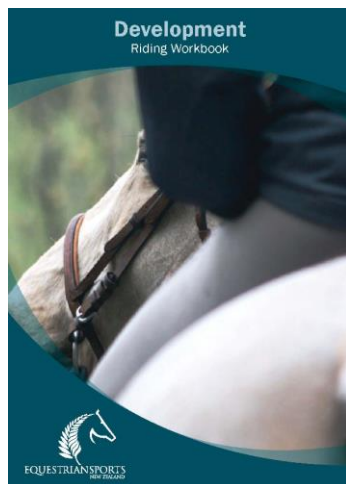




Candidate Information Pack

Development Coach



DRESSAGE



EVENTING



JUMPING



ENDURANCE



PARA-EQUESTRIAN

ESNZ and Equestrian Sports

Equestrian Sports New Zealand (ESNZ) was founded in 1950 and is the peak sporting body in New Zealand for Equestrian Sports



New Zealand has a rich history in Equestrian Sports including many successes on the international stage at Olympic Games, World Equestrian Games, World Championships and other pinnacle events.

Horse riding is a popular sport in New Zealand and horse-keeping is relatively affordable compared to many other nations, given the ability for most horses in NZ to be kept at grass which is less labour intensive than horse-keeping in more urbanised countries. Therefore many New Zealanders have access to horse riding pursuits.

There is a long tradition of using horses for stock work in rural NZ. Further, many people in equestrian sports typically came from rural backgrounds where there was much family knowledge of horses and horse care. Mostly, the traditional uses of horses in farm work and in transport have been replaced by motor vehicles and farm machinery.



The background of equestrian participants is changing, as members of an increasingly urban population become re-involved with horses for the first time. Many of these participants have less prior knowledge and few contacts to provide them with advice.

Thus the role of organisations such as ESNZ and the role of qualified Coaches is becoming increasingly important to assist riders and horse owners not just with riding skills, but also in matters concerning the care and welfare of the horse.



ESNZ and the FEI

ESNZ is the National Federation (NF) of New Zealand affiliated to the Fédération Equestre Internationale (FEI) and is responsible for the administration in New Zealand of International Competitions and International Officials for:

- Eventing
- Jumping
- Dressage
- Endurance
- Para-Equestrian



As the NF of New Zealand, ESNZ is the only body authorised to use and amend FEI rules for national purposes in NZ.

ESNZ and SPORTNZ

ESNZ is also the National Sport Organisation (NSO) for Equestrian sport recognised by the New Zealand Government via its sport agency SPORTNZ. SPORTNZ supports ESNZ and other NSOs in a number of ways including:

- Funding and direction for the High Performance program
- Funding and direction for Coach Development
- Sector Capability and Staff Development
- Sport advisory services and access to dispute resolution via the Sports Tribunal



ESNZ structure

Within ESNZ, the ESNZ Board is responsible for the strategic direction of the national organisation and the sport as a whole.

ESNZ has 5 Disciplines:

- Eventing
- Showjumping
- Dressage
- Endurance
- Para-Equestrian (subject to ratification in Sep 09)

The Board of ESNZ delegates responsibility for the strategic direction and management of the disciplines to each Discipline Board. The Discipline Boards in turn delegate much of the delivery “on the ground” to the ESNZ “Areas”. Together, these groups make the sport work in its day-to-day operations.

The ESNZ High Performance Program and ESNZ Coach scheme operate separately to this structure and are administered by:

- the High Performance Director (who coordinates the High Performance Panel)
- and the National Sport Administrator (who receives advice and assistance from the Coach Advisory Team)

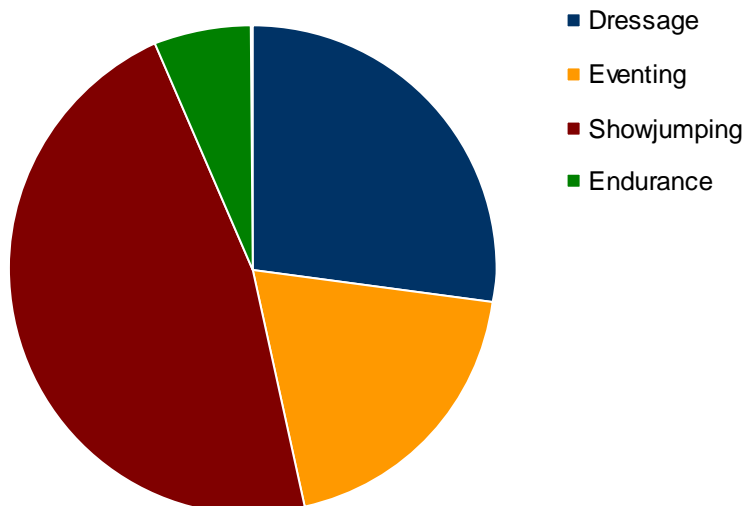
Both programs work cooperatively with the Disciplines and the ESNZ Board to build structures for the development of the sport.

ESNZ membership

ESNZ has over 5000 members and 7530 actively competing horses registered in its database.

Of these horses:

47% compete in Showjumping and/or Show Hunter
27% compete in Dressage
19% compete in Eventing
6% compete in Endurance



ESNZ Coach scheme

The ESNZ Coach scheme consists of two main aspects:

- Coach Training
- Coach Registration and Development

Coach Training

This is the part of the scheme that delivers the formal training and accreditation of new coaches and the training and upgrading of existing coaches. This is administered from the ESNZ National Office by the National Sport Administrator and delivered in the community by ESNZ-accredited Coach Educators.

Coach Registration and Development



This is the part of the scheme that keeps existing coaches up-to-date via a registration scheme and most importantly through Ongoing Development. Coaches should never stop learning if they are to keep up with the evolving requirements of modern equestrian sports, and the technological and scientific breakthroughs that are occurring in Sport Science and Equine training and management. Through Coach Registration and Ongoing Development, ESNZ invests in its Coaches to ensure they are the best coaches in the Equestrian Community.

Again this is centrally administered from the ESNZ National Office by the National Sport Administrator, and delivered in the community via a number of avenues including ESNZ Coach Educators, Mentor Coaches, the ESNZ Disciplines, Regional Sports Trusts, private training providers and many others.

Personnel

There are several different people candidates are likely to interact with in the ESNZ Coach scheme:

National Sport Administrator

The National Sport Administrator oversees the entire scheme at the ESNZ National Office and is a central point of contact for candidates to enrol in training, to ask questions about the scheme, to receive their qualification and complete their coach registration.

Coach Educators

Coach Educators are ESNZ Coaches who have completed formal training in the Principles of Assessment and are authorised by ESNZ to assess the knowledge and skills of candidates in the program content.

Coach Educators are familiar with the program content and can also provide valuable training and assistance in preparation for assessment.



Other Experts

Other ESNZ Coaches, Farriers, Vets, Horse Dentists and other experts can provide valuable advice and training in the learning process as well. However, these experts are not authorised to perform any assessments or sign off Coach Educator Verifications

In some areas, there may not be a Coach Educator available within a reasonable driving distance, and it is perfectly acceptable to train with any other ESNZ Coach to learn the necessary skills to prepare for the practical activities in the workbooks. However these other Coaches are not authorised to perform any assessments or sign off any Coach Educator Verifications.

The next time their farrier visits, candidates may find it useful to ask specific questions they have noted down during their reading and study. They might also ask their farrier to show them how to perform some basic skills such as removing a loose shoe.

Some candidates may find it useful to arrange to spend a day at a veterinary clinic or making visits with an Equine veterinarian to learn more. Candidates will get a good insight into first aid for horses and may have the opportunity to ask questions they have noted in their readings.

These are just some learning opportunities that may be available to candidates, there are likely to be many others, but given the flexibility of the program, no one method is compulsory.



ESNZ training programs

Enrolment

To enrol in any of the ESNZ training programs, simply complete the workbook order form and return it to the ESNZ National Office or place an order over the phone.

ESNZ places candidate information in the ESNZ database, therefore candidates must order the training resources and enrol in their OWN name.



Prerequisites

Development Riding and Equine Management

Candidates wishing to commence the Development Riding and/or Equine Management programs must either:

- Be an existing ESNZ Community Coach in the “old” system **or**
- Have completed the relevant Introductory program(s)

For safety and risk management reasons, candidates must be 13 years of age to commence any of the ESNZ Riding or Equine Management programs.

Candidates may complete the Development Riding and Equine Management activities in any order.

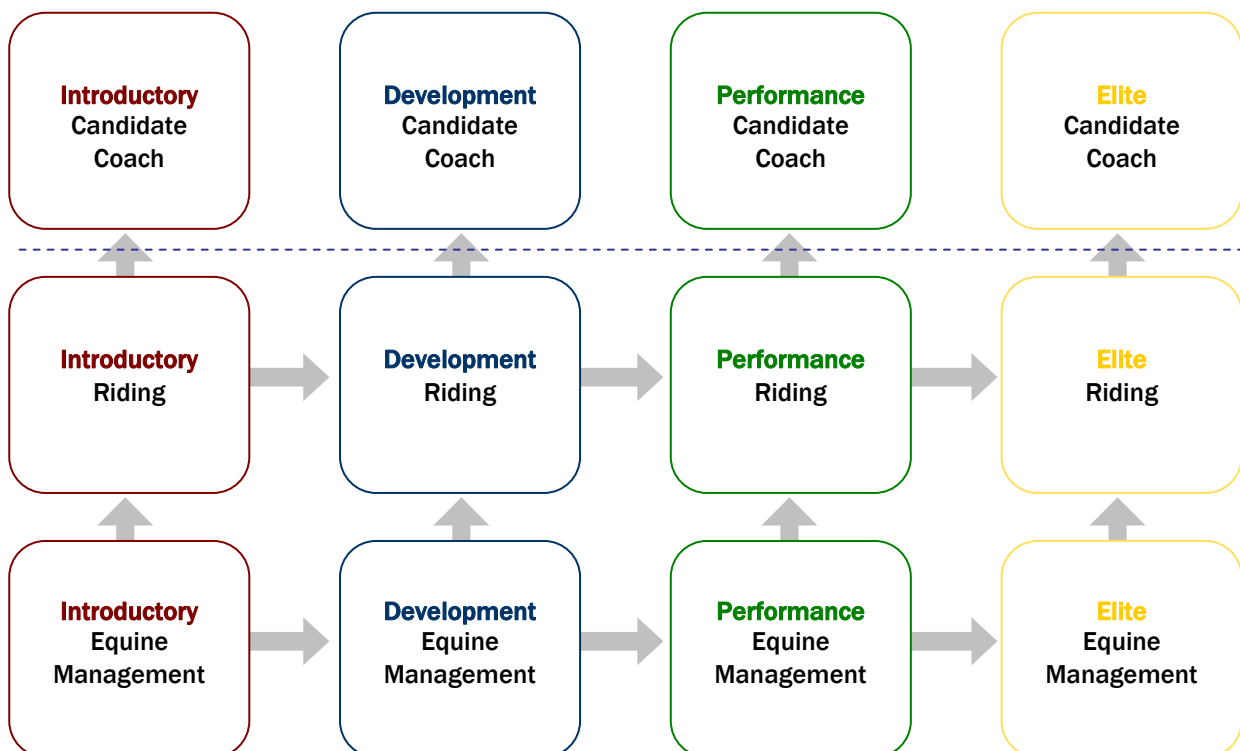
Candidates wishing to commence the Development Coaching program must either:

- Be an existing ESNZ Community Coach in the “old” system **or**
- Have completed the Introductory Coach program

To ensure that the correct underpinning knowledge is in place, and for risk management reasons, before progressing to the Development Coaching program candidates must:

- complete the Development Riding Program
- complete the Development Equine Management Program
- be 18 years of age or over
- be a current Member of ESNZ

Development Coaching ESNZ Coach Development Pathways



Candidates may choose to complete the Riding pathway and/or the Equine Management pathway without progressing to the Coaching pathway. This may be useful as a training program for members of Young Rider or Emerging Talent Squads or for school students not yet old enough to commence the Coach training programs.

Any member of the public can participate in the ESNZ Riding or Equine Management programs for their own personal development.

The ESNZ Development Coach Pathway

Development Equine Management

- Physical Characteristics: measuring, conformation & effects
- Feeding: digestion, nutrients, supplements, plant poisoning, devising feeding programs
- Health: first aid, unsoundness, shoeing
- Fitness & Conditioning: phases of conditioning, monitoring vital signs, variety, spelling and reconditioning
- Saddlery: the function of various bits
- Grooming: plaiting, presentation and clipping
- Long-distance transport, loading and towing



Development Riding

Choose: Dressage/Showjumping/Eventing/Endurance

Core Dressage - Training Scale, Second-Level Dressage

Dressage - Training Scale, Third-Level Dressage, Gymnastics

Jumping - Gymnastics, Jumping Training, Walking-Riding Courses

Cross-Country - Cross-country Training, Walking-Riding Courses

Endurance - Efficient Riding, Negotiating a Ride, Strapping











Development Candidate Coach

- Equestrian Program Management
- Understanding the Rider
- Physical Preparation for Riders
- Analysing & Developing Equestrian Skills
- The Development Coach in Action
Choose: Dressage/Showjumping/Eventing/Endurance



Development level discipline choices

At Development level, candidates have the option to choose one or more disciplines to become accredited in for Riding and Coaching. The workbook modules required for accreditation in each discipline are:

Dressage Coach	Showjumping Coach	Eventing Coach	Endurance Coach
Core Dressage + Dressage	Core Dressage + Jumping	Core Dressage + Jumping + Cross-Country	Endurance + Core Dressage (optional)
			
Coaching Modules	Coaching Modules	Coaching Modules	Coaching Module(s)
			
Riding Modules	Riding Modules	Riding Modules	Riding Module(s)

Learning options



The ESNZ Coach training programs are designed to facilitate a “blended learning approach”, whereby activities and practical application tasks can be completed in a face-to-face learning environment or in a distance learning environment in a self-paced manner

Candidates have flexibility and ownership of their preferred methods of learning that best suit their circumstances. Candidates may discuss their options with the National Sport Administrator and Coach Educators.

Much of the study may be completed in the candidate’s choice of face-to-face or independent study. However, for risk management reasons ESNZ strongly recommends that candidates only practice coaching skills under the supervision of another ESNZ Coach.

Candidates will inevitably complete this program in different timeframes depending on their background, experience, time available to undertake the learning and assessment, and their access to suitable horses, venues, equipment and learning opportunities.

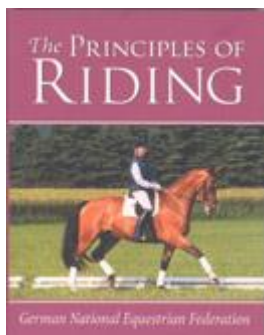
Candidate Workbooks



Candidates receive a workbook for each Program they have enrolled in. These workbooks contain the majority of the learning and assessment content for the program.

Compulsory readings

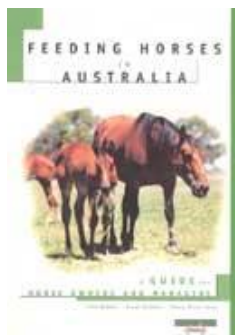
In addition to the candidate workbooks, ESNZ requires candidates to obtain access to two text books:



The Principles of Riding,
German National Equestrian Federation

The Principles of Riding is required reading for:

- **Introductory Riding**
- **Introductory Coaching**
- **Development Riding**
- **Development Coaching**



Feeding Horses in Australia, Rural Industries Research and Development Corporation

Feeding Horses in Australia is required reading for:

- **Development Equine Management**

ESNZ Recommends candidates purchase their own copy of these books as they are valuable references for a career with horses, however candidates may complete their studies with borrowed text books if they desire.

It is important to note that there is much in the ESNZ programs that is very closely linked to these text books and successful completion will depend on an understanding of these texts

Assessment options

Workbook Activities and Practical Activities may **only** be assessed by a Coach Educator accredited by ESNZ.

ALL Coach Educators of any level or discipline are authorised to assess all parts of the Development Equine Management program

Only Performance or Elite Coach Educators in a relevant discipline may perform the discipline-specific assessments for Development Riding and Development Coach.



As this program employs competency-based training and assessment principles, and is designed to meet the individual needs of candidates; the issue of flexible assessment and training methodologies is well addressed. As part of this process, candidates who require, or would benefit from differing delivery and/or assessment approaches will be accommodated wherever possible. Examples of flexible assessment options may include:

- ✓ *Oral instead of written assessment (with use of a scribe for purposes of records)*
- ✓ *Video instead of face-to-face evidence*
- ✓ *Integrated assessment (assess multiple competencies/modules in one task)*
- ✓ *Self-paced activities*
- ✓ *Multiple assessment attempts, if required*
- ✓ *On-the-job assessment in a practical/real Equestrian environment*

Regardless of the delivery method utilised, the competencies/learning outcomes remain the same, and all candidates must demonstrate competence in all areas of the program.

Certificates of achievement

To receive their certificate of achievement for each/any program (Riding, Equine Management and Coaching), candidates must send a copy of ALL signed activity verifications to the ESNZ National Office. Each workbook contains a checklist to ensure candidates include all the required verifications.

Coach qualification and Coach registration



Candidates who have completed the ESNZ Development Coach training program may already be registered as an Introductory Coach. These candidates will have their record automatically upgraded upon successful completion of the program. Otherwise, candidates will be invited to register to begin receiving their registration benefits.

ESNZ maintains an annual coach registration scheme for a number of purposes to:

- Ensure only current, practicing Coaches are advertised to the public
- Ensure advertised Coaches are up-to-date in risk management and first aid
- Protect the ESNZ Coach brand from false advertisers
- Provide publicity in the equestrian community about the benefits of ESNZ-registered Coaches
- Provide ESNZ-registered Coaches with ongoing learning and development opportunities
- Provide ESNZ-registered Coaches with exclusive email updates and educational coach magazine
- Provide ESNZ registered Coaches with various gifts and discounts from ESNZ and partners

ESNZ-qualified Coaches should register annually with the National Office to remain listed for that year. To be eligible for registration, a Coach must be a current member of ESNZ and hold a current First Aid certificate when they submit their coach registration form.

Ongoing development

Ongoing Development is a policy that requires ESNZ coaches to complete a variety of development activities over the registration period. Ongoing Development aims to ensure quality coaching by ensuring all ESNZ coaches maintain and further develop their coaching knowledge and skills.



Why do ESNZ coaches need to undertake Ongoing Development activities?



- Ongoing Development keeps ESNZ coaches in contact with the most up-to-date techniques, science and coaching methods.
- Ongoing Development ensures that ESNZ coaches stay abreast of rule changes.
- Ongoing Development can play an important role in ensuring that the Equestrian coaching environment is safe for all participants, as well as reducing the likelihood of coaches becoming involved in legal actions.



ESNZ Development Equine Management

Program Outline

MODULE 1 - Physical Characteristics

- Measuring a horse
- Ageing and teeth
- Conformation faults and the effect on action and soundness

MODULE 2 - Feeding


- How horses digest their food
- Characteristics and functions of major nutrients
- Types of feed and their effect upon the horse
- Factors affecting dietary requirements
- Supplements and when they may be required
- Plant poisoning and symptoms
- Nutritional requirements and feeding programs

MODULE 3 - Health, Fitness and Conditioning


- First aid for horses
- Leg strains and unsoundness
- Hoof problems
- Other complaints
- Shoeing
- Fitness and conditioning

MODULE 4 - Saddlery, Grooming and Transport


- The action of various bits
- Exercise and stable bandages
- Pulling and plaiting
- Trimming for presentation
- Clipping a horse
- Preparation for long-distance horse transport
- Safe loading and unloading
- Loading and towing

 **Activity**

Circle which **two** horses below you would choose for a sport horse career: A B C D E F



Describe the conformation faults of the remaining four horses:

 **Activity**

Describe two outcomes that may be seen in a horse that does not chew its food properly (bolts its food) or has sharp teeth

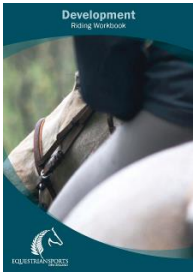
1) _____

2) _____

Describe why dampening dry feed can be beneficial for the horse _____

The average adult horse has a stomach capacity of between _____ and _____ litres

70-75% of horses on high grain, low roughage diets have shown a chance of developing: _____




ESNZ Development Riding

Program Outline

NB: Candidates choose one or more disciplines according to their preference.

MODULE 1 – Core Dressage

- Riding equipment
- The upright seat
- Weight aids
- Leg aids
- Rein aids
- Coordination and effect of aids
- The training scale
- The half-halt
- Paces and transitions of Second-Level dressage
- Movements and tracks of Second-Level dressage
- Turn on the forehand
- Ride an unknown horse
- Warm-up and cool-down
- Self-analysis



Practical Activity 1 Core Dressage

Individual Skills


Present with correctly-fitted tack, helmet and footwear	Competent	<input type="checkbox"/>
Ride a suitable warm-up phase and explain the choice of activities/exercises	Competent	<input type="checkbox"/>
20m circle left in working canter giving both reins for 2-3 strides before retaking the contact	Competent	<input type="checkbox"/>
15m circle left in working canter	Competent	<input type="checkbox"/>
Change rein on a long diagonal in working trot (eg M-K) showing some medium trot	Competent	<input type="checkbox"/>
Turn down centre line – leg yield right, back to the track in working trot (<u>sitting</u>)	Competent	<input type="checkbox"/>

MODULE 2 – Dressage

- The training scale
- Paces and transitions of Third-Level dressage
- Movements and tracks of Third-Level dressage
- Warm-up and cool-down
- Gymnastics for dressage
- Self-analysis

MODULE 3 – Jumping

- The forward seat
- Using the aids in a forward seat
- Gymnastics for jumping
- Jumping training
- Walking and riding courses
- Warm-up and cool-down
- Self-analysis



Activity

Walk a course and create a riding plan considering the following factors:

The article number the competition will be run under: _____ Is it against the clock? _____

The horse's usual length of stride: _____

The surface conditions: _____

The effect that the surface conditions might have on stride length: _____


The best speed for the surface conditions, any particular patches of ground where turns may be especially slippery etc:

MODULE 4 – Cross-Country

- Cross-country training
- Walking and riding courses
- Warm-up and cool-down
- Self-analysis

MODULE 5 – Endurance

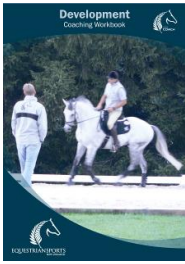
- The forward seat
- Using the aids in a forward seat
- Efficient endurance riding
- Negotiating the elements of an endurance ride
- Warm-up and cool-down
- Self-analysis



Practical Activity 3 Jumping

Individual Skills

Present with correctly-fitted tack, helmet and footwear	Competent	<input type="checkbox"/>
Ride a suitable warm-up phase and explain the choice of activities/exercises	Competent	<input type="checkbox"/>
Demonstrate 3-point seat and 2-point seat in trot and canter on a circle	Competent	<input type="checkbox"/>
Ride in a forward seat at 300 metres/minute and then at 350 metres/minute	Competent	<input type="checkbox"/>
Ride a grid in a forward seat	Competent	<input type="checkbox"/>
Ride a figure of eight in working canter demonstrating correct flexion and bend in both directions. At the centre of the eight, change canter leads over a vertical up to 90cm landing on the new canter lead for each loop	Competent	<input type="checkbox"/>



ESNZ Development Coaching

Program Outline

Coaching skills checklist		
<i>During the session the candidate demonstrated appropriate use of:</i>		
Gear Check	Competent	<input type="checkbox"/>
Emergency Stop procedure	Competent	<input type="checkbox"/>
Inquired into the fitness to participate and needs of the rider	Competent	<input type="checkbox"/>
Used demonstration	Competent	<input type="checkbox"/>

Module 1 - Equestrian Program Management

- Topic 1 – Equestrian Sports New Zealand
- Topic 2 – Ethical Responsibilities
- Topic 3 – Safety and Risk Management
- Topic 4 – Time Management Skills for Coaches
- Topic 5 – Leadership Skills for Coaches and Riders
- Topic 6 – Parent/Coach Meetings
- Topic 7 – Types of Coaching Plans
- Topic 8 – Planning for Competitions

Module 2 - Understanding the Rider

- Topic 1 – Your Rider-Centred Coaching Philosophy
- Topic 2 – Identifying Rider Characteristics
- Topic 3 – Rider Learning Styles
- Topic 4 – Motivating Riders (and yourself)
- Topic 5 – Gender Differences

Module 3 - Physical Preparation of Riders

- Topic 1 – Skeletal, Muscular, Respiratory, Cardiovascular and Nervous Systems
- Topic 2 – Human Energy Systems
- Topic 3 – The Components of Fitness
- Topic 4 – Principles of Training
- Topic 5 – Developing Rider Fitness
- Topic 6 – Monitoring Physical Responses

Module - Analysing and Developing Equestrian Skills

- Topic 1 – Effective Use of Questioning
- Topic 2 – Questions & Imagery to Develop Body Awareness & Other Skills
- Topic 3 – Tips for Providing and Receiving Feedback
- Topic 4 – Using Modified Activities or Games to Teach Equestrian Skills and Tactics
- Topic 5 – Stages of Skill Learning
- Topic 6 – Types of Skills
- Topic 7 – Analysing and Developing Rider Skills

Module 5 - Coach Self-Development

- Topic 1 – Positive Self-Concept
- Topic 2 – Your Mental Skills Profile
- Topic 3 – Your Optimal Performance State
- Topic 4 – Methods of Performance Self-Analysis
- Topic 5 – Self-Development Planning

Discipline-specific modules

NB: Candidates choose one or more disciplines according to their preference.

Module 6A - Core Dressage

- Topic 1 – Safety Requirements
- Topic 2 – Managing Horses & Riders in a Dressage Arena
- Topic 3 – Skill Progressions
- Topic 4 – Core Dressage Skill Faults and Solutions

Module 6B - Dressage

- Topic 1 – Specialist Dressage Skills, Faults and Solutions

Module 6C - Jumping

- Topic 1 – Safety Requirements
- Topic 2 – Skill Progressions
- Topic 3 – Jumping Skill Faults and Solutions

Module 6D - Cross-Country

- Topic 1 – Safety Requirements
- Topic 2 – Skill Progressions
- Topic 3 – Cross-Country Skill Faults and Solutions

Module 6E - Endurance

- Topic 1 – Safety Requirements
- Topic 2 – Managing Horses and Riders in an Endurance Training Environment
- Topic 3 – Skill Progressions
- Topic 4 – Endurance Skill Faults and Solutions

Cardiovascular System

The Cardiovascular System is made up of the **heart and blood vessels**, distributes oxygen and nutrients throughout the body while removing wastes from the cells.

The Heart

As oxygen is carried in the blood to the tissues, the amount of oxygen that the tissues receive will depend on the amount of blood pumped by the heart. This is determined by the rate at which the heart beats (heart rate) and the force with which the heart muscle contracts. Together, these make up a person's Stroke Volume (the amount of blood pumped in 1 minute).

At rest, the heart maintains movement of the blood for basal needs:

- 100,000 beats per day
- Up to 4,000 litres of blood being pumped around the body each day

However, during exercise, the working tissues require more oxygen and the heart beats faster and pumps harder to deliver more oxygen to the working tissues.

