



April 2020

CASP News

Messages from CASP.....

CASP has been working hard behind the scenes to consider how we can best assist Coaches and Trainees throughout this time.

We are hopeful that everyone in your community is safe and well.

CASP have developed a Risk Assessment process in response to the need for Centres to temporarily relocate their horses for spelling purposes. The procedure is attached.

Where horses are receiving exercise please remember the social distancing requirements outlined in the last CASP News, this means they can be led without a rider or ridden independently by a competent volunteer rider under the supervision of a Coach unless the Rider has met the Designated Rider approvals.

During this time it is great to consider catching up with theory work for Coaching qualifications in preparation to restart and focussing on the practical requirements. Touch base with us if you need assistance to progress with your work.

CASP have offered existing trainees the opportunity to complete a survey where we will endeavour to meet everyone's individual needs for mentoring and support for learning.

In the meantime, anyone currently completing Carriage Driving training and would like some online support please contact us by email.

To help facilitate some networking opportunities, we are going to commence some Zoom discussions so please take the time to check out the timetable and register to join one of the groups. We hope to rotate the timing for each groups so we can accommodate everyone.

We would also like to share links to some online content that may interest you during this period. If you know of any free content send it to us so we have check it out!

Have you heard about Elaine Henley's Listen to the horse movie?

Check out the details at the link below:

<https://www.listentothehorse.com/pass48>

Looking forward to a time when we can get back to doing what we do.

If you have specific questions or concerns please email

caspp@rdansw.org.au

Take care, stay well and stay up to date with more information available at:

www.health.nsw.gov.au

SAVE THE DATE

Online Zoom Networking for Coaches and Trainees

Monday 27th April	Tuesday 28th April	Wednesday 29th April	Thursday 30th April	Friday 1st May	Saturday 2nd May
Trainee Assistant Coach Session 10am					Supervising Coach session 10am
Monday 4th April	Tuesday 5th May	Wednesday 6th May	Thursday 7th May	Friday 8th May	Saturday 9th May
			Trainee Coach Session 4pm		
Monday 11th May	Tuesday 12th May	Wednesday 13th May	Thursday 14th May	Friday 15th May	Saturday 16th May
	Qualified Assistant Coach Session 10am	Trainee Assistant Coach Session 2pm			Qualified Coach Session 10am
Monday 18th May	Tuesday 19th May	Wednesday 20th May	Thursday 21st May	Friday 22nd May	Saturday 23rd May
		Trainee Coach Session 10am	Qualified Coach Session 2pm		
Monday 25th May	Tuesday 26th May	Wednesday 27th May	Thursday 28th May	Friday 29th May	Saturday 30th May
					Qualified Assistant Coach Session 10am

Register for one of these networking sessions here:

<https://www.surveymonkey.com/r/KKR8NSH>

Be mindful of your own health and wellbeing at this time. Without your usual routines and support network it can be a difficult time. If you need assistance, please don't hesitate to contact one of the available support services:

Beyond Blue – 1800 512 348

Lifeline - 13 11 14

NSW Health Mental Health – 1800 011 511

STAY HEALTHY AND WELL!