

RSDP Newsletter January 2024



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

RSDP NEWS

RSDP Programme Manager, Educator and Coordinator as well as coaches and ambassadors have all been out in the field providing training to racing industry staff in riding, horsemanship, non yard based courses and continued professional development. There has also been shadowing fellow coaches to support with coach development and rider progression incorporating work rider progression programme increase employer investment and improve our coaching delivery. Well done to all the coaches and their riders who have taken part in training with RSDP. Read on for more information about training provided and new courses being rolled out in 2024.



SPOTLIGHT

Our very own RSDP coach Lyndsey Bull was nominated for the Thoroughbred Industry Employee Awards 2024 in the Rider/Racing Groom Category. Lyndsey is an excellent coach and horsewoman that is passionate about developing her team. She has been named a finalist in her category and we wish her the very best of luck!

RACING COACH UPDATE.

A Level 2 coaching course will be coming to The National Horseracing College on the 18th March 2024. A selection of Level 1 coaches have been emailed details to progress in their coaching journey. A Level 2 coach will coach without direct supervision and be able to assist in the delivery of regional yard training organised by RSDP; prepare, deliver, and evaluate a series of coaching sessions; network with other Level 3 and 2 coaches, roving instructors and trainers to ensure the coaching needs of the racing community are met. Coaches may also liaises with stakeholders of the wider racing community such as parents of pony club participants, pony racing jockeys, amateur racing enthusiasts to ensure that coaching and training needs are met.

For more information contact S.Trainor@theNHC.co.uk



BECOME A LEVEL 1 COACH

Experienced members of horseracing staff from across the industry can take part in theory and practical sessions to achieve their Level 1 Coaching Award (Racing). For anyone interested in starting their coaching journey, the next Level 1 course will take place 22nd - 25th April 2024 at the National Horseracing College. This includes an emergency first aid at work and safeguarding qualifications.

For a place on the course or to make an enquiry, please contact Lauren at L.Webb@theNHC.co.uk.

RACING INDUSTRY CONFERENCE

The Horseracing Industry Conference took place at York Racecourse recently and was attended by RSDP members Sam Trainor, Lauren Webb, Sue Ringrose and Jess Gillam

This was the first carbon neutral horseracing industry conference to take place with the theme of "Modernising Racing: How Far and How Fast?" Keynote speaker was David Jones BHA Senior Independent Director and chair of the commercial committee who gave an inspiring speech on achieving long term change through collaboration.



LEVEL 3 COACHING UPDATE

The second cohort of RSDP Level 3 coaches have completed day 4 of their qualification, latest spending an inspiring and educational day with Lee Clark. Lee is a top physio with years of hard work and research into asymmetry in horse and rider. Coaches spent time looking at tack, horses and riders both mounted and dismounted. They were educated in looking at the bigger picture to improve horse welfare and performance. Lee uses state of the art technology and years of knowledge and experience to diagnose asymmetry. The coaches found the day very insightful and can incorporate this knowledge into their progressive coaching sessions.

WORK RIDER TRAINING

In January 2024 we implemented the work rider progression programme for riders that receive work rider training by RSDP lead coaches. This is designed to offer riders development opportunities, with a range of practical and theoretical elements to help riders improve their knowledge and understanding of riding horses to improve horse welfare and their performance. So far, 3 of our level 3 coaches and a level 2 coach have trained in the south 43 racing staff. This was done by either, when trainers have booked to receive work rider training for their staff, where we have taken the mobile training unit to yards, or with our drop in days in Epsom on our coaching tour, at Oaksey House in Lambourn and Jack Berry House in Malton. This has been received well by staff as it shows progression towards becoming an accomplished work rider as well as feeding back to trainers the improvements their riders have made. This programme is for all levels of rider, from inexperienced racing staff, to riders wanting to go for their license and all riders in between wanting to improve their skills at riding work, schooling or in general exercise. The new programme will be available in the north for regions that have not yet had the opportunity to take part from the end of March. To find out more about work rider training and how to book contact Programme Manager Sam at: S.Trainor@theNHC.co.uk or Programme Coordinator Lauren at: L.Webb@theNHC.co.uk

SHADOWING COACHES

Level 2 and 3 coaches have been busy shadowing lesser experienced and lower qualified RSDP coaches to see how they are getting on with their coaching ventures. Supporting the coaching community has proved popular to fledgling coaches assisting them with developing their coaching sessions, providing new ideas they can incorporate into sessions as well as offer them feedback on their coaching performance. This has been beneficial to coaches progressing onto their level 2 and 3 qualifications as well as their staff that they have been coaching, taking part in work rider training and use of the horse simulator. Regional coaches have also taken the opportunity to attend RSDP coaching days in racing centres to challenge themselves with a more diverse range of riders to work with. This has given them the opportunity to brainstorm how to overcome difficulties and gain new material for their in-house coaching sessions. So far 6 lead coaches have shadowed 6 level 1 and 2 coaches to count towards CPD and progress onto higher qualifications.

NEW AMBASSADOR ANNOUNCEMENT

Louisa Allen, Level 2 Rider Coach from Epsom, became our latest selected Racing Ambassador during December 2023. Louisa was appointed during the RSDP tour of Epsom held on 11th and 12th December.

Louisa joins Paddy Trainor and Lauren Webb, promoting RSDP at racing venues around the country.

YARD MANAGERS COURSE

RSDP and BRS are teaming up again to bring Introduction to staff management course to Epsom on 4th and 5th of March. This short course is suitable for those new to managing a team, or those wishing to improve their skills as well as anyone who currently supervises staff in a racing yard or stud farm. The course is run over 2 afternoons and will cover aspects of communication; handling conflict; employment law; motivation; team building and styles of leadership.

EPSOM TOUR

On the 11th and 12th December 2023, RSDP hosted a coaching tour in the historic racing centre of Epsom Downs. RSDP coaches and ambassadors Louisa and Lauren did gallop observations on the Monday morning, recording riders up the gallops and sharing ideas where they could help improve riders effectiveness, before coaching 10 riders on the simulator pitched up at South Hatch Stables in the afternoon. Video feedback was supplied to the riders as well as content from the work rider progression programme. This was received well by all participants as well as coaches benefitting from sharing ideas.

Day 2 of the tour supplied Epsom racing staff with an Emergency First Aid at Work with equine supplement course hosted by industry provider Medi-K. RSDP provide vital training regionally to all racing staff in line with their mission to upskill racing staff to aid in horseracing industry staff retention, job satisfaction and recognizing expertise and experience of staff in the horseracing industry.



HORSEMANSHIP

In 2024 RSDP will be rolling out an Equine First Aid qualification brought to staff regionally throughout the year. This new course, underwritten by IPET, leads to a Level 3 qualification in Equine First Aid. The morning session consists of underpinning theory surrounding first aid, how to recognize symptoms, calling the vet, giving vital information on the equine casualty and providing initial care. Following the three key principles of

- Preserve life
- Prevent further injury
- Promote recovery

A short written portfolio will be completed by each candidate during the morning session. The afternoon session consists of practical tasks using horses to take temperature, pulse and respiration; bandage dressings in place and applying a foot poultice. This work is assessed to complete the tasks required for the qualification.

It is hoped that this course will take pressure off senior staff members in yards, it can be time consuming to train people up to fill roles and address gaps in knowledge whilst trying to achieve daily tasks required in a busy racing yard.

For more information on dates, locations and how to sign up, please contact RSDP manager or coordinator Sam and Lauren



INTRODUCING OUR RSDP AMBASSADORS...

Lauren Webb Louisa Allen Paddy Trainor

Louisa, Paddy and Lauren are dedicated and experienced racing grooms who demonstrate high standards of horse care and management. Our team of ambassadors are passionate about developing themselves and those around them.



WEBINARS

Coaches have been signing up to online webinars to learn about lameness in horses.

Dr Nigel Haizeldon BSc BVetMed MRCVS, BHA vet and advisor has divided the subject up into 3 parts. The 1st installment in July 2023 the topic was: Lameness - what is it and how to recognise it? Nigel talked about definition of lameness, importance, presentation of lameness, conditions, grading system and myths surrounding lameness. Part 2 in the series: further investigation, treatment and prevention. Nigel went in detail about investigating lameness in racehorses; diagnostic imaging; treatment options; monitoring and prevention; and understanding emerging technologies. The final episode in the series being hosted on 22nd February via teams, covers the topic of how bones work, why they break, common racehorse fractures and emerging technology to aid bones.

At the end of 2023, the final webinar was a celebration of coaches and CPD round up of all RSDP had achieved as well welcoming new ideas from the coaches.

For login details to watch live, or links to watch previous episodes please email S.Trainor@theNHC.co.uk

KINGS TROOP

Sally Randell Level 3 coach accompanied by L2 Coach Nathan Rathman made a trip to the Kings Troop in Knightsbridge to coach Army recruits. It was a long (14 hour) day but a very rewarding experience with great feedback received!





FUTURE EVENTS

- 22nd February: Lameness Webinar part 3, Microsoft Teams
- 27th February: Oaksey House rider coaching drop in sessions
- Feb BRS rider coaching drop in sessions
- 4th and 5th March: Introduction to Staff Management, Epsom
- 18th to 22nd March: Level 2 Coaching Course, NHC
- 3rd April: Equine First Aid Course, Lambourn
- 9th April: Coach CPD day New Beginnings, York
- 16th April: Equine First Aid Course, Cheshire
- 22nd to 25th April: Level 1 Coaching Course + Emergency 1st Aid at Work qualification, NHC
- 22nd May: Equine First Aid Course, Middleham



WORK RIDER TRAINING

RSDP would like to thank the following trainers for their support Harry Fry; Antony Honeyball; Tony Newcombe; Nicky Henderson; Eve Johnson Houghton; Andrew Balding; Emma Lavelle; Alan King; Richard Bandy; Ian Williams; Hugo Palmer; Henry Daly; Venetia Williams; Kim Bailey; Jim Boyle; Pat Phelan; Mick Attwater; Jack Channon; John O'Shea; Mick Appleby; Ian Williams; Kubler Racing; Julie Camacho; Roger Fell; Olly Pears; Ruth Carr; Bernard Llewellyn; Tim Vaughan; Oliver Greenall; Donald McCain; and DR Richard Newland over the last few months booking work rider sessions for their staff or signing riders up to drop in sessions.

Praise goes out to the coaches that have been delivering rider coaching sessions regionally. Sam, Paddy and Jess have been delivering training in the North whilst Leanne, Lauren, Sally, Emma, Svetlana and Suzy have been busy in the South proving work rider training in yards, coaching tours in Devon, Epsom and Lambourn, drop in sessions at Oaksey House and British Racing School.