders to receive rider coaching. Leanne White, Lissette Davies coached solo on the equicizer and simulator while Heather Johnson was shadowed by Lauren to support with new material for her coaching sessions. Next sessions here will be on 24th April, 21st May and 4th June.

Northern coaching sessions in Middleham provided by Programme Manager Sam Trainor and trainee level 3 coach Paddy will be held on 18th April, 8th May and 4th June.

WORK RIDER TRAINING

Big thank you to employers that have supported staff progression and to RSDP racing coaches delivering coaching sessions regionally to racing staff. The work rider progression programme is fully underway providing feedback to riders and their trainers on the progression they have made by receiving a rider coaching session on theory and practical elements of work riding. Riders will undertake an initial assessment on the gallop and simulator with a qualified Rider Coach.

From this, an Individual Development Plan is agreed, which will identify areas for development. The Rider Coach will then work through the work rider training standards to develop riding skills and knowledge.

Records of progress will be maintained and may be shared with other regional Coaches involved in the Programme subject to agreement and in line with GDPR.

To book employers or employees can contact Sam Trainor who will discuss options and dates with you to make a yard visit.



CPD DAY

On 9th April, 7 coaches attended RSDP's first face to face CPD event of the year. Kevin and Pam at New Beginnings Horses in York very kindly hosted us giving a tour of their yard, a lunging display and allowing BHA coach educator Sue Ringrose to provide a coaching session to a young rider and a former racehorse in retraining in their arena.

The morning started with meet and greet, hot drinks in the lounge in one of the converted barns on site. This gave coaches the opportunity to network and catch up before being shown the development of purpose build education hub in the neighbouring barn conversion. Kevin and Pam then showed us round the rest of their yard and gave us an insight into the journey of the horse and New Beginnings.

Coaches were then given a lunging display in the large indoor round pen. New Beginnings staff member Leanne demonstrated the process of join up between horse and ground person to enable the horse to be retrained before suitable homes are found. This was useful for coaches to analyse how horses behaviour changes and human body language for a holistic approach to horsemanship.

Following this, a ridden coaching display by Sue focusing on 3 P's: Prepare, Produce, Preserve. Coaches were given a hand out observation checklist with thought provoking questions on horse, rider and coach. Sue gave the coaches lots of tools and exercises for coaches to use in their sessions to enable adaptable, progressive and enjoyable sessions for both horse and rider.

After a relaxed lunch coaches talked about their observations which enabled them to expand their knowledge and coaching toolkit to help with challenges they may face in coaching sessions.

Thanks goes out to Kevin, Pam and the New Beginnings staff as well as coaches giving up their time for continuous professional development.

The next RSDP face to face CPD day will be held at the BRS on 5th August titled 'Maximising your coaching potential.'



WEBINARS

Dr Nigel Haizeldon BSc BVetMed MRCVS, BHA vet and advisor concluded his 3 part series on lameness in horses with the final episode hosted on 22nd February. This covered the topic of how bones work, why they break, common racehorse fractures and immersing technology to aid bones.

To catch up visit Racing2learn.com

Next webinar topics include handicapping, sense of belonging and a follow on horsemanship webinar with Nigel due in September.

INDUSTRY PEOPLE BOARD

RSDP coaches were invited to an online consultation with The Horseracing Industry People Board on 31st January. Hosted by board members Daniel Kubler and Tallulah Wilson, coaches had the opportunity to share thoughts on how recruitment and improved staff retention within the racing industry could be incorporated into the people strategy. Thank you to all participants in organizing and taking the time out their busy schedule to better British horse racing.

FUTURE EVENTS

- 29th April - 5th May: UK Coaching week
- 30th April: Racing Home webinar 7pm
- 8th May: Middleham Rider Development sessions
- 17th May: Introduction to Staff Management, Cheshire
- 21st May: Rider development sessions, Lambourn
- 22nd May: Equine First Aid Course, Middleham
- 29th May: Rider development sessions, Newmarket
- 30th May: Rider development sessions, Malton
- 4th June: Rider development sessions Middleham and Lambourn
- 11th June: Rider development sessions, Newmarket. Coaching Webinar 7pm
- 13th June: Rider Development sessions, Malton
- 17th June: Rider development sessions, Middleham
- 22nd - 28th June: Racing staff week.
- 29th July Equine first aid qual day Kelsall Hill Cheshire.
- 5th August Coach CPD BRS.
- 8th August Equine first aid qual day Malton, New Beginnings.