



**EQUESTRIAN SPORTS**  
NEW ZEALAND

**National Coach Development Framework**

# **Para-Equestrian Coach** Candidate Information Pack

First Edition  
August 2017



## Program Outline

The aim of the *Para-Equestrian Module* is to provide dressage discipline coaches additional skills and information to enhance coaching of riders with disabilities (para-equestrians). The module is available as an additional endorsement to development, performance and/or elite level dressage coaches and candidate coaches.

The ESNZ *Para-Equestrian Coach Program*:

- ✓ Aligns with the **New Zealand Coach Development Framework**, developed by Sport and Recreation New Zealand (SPARC), whilst also developing Para-Equestrian-specific coaching competencies relevant to the Dressage Coach.
- ✓ Incorporates best practice **competency-based** education and training principles and procedures.
- ✓ Has been designed around the philosophy of the **New Zealand Coach Approach**, promoting a style of coaching which will facilitate riders to learn through ownership, awareness and responsibility (i.e. a rider-centred approach to coaching).

### Para-Equestrian (Dressage) Coach Endorsement Broad Competencies (in addition to those contained within the relevant Development, Performance or Elite coach programme):

ESNZ Development, Performance and/or Elite Para-Dressage Coaches will be able to:

- ✓
- ✓ Develop and implement lesson plans and coaching programmes appropriate to para-equestrian riders
- ✓ Develop and implement activities to improve riders' physical abilities relevant to the sport of Equestrian and their individual needs
- ✓ Plan and implement strategies to cater for the needs of individuals when coaching riders with disabilities
- ✓ Identify, assess and manage the risks of coaching para-equestrian dressage riders

### Topic Outlines

Topic	Purpose Statement
1. <b>Para-Equestrian Sport</b>	To assist Coaches working with para-equestrian athletes to understand the pathways riders have taken to get into the sport, the type of competition available, how riders are classified into grades.
2. <b>Disability awareness and lesson planning</b>	To help Coaches understand the particular characteristics and needs of riders with disabilities. Using this understanding will enable ESNZ Development, Performance or Elite level Dressage Coaches to design training activities and apply them within training sessions for para riders.
3. <b>Compensatory Aids</b>	To provide coaches working with para-riders an understanding of the various compensatory aids and what they are used for and when they can be used in competition and training.
4. <b>Physical Preparation of Riders and rider Biomechanics</b>	To provide coaches working with para riders an understanding of the affects of disability on rider alignment and symmetry and potential solutions to improve stability.
5. <b>Horse Selection</b>	To provide coaches working with Para riders an understanding of suitable horse physique, way of going and training for para-riders to have a successful combination.
6. <b>Horse Training and how horses learn</b>	To provide coaches working with para riders an understanding of how horses learn and how this can be applied to train horses so that they can become suitable or better mounts for para riders.
7. <b>Safety and Welfare requirements</b>	To show understanding of risk and welfare assessment required when preparing for and coaching para riders.
<b><i>In addition to completing all five (7) topics above, to become a registered ESNZ Para Coach, you also need to complete the Para – Equestrian practical activities in this workbook AND AT LEAST ONE of the following:</i></b>	
8. <b>The Para Equestrian Coach in Action</b>	All the requirements for the DEVELOPMENT COACH (DRESSAGE) All the requirements for the PERFORMANCE COACH (DRESSAGE) All the requirements for the ELITE COACH (DRESSAGE)

## Program Administration

This program is developed and monitored nationally by the Coach Development Manager (CDM) at the ESNZ National Office. The CDM is supported in this by the ESNZ Coach Advisory Team.

Ongoing management and coordination of the ESNZ Coach scheme is the responsibility of the CDM and the ESNZ National Office; program delivery and assessment of candidates is the responsibility of ESNZ-accredited Coach Educators.

ESNZ National Office responsibilities:

- To develop the ESNZ Coach training program, and to train and accredit ESNZ Coach Educators
- To enrol candidates in the ESNZ database and to provide workbooks and resources to enrolling candidates
- To provide a certificate at the completion of the program
- To maintain candidate records for a minimum of seven (7) years

ESNZ Coach Educator responsibilities:

- To act in good faith, supporting the principles of the ESNZ Development Coach Program
- To set fees [NB: Coach Educators are generally freelance and fees are expected to vary]
- To make arrangements with candidates to undertake practical training and assessment sessions
- To verify the successful completion of the skills and knowledge in the workbook and practical activities

Candidate responsibilities:

- To enrol as a candidate and purchase training materials from the ESNZ National Office
- To undertake learning and assessment activities contained in the workbook
- To liaise with ESNZ Coach Educators to complete all activities in the workbook
- To submit a COPY of the completed and verified activities to the ESNZ National Office to receive a certificate

## Learning and Training

The ESNZ *Coach Program* is designed to facilitate a “blended learning approach”, whereby activities and practical 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 Coach Development Manager and Coach Educators.

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.

Candidates will develop competency through a combination of methods, including:

- ✓ Reading the material in this Workbook
- ✓ Asking questions
- ✓ Observing others
- ✓ Practicing the skills in **practical, on-the-job situations**
- ✓ Completing the activities in this Workbook
- ✓ Completing the assessment activities in the Assessment Booklet to demonstrate skills

## The Candidate Workbook

The Para-Equestrian Coach Workbook is intended to be a learning tool to guide and support Dressage coach candidates undertaking **the Para-Equestrian Coach Endorsement**. It follows the syllabus and the program content, activities and information approved by the ESNZ Coach Advisory Team. The workbook, readings and associated links should continue to be a valuable resource for future reference.

This workbook is designed to be used as both a self-paced or face-to-face training resource. The Workbook provides candidates with the information and activities to develop competencies within this program and successfully undertake the assessment tasks found within.



### Activity

Throughout each module, there are **activities** as shown here. The requirements of each activity should be read carefully before beginning learning or assessment.

These are theory-based activities which require candidates to draw upon their experiences, apply information and consider creative solutions. As such, many of them do not have just a single “right” answer, but could have several interpretations.

The theory activities will be reviewed by and discussed with a Coach Educator.

**Use additional paper where required – just note the exercise and page number to help keep your papers in order**

## Assessment of Activities

Both the Theory and Practical Activities in this program may **only** be assessed by a Coach Educator accredited by ESNZ.

The Activities contained in this Para-Equestrian Coach Workbook are theory-based and cover aspects of sport, horse management and training, rider biomechanics, understanding needs of para-equestrian riders. They are learning tools to promote thought, learning and discovery. Many of them are not designed to have just a single “right” answer.

The Practical Assessment Activities are contained in the relevant level Coach ASSESSMENT BOOKLET and at the conclusion of this workbook. Candidates will be required to apply their learning from the workbook and the rest of the coach programme into practical coaching situations with a para-equestrian rider for the following activities: Risk Assessment, Session planning and Coaching an individual – Para Dressage.

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)
- ✓ Multiple assessment attempts, if required
- ✓ On-the-job assessment in a practical/real Equestrian environment

Note: Based on the principles of competency-based training and assessment, the duration of the ESNZ Development Coach Program will vary, depending on the learning needs and styles of the candidates.

**It should also be noted that 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.**

## Completion of the Program

Upon successful completion of the activities, candidates shall send a COPY of the Coach Educator Verifications to ESNZ. ESNZ cannot be held responsible for the loss of any original documents in the post.

Candidates will be awarded the Development Coach Certificate in the disciplines they have completed and will be invited to register as an ESNZ Development Coach in those disciplines.

Only registered ESNZ Coaches are eligible to advertise as an ESNZ Coach and receive other benefits from the ESNZ Coach scheme.

## Readings and References

### Compulsory and suggested Reading/viewing –

Texts and other documents relevant to the topics are listed within the workbook.

## Suppliers of equestrian books

Hooves and Paws Books (NZ) [www.hoovesandpawsbooks.com](http://www.hoovesandpawsbooks.com) 09 8109 169

Fishpond (NZ) [www.fishpond.co.nz](http://www.fishpond.co.nz)

Tuxedo Bookshop (AUS) [www.tuxedo.com.au](http://www.tuxedo.com.au) (remember to factor in AUS-NZ exchange rates)

Amazon (USA, Canada, UK) [www.amazon.com](http://www.amazon.com)

# Para Dressage

In this Endorsement module, candidates will learn about the structure of para equestrian sport in New Zealand, the classification and grading of riders for competition, Special needs of riders with disabilities and how this might affect lesson planning, the use of compensatory aids, assessing suitability of mounts and horse/rider fit, training the horse for alternative aids and the para rider, physical preparation and biomechanics of the rider. Candidates will practice and demonstrate various theory and practical competencies of coaching up to Second-Level dressage in a real “on the job” practical Para - Dressage coaching environment with development level Para Dressage riders.

Candidates are required to refer to the compulsory text/s, read widely and consult with their Coach/Coach Educator and take their own notes in order to prepare for and complete the activities.

## **Topic 1 – About Para-Equestrian Sport**

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Pathways for Riders with Disabilities  
Classification system for riders with disabilities – grades and how riders get classified

## **Topic 2 – Disability awareness and lesson planning**

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Lesson plans for para-equestrians  
Understanding various disabilities  
Side effects of drugs and illness pertaining to riding and learning

## **Topic 3 – Compensatory Aids**

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## **Topic 4 – Physical Preparation of riders and rider biomechanics**

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## **Topic 5 – Suitability of Mounts and assessing horse/rider fit**

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## **Topic 6 – Training the horse for the para rider**

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## **Topic 7 – Safety and Welfare Requirements**

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Facilities  
Gear Check  
Emergency Procedure/Risk assessment and safety planning  
Horse and Rider Assessment

## **Glossary**

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