



July 2019

Coaches' News

Messages from CASP,

Thank you to Maureen Turner for all the years of assessing in RDA(NSW). Maureen retired as an Assessor in May 2019. Maureen is still actively Coaching at Manning Great Lakes Centre and is still involved in mentoring new trainees.

Good luck to all the competitors participating in the 2019 RDA(NSW) State Dressage Championships and Gymkhana Gala at Sydney International Equestrian Centre from 9-11th August. Volunteers needed to assist with the event. Spectators are also encouraged. Email dressage@rdansw.org.au

Now is also the time of year that preparations for Mounted Games qualification events begins. The official qualification events for 2020 State Mounted Games Championships are:

- Bending
- Crazy 8
- Twist and Turn
- Tree of Life

The Tree of Life game is a new one so check out the details later in this edition.

The Carriage Driving Committee have been working on strategies behind the scenes to reignite CD programs. There is now a new opportunity for Specialist Whips to join RDA(NSW) to provide training and skills for Trainee CD Assistant Whips and Whips. See the information page later in this edition for more information.

CASP have imposed a limit of 2 trainees registered at anyone time to each Supervising Coach per Coaching day. This is to ensure that the Trainees are receiving adequate and required support from Supervising Coaches to meet the requirements of the Coaching Syllabus.

CASP have released a new range of templates for Session Planning and Session Risk profiles. These templates are the required ones moving forward for Trainees to complete during their training process and provides information that will assist in the provision of information for Assessments and NDIS audits as required.

CASP extends their condolences to the family and friends of Janet Sharp OAM. Jan, as we all knew her, will be deeply missed. Jan was an integral part of RDA(NSW) Raymond Terrace Centre, Past RDA(NSW) Board Member and Finance Director, Registered Training Organisation and Coaching and Safety Panel Member and State Assessor.

Some important reminders

If you need to complete an RDA(NSW) online form with Apple "I" equipment you may need "PDF Filler" to do so.

The RDA(NSW) Directory is available in the Members Section on the RDA(NSW) Website.

If you would like to organise a Mounted Games or Dressage competition or training day at your centre but not sure how to go about it, contact your Regional Representative and the Discipline Sub-Committee for assistance.

Contact details are available in the RDA(NSW) Directory.

SAVE THE DATE

9th to 11th August 2019

State Dressage Championships & Gymkhana Gala
– Sydney International Equestrian Centre

7th – 8th September 2019

Ballina Centre hosting RDA(NSW) Trainee and Updating Coaches Workshop.
Saturday 7th September will be held at Ballina SLSC and Sunday 8th September
will be held at RDA(NSW) Ballina Centre.

Closing date for Registrations is 10th August – on a first registered basis so get in
quick to secure your spot! Trainees will be prioritised.

Closing date for Coach Training Fund support is 26th July.

27th September 2019

Musical ride competition entries close.

31st October 2019

Submission of Qualification results for Mounted Games close.

5th December 2019

Carriage Driving Competition entries close.

Change to Helmet Exemption policy

The RDA(NSW) Helmet exemption policy has been updated to reflect the following conditions.

The Policy only applies to those that are participating in a Riding program:

**** are riding in a confined area on a lead with 2 sidewalkers

**** under the weight limit of 35kgs

There is no longer an age limit in place.

If you need help to find an extra small helmet – consider the Dublin Topaz with extra padding.

If you need help to find an extra large helmet – consider the Aussie Rider Conehead.

There are no exemptions from Carriage Driving programs.

Any circumstances that differ from these policies must be referred to casp@rdansw.org.au for consideration.

RDA(NSW) Helmet Policy

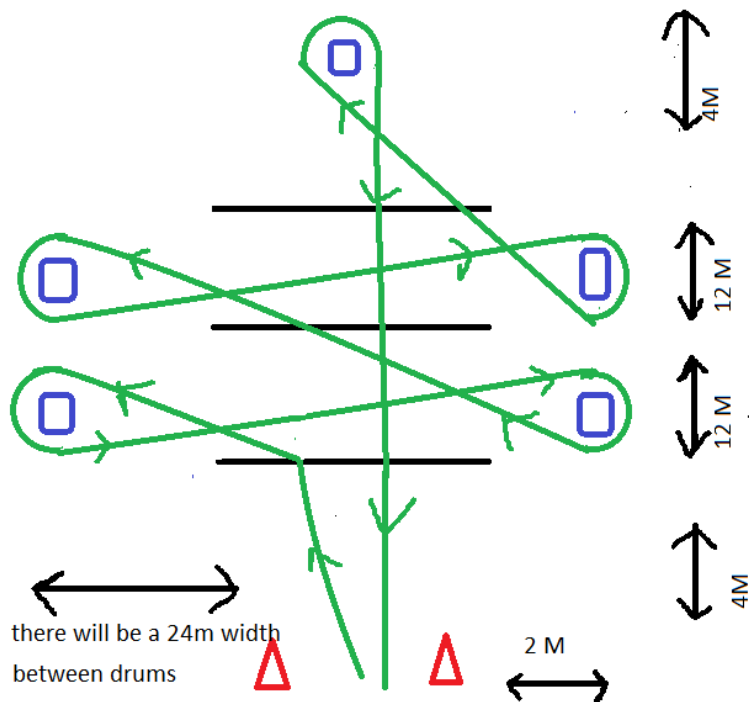
HorseSafety Australia guidelines have been implemented.

- Helmets must be replaced 5 years from manufacture date
- Helmets used in RDA(NSW) must be AS/NZS 3838 provided they are SAI Global marked.
- British PAS 015:199 or 2011 provided they are BSI Kitemarked
- VG1 01.040: 2014-12 provided they are BSI Kitemarked
- ASTM F1163: 2004a or 04a onwards provided they are SEI marked or SNELL E2001
- Helmets with EN1384 made in 2015 or before with a kitemark are acceptable in RDA(NSW) up to 5 years from manufacture date



NEW MOUNTED GAME FOR 2019 REGIONAL AND 2020 STATE MOUNTED GAMES CHAMPIONSHIPS

THE TREE OF LIFE



Rules

1. There will be a standing start.
2. There will be a start line of two witch hats 2 m apart
3. there will be three ground rails ,12m apart
there will be two barrels 24 m apart and 6m passed the ground rail, there will be two barrels 24m apart and 6m passed the second rail ,the fifth barrel will be 4m pass the third rail
4. The rider will start between the witch hats ,proceed over the first rail , the rider may go either left or right , but must make two lefts and three rights or two rights and three lefts ,the rider must go over each rail once going up the course ,and over the three rails on the return going through the witch hats to finish
5. There will be a ten second penalty for each refusal at rails , if there are three refusals at any rail then ,no time will be recorded, if a barrel is knocked over there will be a ten second penalty ,if there is an error of course not corrected there will be no time recorded

Email: mountedgames@rdansw.org.au if you have any queries.

aXcelerate

Have you checked out the latest Coaching Resources?

Coaching resources are now available in our new Student Management System

<https://admin.axcelerate.com.au/management/>

You can also access this page from the Coaches Tab on the RDA(NSW) Website.

Generic login details are:

Coaching.Centres – password = coach@rdansw

Admin.Centres – password = admin@rdansw

If you would like to participate in a Zoom – aXcelerate training session to see the features of aXcelerate send an email to training@rdansw.org.au

SESSION PLAN TEMPLATES

CASP have identified changes required to the Session plan templates previously provided as part of the Coach and Assessor Handbook.

These templates provide an overarching look at the sessions and not only provides assessors with the required information for assessment sessions but is a great overall Risk Assessment for sessions. There are three components; Group Session Profile, Session Risk Assessment & Session Activities plan. These have been attached in Microsoft Word format to make it easy to replicate and use.

The Group Session Profile is a once off at the beginning of the program for the group.

The Session Risk Assessment is to be completed prior to each session.

The Session Activities Plan is to be completed for each session as part of session planning requirements. CASP recognises that Coaches and Centres have previously implemented their own documentation but recommends that the information on these templates be incorporated in Centre/Coach own templates.

All trainees will be required to complete these documents during their training process.

MATCHING OF HORSE, HANDLER AND RIDER COMBINATIONS

In all RDA(NSW) operations it is critical that horses are matched with handlers and riders based on each of their assessment of skills and capabilities.

In RDA(NSW) it is a Coaches responsibility to determine the appropriate matches of horses, handlers and riders for each activity based on their knowledge of the individual's capability, experience and awareness of the safety implications.

Coaches are also required to constantly monitor horse handling, riding and driving activities and make on the spot changes to mitigate identified risks.

Matching horses and handlers and Riders/Drivers without a disability

<u>Level</u>	<u>Horse</u>	<u>Handler</u>	<u>Rider / Driver</u>
<u>1</u>	<u>Calm, consistent, obedient – educated or trained for the activity</u>	<u>New and/or inexperienced</u>	<u>New and/or inexperienced</u>
<u>2</u>	<u>Compliant and manageable educated or trained for activity</u>	<u>Moderately experienced</u> <u>New and/or inexperienced</u>	<u>Moderately experienced</u>
<u>3</u>	<u>Less compliant and highly reactive horse</u>	<u>Highly experienced</u>	<u>Highly experienced</u>

Matching Riders/Drivers with a disability to horses

This is complex and needs to be considered carefully. It is important to consider the effect of the individual's disability on the horse and the ultimate changes if any to the horse's category.

The most important requirements is to ensure firstly that the match of horse and handler is appropriate and then adjusted based on the addition of the Rider/Driver with a disability.

It is also important to note that a horse considered to be compliant and manageable with a moderately experienced handler could be suitable for a New and/or inexperienced rider with a disability if there are no negative effects to the horse's behaviour from the rider with a disability.

Of equal importance is to note that a horse may be calm, consistent, obedient horse with a rider without a disability however with the addition of a rider with a disability may be more appropriately categorised as a compliant and manageable horse.

Rider Assessments

RIDER MOBILITY	HORSE LEVEL			
MOBILE	2	2	1	1
WALK WITH AIDS	2	2	1	1
WHEELCHAIR – WEIGHTBEARING	1	1	1	1
WHEELCHAIR – NON – WEIGHTBEARING	1	1	1	1
RIDER BEHAVIOUR	QUIET	COMPLIANT	ROWDY	AGGRESSIVE

MESSAGE FROM RDA (NSW) CARRIAGE DRIVING COMMITTEE

Chairperson: Jenny Whiteford

Secretary: Kathy West 0401 342 009 Email: carriagedriving@rdansw.org.au

Committee members: Jan Muspratt, Helen O'Brien, Linda Ongley

Hi Everyone

The Carriage Driving Committee are happy to announce the creation of the Specialist Whip role to the RDA(NSW) Carriage Driving program.

The role of the Specialist whip is developed to expand and support our current CD programs and does NOT replace the Assistant Whip or Whip in a Centre. It will also enable Centre's wishing to start a CD program to commence carriage driving.

There are a lot of potential carriage drivers in our communities, who would like to come and help RDA(NSW) Centre's, but most are not interested due to the amount of paperwork they are required to submit before they can commence. Many are retired harness racing driver or members of NCDA – people who are experienced with horse and driving and have much to offer.

If a Centre identifies such a person they will be required to complete the following steps:

- 1) The Centre identifies a candidate
- 2) The Centre advises the candidate of what is required from them;
 - A) Complete a working with children's check
 - B) Provide the CD committee with CV of their experience – including Photo ID
 - C) Provide the CD committee with referee contacts
 - D) Sign & abide by the RDA(NSW) Whip code of conduct
 - E) Attend an intensive 2 day CD workshop – that includes outline of the basic of RDA(NSW), practical sessions & assessment (minimal paper work).

For those Centres with an existing CD program the Specialist whip may commence driving clients and training horses under the watchful eye of the current RDA(NSW) Whip or Riding Coach, who must be present during each session. The Whip or Coach will be responsible for the welfare of the client and advising the Specialist Whip of the client's needs and completion of paperwork for each session.

For Centre wishes to commence a CD program:

The Specialist whip must complete the above requirements (Steps 1 and 2), they may then commence developing a work area, training horses and volunteers at the Centre under the guidance of the Riding coach.

Once the Centre is ready they will apply for a venue check.

An Assessor will complete a venue check and complete a final assessment of the Specialist whip ONLY after approval has been given may the Specialist whip commence driving clients.

The Specialist whip will require a riding coach to be present at all sessions.

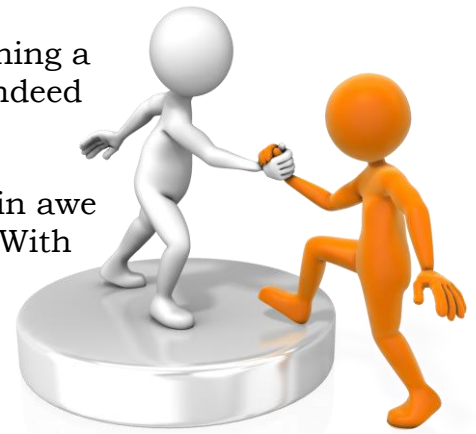
New CD Centres will have a 2 year time frame to obtain a qualified whip or have someone in training at the Centre – extensions maybe available on application to the CD committee.

The CD committee strongly encourage Centre's to take up this opportunity and will do their best to support you.

Please send an expression of interest email to carriagedriving@rdansw.org.au for more information and to commence working towards having a Specialist Whip in your Centre.

Responsibilities of Supervising Coaches

Congratulations to those of you that have the privilege of training a new Coach to join the Coaching team at your Centre. This is indeed an opportunity to share your knowledge and experience and provide a long term benefit to the Centre and Participants. We all remember the Coaches that we learnt from and are still in awe of their knowledge, experience and commitment to RDA(NSW). With the right environment and learning Trainee's become great Coaches that add value to the Organisation as a whole. Thank you for taking this commitment on, we hope that you find it rewarding.



When Supervising Trainee's completing the RDA(NSW) Coach Training program it is the responsibility of the Supervising Coach to:

- Provide a learning environment that caters to the needs of the Trainee;
 - o Request approval to provide scribes or interpreters to complete theory workbooks
 - o Provide mentoring sessions to help motivate them to complete the training
 - o Provide an environment that meets the requirements of the Coach Code of Behaviour
- Provide access to information and resources that enable the trainee to learn the requirements of being an RDA(NSW) Coach and Assistant Coach;
 - o Provide work skill instruction sessions to train them in RDA(NSW) Policies and Procedures
 - o Provide access to documents such as the RAM and Medical Consent forms for Participants – Trainee's need you to involve them in administration requirements to build on their knowledge
 - o Provide information on roles and responsibilities
- Monitor the progress of the Trainee's and provide appropriate practical experience to enable them to demonstrate
 - o Work through the Work Experience guidelines in line with the theory work modules and sign them off when you believe they are capable to carry out tasks listed. If you don't believe they are capable then provide additional support and training to enable them to become competent.
- Support Trainee's to attend workshops, continue practicing their skills in the lead up to their practical assessment and empower them to take on their own class once they are qualified.

Embracing the enthusiasm and commitment of Trainee's as the beginning of their Coaching journey is the key to their success and ultimately the legacy that you build for the future of RDA(NSW).

VOLUNTEERS NEEDED TO ASSIST WITH RDA(NSW) DRESSAGE CHAMPIONSHIPS

Friday 9th – Sunday 11th August 2019 at Sydney International Equestrian Centre
With 27 horses and 31 riders from RDA(NSW) Centre's around NSW participating it is going to be a great weekend of achievements for our Riders.

Time commitments and jobs can be tailored to suit your experience and availability over the weekend. We are looking for people who would like to be Arena stewards, Gatekeepers, Result runners and Gear Checkers as well as people to take photos during the event for our event publicity.

Nominate to be part of this event by emailing dressage@rdansw.org.au asap.

