



December 2020

CASP News

Messages from CASP....

Merry Christmas to all, we hope you have a relaxing holiday with family and friends and get energised to get back to RDA in 2021.

The year has been a unique one and we are grateful that the COVID situation in Australia has greatly improved despite the latest Metropolitan issue. We are looking forward to seeing Centres recommence following the summer break but it is important to note that the COVIDSafe Plan will still feature in RDA(NSW) operations well into 2021.

Recently CASP have introduced some changes to the training process for new Coaches. These changes are to encourage and support Trainees to gain knowledge and get assistance to understand the theory work required in RDA(NSW). As part of this we have allocated some time to regular Zoom training sessions. While they are predominately for Trainees we welcome existing Coaches, Supervising Coaches and Committee Members to join the sessions to further their understanding. The Trainee workshops will also undergo a format change with more practical work and assessments to be included in the workshops.

Trainees will now commence with 3 intakes per year being 1st February, 1st June and 1st October each year.

Attached is the latest information on training in the How to be a Coach Document. We are also hoping to recommence our Practical training workshops for Trainees with the first one scheduled for March at the Young Centre. More information to come.

A New Supervising Coach workshop will also be introduced in 2021 this will be a Zoom session and will be required for all Supervising Coaches to understand the training process within RDA(NSW).

We will continue with Networking sessions for Coaches on a quarterly basis. Check out the "SAVE THE DATE" page and register for the sessions available.

Before recommencing check the "Getting started in 2021" list on the last page in this document for all the info you need to get started in 2021. If CASP can assist in anyway please don't hesitate to contact us.

If you have specific questions or concerns please email
casp@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

Zoom and Face to Face events

ADMINISTRATION IN RDA(NSW) – TRAINEE SESSION 1

When: Jan 5, 2021 11:00 AM Canberra, Melbourne, Sydney

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZYkduCgrjssHtcBSgL5OrAGXSZF--L9miTV>

QUALIFIED COACH/WHIP NETWORKING SESSION

When: Jan 5, 2021 01:30 PM Canberra, Melbourne, Sydney

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZMrcO2qqDMiH9ARcJcND0q4DvRTC88yd5Jk>

ASSISTANT COACH/WHIP & TRAINEE COACH/WHIP NETWORKING SESSION

When: Jan 5, 2021 03:30 PM Canberra, Melbourne, Sydney

Register in advance for this meeting:

https://us02web.zoom.us/join/tZUkdOiprz0vHtIzNle6r2W7R_QUmOSXvW3s

SUPERVISING COACH WORKSHOP – for those supervising trainees

When: Jan 21, 2021 07:00 PM Canberra, Melbourne, Sydney

Register in advance for this meeting:

https://us02web.zoom.us/join/96JcHPyV6qgmUL_xD

QUALIFIED COACH/WHIP NETWORKING SESSION

When: Jan 28, 2021 07:00 PM Canberra, Melbourne, Sydney

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZEqc-GsrD8iH9AsgBp1wnp-fLlFaNgH0O0B>

RISK MANAGEMENT IN RDA(NSW) – TRAINEE SESSION 2

When: Feb 8, 2021 09:30 AM Canberra, Melbourne, Sydney

Register in advance for this meeting:

<https://us02web.zoom.us/join/9687140000?pwd=ZUJlYkRlMmVkdDZkdjBldzF0d0o0QWp1>

ADMINISTRATION IN RDA(NSW) – TRAINEE SESSION 1

When: Feb 8, 2021 07:00 PM Canberra, Melbourne, Sydney

Register in advance for this meeting:

[https://us02web.zoom.us/meeting/register/tZwvdOGrrTljGtMwDYAtq18MFdNzzflbtsI9](https://us02web.zoom.us/join/zoom-join?from=addon&url=https://us02web.zoom.us/join/zoom-join?from=addon&url=https://us02web.zoom.us/meeting/register/tZwvdOGrrTljGtMwDYAtq18MFdNzzflbtsI9)

TRAINEE PRACTICAL WORKSHOP

When: Saturday 27th & 28th March 2021 – Young Centre

Registration forms attached – limited places and priority lists will determine confirmation

COMBINED RDA(NSW) AGM, COACHING & ADMIN WORKSHOP

When: Saturday 1st May 2021 – Gosford RSL – one day only

Registration forms to come

RDA(NSW) Video Dressage Entries close – 15th June 2021

RDA(NSW) Championships – 8-10th October 2021 – SIEC Sydney

Additional sessions will be scheduled in the new year.

You will receive a confirmation email containing information about joining the meeting 48 hours before the meeting. If you haven't received any details please check your junk and email

training@rdansw.org.au at least 1 hour before the meeting.

GETTING STARTED in 2021!

The startup process for Centres is always a busy one and 2021 startup will be very busy!!!!
Here is a guide to some things that need consideration during that time:

1. If you didn't start up in 2020 check the COVIDSafe plan for details on making sure we remain COVIDSafe. A video of the plan is available at the following link:
<https://youtu.be/XvphU8d7WnU>
2. As part of the COVIDSafe and Ready Plan each Committee member and Coach is required to complete the Australian Health Department Infection Control Training. If you haven't already completed the COVID-19 Infection Control training here is the link to register
<https://covid-19training.gov.au/register> Please note it is only the Infection Control Module required.
3. Check all the CSS Audit requirements are in place pay particular attention to First Aid boxes and check that the bandages and other items are within their use by date.
4. Check the Risk Assessment document and review any procedures at the Centre that needs updating.
5. Organise for Volunteers to complete training on new procedures, COVID protocols and have completed the COVID declaration.
6. Check that all Volunteers have a current and verified WWCC – some may have expired and some volunteers may have turned 18 years old!
7. Check Coaches First Aid certificates are up to date
8. Check the Participant and Medical Consent forms are up to date (no more than 3 years old)
9. Check the horses are fit sound and ready for work and their gear fits correctly
10. Implement a horse training program to bring them back into work after their break and re-check their suitability.
11. Check the Arena surface, gates and facilities are all in good working order.
12. Check helmets are in good condition and within 5 years of manufacture date.
13. Complete the RDA(NSW) Centre Support Scheme Self-Assessment within 6 weeks of reopening – Link will be available in the new year.

Be mindful of your own health and wellbeing at this time. Continue washing your hands, get tested and stay home if you have respiratory illness signs, stay healthy and well. 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!