



# Irish Pony Club Standard of Efficiency Foundation Coach Test 2022



## Outcomes:

To produce Junior IPC Coaches, capable of coaching up to & including "C" test level riders in a Safe, Fun & Educational manner, with the IPC ethos.

## Prerequisite:

- Candidates must be 18 years old before taking the test.
- Candidates must have passed their B test before taking Foundation Coach test.
- Candidates must hold a valid First Aid Certificate (FAR or BHS Equine Specific), Safeguarding 1 & have been Garda Vetted.
- Candidates must have covered 4 hours shadowing a senior coach & this must be completed before they begin their training for the Foundation Coach test.
- *Candidates must submit 8 lesson plans one week before the assessment. 6 for Flat/ Showjumping integrated session topics and 2 of the Cross Country lesson topics.*
- A logbook of 10 sessions must be completed & submitted a week before the test. This must be done under the guidance of an IPC Senior Coach.
- Candidates should have knowledge of the relevant test cards & tack sheets.
- *Candidates should present for the test in jodhpurs, boots, shirt, pony club tie, riding hat and jacket/gilet.*

## Format of the Ridden Sessions:

- Candidates will be asked to coach two separate ridden sessions.
- The first ridden session should be 45 mins long & be an integrated flat work & show jumping session.
- *In the first session candidates will have 2 'C' test level riders to coach.*
- The second session should be 30 mins long, 10 mins on cross country theory & 20minutes on the cross-country session.
- In the second session candidates will have 2 'C' test level riders to coach.

## Session 1:

### Flat work:

Candidates should include & have relevant knowledge & understanding of the following topics:

- Basic control.
- Secure & balanced position in all 3 paces on the flat.
- Aids natural/artificial.
- Awareness of types, ages & suitability of ponies.
- How to manage & control small groups.
- Coach according to ground conditions, weather & venue.

### Safety Aware:

- Suitable & correctly fitted clothing, footwear & equipment, including an up to standard helmet.
- Suitable & correctly fitted tack & equipment.

Flatwork should immediately progress into the show jumping session. These two sessions should relate to each other & come together as one integrated session, similar to an IPC Rally.

## Show Jumping:

Candidates should include & have relevant knowledge & understanding of the following topics:

- Secure & balanced position in light seat.
- Secure & balanced show jumping position.
- Aids natural/artificial.
- Phases of the jump.
- Heights & exercises appropriate to the group.
- Quality of the canter.
- Coach according to ground conditions, weather & venue.

**Safety Aware:**

- Suitable & correctly fitted clothing, footwear & equipment, including an up to standard back protector & helmet.
- Suitable & correctly fitted tack & equipment.
- Raising poles.
- Ground lines.
- Knowledge of distances in metres, including 3 trotting poles, placing pole to a fence, fence to fence out of trot and canter. (distance chart allowed)
- Coaching according to ground conditions, weather & venue.

Full list of topics for sessions on IPC website.

**Session 2:**

**Cross Country:**

Candidates should include & have relevant knowledge & understanding of the following topics:

- Secure & balanced cross-country position on flat & undulating ground.
- Secure & balanced cross-country position over various types of fences.
- Knowledge of correct speed & balance.
- Knowledge of various types of cross-country fences.
- Distances & the factors that can affect distances.
- Coaching according to ground conditions, weather & venue.
- Awareness of rider & pony fitness.

**Safety aware:**

- Suitable & correctly fitted clothing, footwear & equipment, including up to standard back protector & crash helmet.
- Suitable & correctly fitted tack & equipment.
- Safe approaches/landings & fences.

Full list of sessions on IPC website.

**Interactive Theory Session:**

- Candidates will be asked to coach a session on horsecare.
- This session should be 12 to 15 minutes long & include interactive & theory elements.
- Candidates will be asked to deliver this session to a group of 'C' test level riders.
- Candidates will be asked to involve the riders as much as possible.

Full list of sessions on the IPC website.

**Overall preparation required:**

- Candidates should have their own tools/props for coaching.
- Measuring tape, at least 30m long.
- Poles for poles. Small cones for guidance.
- Candidates should check all saddlery & clothing before the start of every session.
- Candidates should check age, ability & aims of all riders & ponies.
- Candidates should complete a risk assessment for every session.
- Candidates should plan their session in advance.
- Candidates will be required to evaluate their session after delivery & discuss this with the assessors.

**Open discussion:**

- Plan for a wet day.
- How to deal with a very nervous rider.
- How to deal with an unsuitable pony. (over/under weight, too fresh, poor shoeing etc)
- Know when to seek help from the DC or senior coach.
- Ability to involve riders so they acquire skills in a fun & interactive way.

# Session Topics for IPC Foundation Coaches 2024

## Flat / Showjumping integrated sessions

Each session to include a suitable warm up for flatwork & show jumping, ending with a suitable cool down. All topics must include a basic assessment of riders & ponies.

**All poles on the ground must be raised at one end.**

**All cross poles must have a ground line.**

**All distances & heights are in metres (bring a distance chart & a tape)**

1a) Using different school figures in particular figures of eight, explain the importance of the aids both natural and artificial.

1b) *Progress this lesson to jump three small fences.*

2a) Concentrate on the basic position using school figures, including circles and serpentines.

2b) Follow up the positional work, explaining the importance of correct jumping position over a single fence.

3a) Work to improve the rider's position and the accuracy of turns. Discuss with your riders the importance of trotting diagonals whilst riding in an arena.

3b) Progress to jumping a single fence built on the long side, to a second fence built on the diagonal.

4a) Being aware of a correct basic position using circles and straight lines, work on the rider's understanding of aids.

4b) Progress to jumping two fences, one at B and one at E with a change of rein across the diagonal, focusing on being aware of the correct aids for turns etc.

5a) Being aware of a correct basic position, work on an understanding of how to prepare for transitions with a focus on canter transitions.

5b) Follow on the lesson introducing a fence and building up to three fences with changes of rein, maintaining a good canter.

6a) Work on the correct riding of a diagonal line, the rhythm, the corner, the straightness and the following corner.

6b) Progress to riding a small fence on each diagonal line, one upright and one oxer

## Cross Country

**Discussion 10 mins.** To cover some of the following.

Discuss the relevant cross country tack sheet for C test level competitions, for both child & pony. be aware of current standards of hats & back protectors.

Discuss and have knowledge of cross country competition rules.

Be familiar with max height of fences advised for this age group.

Discuss reasons for correct warm up and cool down routines at rally's & competitions.

Discuss cross country position, stirrup length, balance between fences & for different fences.

Discuss care of pony after a rally or competition and how to check for injuries.

Discuss and be aware of problems which may arise at a cross country rally, ie large open space- undulating ground, excitable/unruly ponies, nervous riders, weather - going & ground conditions & how any of these may affect the cross country session.

Discuss how to assess fitness of ponies in your group.

Have some ideas on how to amend original lesson plan to deal with any of these events.

Discuss how to select suitable fences for warm up.

Discuss the use & safety of portable fences.

Discuss how to use poles & wings to simulate a cross country fence or series of fences.

## Lesson topics

Each session to include suitable warm up for cross country & cool down & care of pony afterwards. All topics must include a basic assessment of riders & ponies.

1. Use suitable exercises to improve riders cross country position & the ability to keep themselves & their pony in balance while riding over level & undulating ground, & small fences
2. Improve cross country balance & position. Introduce small fences on level ground. eg: Log, small oxer, etc.
3. Work to develop a secure, balanced position while jumping banks, and drops.
4. Work to improve riders balance & position, whilst riding between fences. Introduce ditches (must be safe to jump with a clear take off and landing).
5. Work to develop good lines, saving energy & getting to next fence safely.
6. Introduce some small fences on undulating ground and then progress to jumping up and down hill.
7. Work towards developing a good balance & rhythm while jumping 2 or 3 varied cross country fences.

**IRISH PONY CLUB Foundation Coach Lecture topics**

	Theory		Practical
<b>1.</b>	Discuss a suitable/safe field to turn your pony out in.	<b>1b</b>	Demonstrate how to stand a pony up correctly and how to lead and turn correctly.
<b>2.</b>	Discuss a suitable/safe stable for your pony.	<b>2b</b>	Demonstrate how to fit a rug correctly, including advantages & disadvantages of leg straps.
<b>3.</b>	Discuss different types of bedding – advantages & disadvantages of each.	<b>3b</b>	Demonstrate how to fit a saddle & bridle correctly
<b>4.</b>	Discuss rules of feeding & watering. How to calculate how much in kilos your pony eats.	<b>4b</b>	Demonstrate correct grooming procedure for a clipped/unclipped pony.
<b>5.</b>	Discuss the importance of roughage in the diet and how it is provided. Recognise good quality hay and haylage.	<b>5b</b>	How to pick out your pony's feet correctly. How to check if your pony needs shoeing.
<b>6.</b>	Discuss the signs of a healthy/unhealthy pony.	<b>6b</b>	Demonstrate how to fit a tail bandage correctly, safely & discuss the importance of protecting the legs when travelling.
<b>7.</b>	Discuss the essential items in a travelling First Aid kit. How to treat a small wound.	<b>7b</b>	Demonstrate how to clean tack correctly.
<b>8.</b>	Discuss signs of colic, laminitis, coughs, colds, and sweet itch	<b>8b</b>	Demonstrate correct safe loading & unloading procedure.



# Irish Pony Club

## IRISH PONY CLUB FOUNDATION COACH TEST LESSON PLAN

NAME OF COACH	
DATE	NUMBER OF RIDERS :
VENUE	
LESSON TOPIC	
EQUIPMENT REQUIRED	
INTRODUCTION AND WARM UP	
MAIN BODY OF LESSON	
COOL DOWN AND DE-BRIEF	

FEEDBACK FROM RIDERS	
Future Progression	



# FOUNDATION COACH TEST LOGSHEET

SHADOWING COACHING SESSIONS – FOUR SESSIONS REQUIRED

DATE	DETAILS OF TYPE OF LESSON	HOURS SPENT	SENIOR COACH SIGNATURES

LESSON PLAN SESSIONS – TEN SESSIONS REQUIRED

DATE	DETAILS OF LESSON PLAN	HOURS SPENT	SENIOR COACH SIGNATURES

CANDIDATES SIGNATURE:

DATE:



## IRISH PONY CLUB FOUNDATION COACH RISK ASSESSMENT

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Eircode: \_\_\_\_\_

AREA	HAZARDS	WHO AT RISK	RISK LEVEL	CONTROLS	RISK AFTER CONTROLS
Access/ Egress	Gate open Escape of horse Unsafe/ unsuitable arena fence	<input type="checkbox"/> Riders <input type="checkbox"/> Horses <input type="checkbox"/> Assessors <input type="checkbox"/> Owners/ Staff <input type="checkbox"/> Exam Candidate <input type="checkbox"/> Others	<input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low		<input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low
Riding Lesson	Tack/ Equipment unfit for use Unsuitable PPE- no gloves, helmet, unsuitable footwear. Access to First Aid Kit First Aid Responder onsite	<input type="checkbox"/> Riders <input type="checkbox"/> Horses <input type="checkbox"/> Assessors <input type="checkbox"/> Owners/ Staff <input type="checkbox"/> Exam Candidate <input type="checkbox"/> Others	<input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low		<input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low
Arena	Ground condition Level surface Equipment stored safely- jump cups etc.	<input type="checkbox"/> Riders <input type="checkbox"/> Horses <input type="checkbox"/> Assessors <input type="checkbox"/> Owners/ Staff <input type="checkbox"/> Exam Candidate <input type="checkbox"/> Others	<input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low		<input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low
Lecture Room	Safe Access and egress Lighting suitable Safe equipment	<input type="checkbox"/> Riders <input type="checkbox"/> Horses <input type="checkbox"/> Assessors <input type="checkbox"/> Owners/ Staff <input type="checkbox"/> Exam Candidate <input type="checkbox"/> Others	<input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low		<input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low

Risk Assessment Carried out By: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_