



# Coaching in Pony Club Tasmania

PCT Chief Coach Panel Forum Presentation  
2019/2020

by PCT National Chief Coach  
Representative: Marisa Hall 29/08/'20



Photo: PCT coach Carol Hobson with Jamie Smith from Birralees Pony Club.



# The PCT 2019/2020 Chief Coach Panel

- ▶ **Northern Zone Chief Coaches:** Hayley Atkins + ZTCO; Alana Blackman; Marisa Hall + PCT's CCP State Chief Coach + STCO.
- ▶ **Southern Zone Chief Coaches:** Elisabeth Elliot; Meegan Daun; Kim Sly; ZTCO – Gaylene Brouwer
- ▶ **North West Zone Chief Coaches:** Dianne French; Jean Treloar + ZTCO; Lucinda Alexander
- ▶ **PCA Coaching Advisory Council (CAC),** PCT's National Representative – Marisa Hall

## **COACHES 4.11.1 PCT Handbook**

Coaches are the backbone of the Pony Club. Anyone accepting the job of coaching should realise that they must keep up with modern trends to be fair to themselves and more importantly, to the Pony Club members.

4.11.2 Qualified coaches and Panel members are listed on the PCT website. To remain on the register, coaches must be active within the movement, and they must attend current refresher courses and complete the Coaching Activity Record

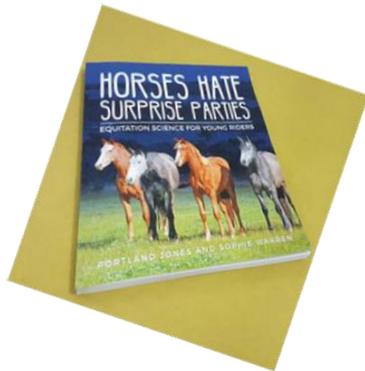
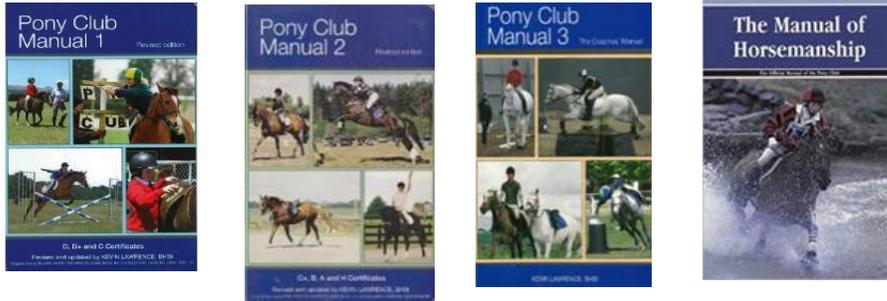
4.11.3 Chief Coaches' Panel (CCP) The CCP shall consist of two to three chief coaches appointed from each zone as outlined in the Constitution. Their position descriptions and duties can be found in Section 3 of the PCT Handbook.

The PCT Board ratify suggestions and recommendations from the CCP.

## **Summarised Responsibility of CAC:**

The structure and delivery of PCA Coaching.

# PCA Learning Resources: #embracing change#



- ▶ PCA Syllabus of Instruction - can be downloaded from the PCA website. (ensure it is the current one)
- ▶ PCA Proficiency Manuals
- ▶ PCA Coach Companion Documents
- ▶ Adult Proficiency Manuals
- ▶ PC classic & new reading material
- ▶ Online: YouTube, videos, webinars

# Old Efficiency Manuals

## ▶ **GENERAL CURRENT FEEDBACK to Clubs on the Old Efficiency Manual Testing System:**

Candidates completed workbooks and were generally competent with presentation, bits, knots, bandaging, 1<sup>st</sup> Aid Kits and most riding activities, **BUT many** riders needed prompting with mounting softly and effectively from both sides of the horse; knowing the reason for and the different kinds of bridles and nosebands; being aware there are varied approaches to handling horses and different rugging methods for different horses; and having some independence and knowledge in knowing how to care for their horse, with family's help of course, until the vet arrived.

With higher tests; candidates completed workbooks and were generally competent with presentation, practical, 1<sup>st</sup> aid kit, and riding elements **BUT many** riders needed prompting with lungeing; and support with some horse care sections; when riders were tested there appeared to be a lack of understanding of the real world, practical feeding principles; factual identification of symptoms, and realistic responses to and effective treatment of horse problems/injuries or ways of caring for the horse until the vet arrived.

- ▶ These observations should be taken into account in supporting riders with this knowledge in the future. The new Proficiency Manuals have addressed many of these concerns through the detailed areas on Equitation Science.
- ▶ All three Zones have been attempting to ensure testing is completed by riders on the old Manuals by at least February 2021.
- ▶ If riders appear in the network with old manuals after February 2021; they can stay with them but – they will be tested following the new Proficiency manual assessing system and will need to become familiar with the current Syllabus and the Marking Guidelines/Criteria on the PCA website.



# Equitation Science

One of the new concepts to coaching and to Pony club is “Equitation Science”.

Equitation = the art and practice of horsemanship & riding

Science = knowledge

Equitation Science - To inform and improve current horse training practices through the latest evidence-based practical and theoretical knowledge in order to enhance human safety, horse welfare and training efficiency.

Equitation Science is designed to try and simplify the training process for all and break it down into points.

It is based around understanding and predicting horses' behaviour; identifying discipline and the Science behind managing and riding horses. These scientific studies enable us to know how to prioritise situations, even to how to use the reins and legs more effectively when the horse is lead and/or ridden.

# Sustainable Equitation

- ▶ Sustainable Equitation is about small footprint horse training. It's where ideas and discoveries about ethical training of the horse, the rider as an athlete and the wider community are interrelated. **It's about training the less than perfect horse, being aware of horse welfare and the rider staying safe and healthy.**
- ▶ **Why?** - Safety with horse riding has become an issue. It has been documented Australia wide that the highest injuries with children are horse related.
- ▶ **So?** - It was recognised that there was a need to develop horsemastership in riders and find a way to help people who don't have a background in understanding horses. Pony Club is youth based and there's a responsibility to protect our riders. It's been noted that there's not generations and generations of horsemanship being passed down and thus there is an opportunity through pony club to educate families and riders the dangers associated with horses and understand sustainable training methods. Another extreme is in an adult sense, where many horse vets sustain serious injuries ... even though they have been academically trained, they don't necessarily understand horse behaviour. Dr Andrew McLean has been leading lectures for vets and the police in many countries on horse behaviour alongside with demonstrating how to train horses to be responsive on demand in serious situations and being mindful of the welfare of the horse and the safety of the handler/rider.
- ▶ **Dr Portland Jones and Dr Andrew McLean were employed by PCA to revise the PCA Learning Documents and the NCAS Coaching texts to include the practices of Equitation Science and Sustainable Equitation; e.g. the Syllabus, Proficiency Manuals.**
- ▶ **POINT of INTEREST** from these training practices:  
**Rule of 5- it takes horses 5 times of doing something before they learn, see below.**  
Training Scale:
  - Basic attempt
  - Obedience - immediate response from a light aid
  - Rhythm - tempo maintain speed and stride length
  - Straightness - maintain line and straightness
  - Contact - outline, impulsion, engagement and collection**Proof - does it when ever and where ever**

## PREPARING for the new Proficiency Manual Testing System:

**Riders**, where possible, to be grouped in proficiency levels at Pony Club and work their way up through the levels guided by the Club Coach/Club Test Coordinator/DC.

**Proficiency Manuals are purchased** from PCA website.

**Assessor Marking Guidelines** for each test are available to view on the PCA website.

**Most** Test Examiners Australia wide will follow this format – you will notice there is a blend of the old and the new.

**PCT Test Examiners** are listed in the PCT Official Panel on the PCT website.

**Equitation Science** elements in the new manuals are areas coaches, instructors, examiners, volunteers, the riding community, families and riders are becoming familiar with as there have been clinics, online videos, and webinars.

**Examiners/Assessors** booked for the testing will not collect the new Manuals anymore, as there are limited response areas. C and higher candidates will send their online Q & A completed worksheet to the booked Examiner before their practical test.

**Just waiting** for PCA to release the Q & A worksheets for the C and above Proficiency levels.

**Test Examiners** will also probably add their individual touch to testing days which most likely will be quite comprehensive; and booked Examiners will be available to discuss Recognition of Current Competency and consider current video footage.

# New Proficiency Manuals



# Steps for Proficiency Testing following the Old and New System

**TEST NOMINATIONS:** Candidates must be well prepared and able to meet the criteria of the test they are sitting for. Age is flexible now.

**E and D** Candidates are only encouraged to purchase the Proficiency manuals. **D\*** should purchase the Manuals as the information is more detailed. Clubs organise E, D and D\* tests themselves. There is no fee. **Any competent club instructor or official may test E,D,D\* and can start using the new Assessor marking Guidelines on the PCA website.**

Nominations for all other tests shall be submitted on form 10.4.1. They will not be accepted unless accompanied by the fees.

**C, C\*, K, B and A** are expected to purchase the Manuals. The new B Proficiency Manual is available and the A will be late 2021, so, A candidates will stay with the PCV A manual for now. **C and above will complete Q & A worksheets online with the new manuals.**

**C** tests are conducted throughout the year as necessary, so nominations may be made at any time. Clubs apply to their ZTCO (Zone Test Coordinator) giving the numbers to be tested and the ZTCO organises a date, venue and books the Examiners. **K and C\*** shall be made to the relative ZTCO each year accompanied by the fees made payable to the Zone.

**B and A nominations** shall be made to the relative ZTCO and State TCO each year on a separate form with fees payable to the PCT. The State TCO organises the date, venue and books the Examiners. Nominations for a higher test will be taken before a previous test is completed, however, candidates may not continue with the practical test until a lower one is passed. Fees for Tests shall be forwarded with the nominations to the ZTCO. (Fees may be subject to change)

## **NOTES FOR CLUBS:**

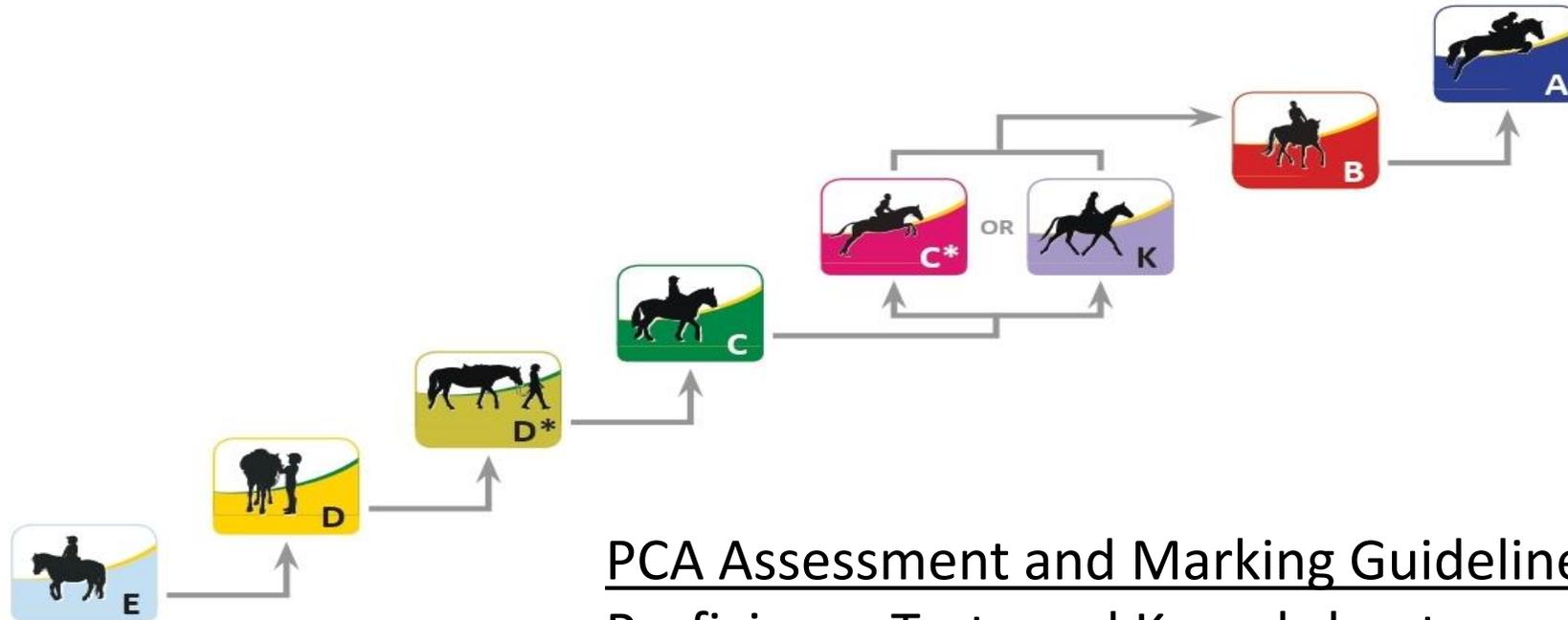
Ensure riders are given opportunities to practise required components of the Proficiency tests at rallies for 12 months or at least six. For the higher tests, riders should be seeking training and practice outside of Pony Club.

Many of the test candidates are younger now because the age is flexible in the Syllabus and the majority of the riders are basically competent, but all need the chance to refine their riding, understand the requirements expected and develop their skills to show confidence and proficiency in their knowledge and demonstrations.

Clubs should be following the PCA Syllabus, Proficiency Manuals, PCT Handbook and PCA/PCT policies – providing at rallies a balance of varied riding activities, along with the Olympic disciplines, theory, practical and horse management lessons. Equitation Science elements from the PCA Syllabus should be a part of rally lesson programs as much as possible.

Adult members may sit E, D, D\* and C Proficiency Tests.

# Proficiency Testing in the PCT Zones



PCA Assessment and Marking Guidelines for Proficiency Tests and K worksheets are on the PCA website for coaches, assessors, examiners, riders, families, and interested parties. The Guidelines summarise the criteria to be tested.

# Developing an Holistic Approach at Pony Club

- ▶ The PCT Jumping Equitation Clinic on 15<sup>th</sup> August 2020, run by Jo McFarlane and Judy Kilby, (David Quick couldn't attend because of Covid-19), offered jumping education in a controlled manner for riders and judges etc ... encouraging sound connections between horse and rider before competition and offering attendees a chance to observe clearly and learn the requirements needed for judging and best practice coaching. Thank you Judy and Jo for enabling this PCT educational, practical opportunity to go ahead.
- ▶ ALL three PCT Zones run a wide range of competitions **BUT** It would be beneficial if Clubs could approach their Zone to organise more clinics/workshops/events, on e.g. camp drafting, show jump course building and judging, Event Scoring, Polocrosse, Games, practical Equitation Science and Sustainable Equitation principles, Tetrathlon, Quiz etc, to offer more holistic, inclusive pony club activities to appeal to a wider range of members, and broaden the PCT ethos.  
**ALSO** future Course Builders, Judges and Coaches, Event organisers, ground preparation people etc come from the Pony Club ranks through families and riders – so Clubs need to ensure a range of activities are offered to promote education of these skills.
- ▶ Pony Club Members love the opportunity to be with their peers and like minded people to make connections, achieve goals, learn, have fun and enjoy riding their pony/horse at as many activities as they can on the day. To be fair to the horse, three ridden lessons is often enough and one lesson could be unmounted with or without the horse but it needs to be engaging and feel worthwhile for the member. Tasmania's weather often controls rally format at times though. Many clubs ask about what sort of practical activities/horse management lessons could be run – remember to follow the PCA Syllabus, Proficiency Manual criteria and PCT Handbook and the PDF has a range of ideas.
- ▶ Competition is healthy and promotes commitment and passion BUT many skilled riders don't compete and wish to enjoy Pony Club for what it can offer; so clubs need to remember to include them and broaden their rally formats.
- ▶ Club Coaches/DC's/TCO should clearly inform their coaches of what is required prior to the day and have a rally plan of riders grouped ability wise or proficiency wise to keep a stable group. Even a briefing with coaches before the rally begins to cover a range of details would be a supportive idea. As we know the groups are often mixed and coaches need to be flexible as the best plans don't always go smoothly – so connections, support and communication are important between clubs and coaches.



# Coaching and Rallies

**RALLIES:** Club rallies need to be well structured and organised.

Groups at rallies should consist of not more than eight, preferably six or less riders, and ideally keep standards and/or ages together. If possible do not put older beginners with a young age group.

It is not preferable for beginning coaches to instruct their peers.

Gear checking, for safety and correct fit, is held at the start of the rally day. Coaches also often run a gear check at the start of their lesson. Club Coaches should work closely with the DC and CCC and CTCO.

Riders are encouraged to sit for certificates and progressively work through the Syllabus achieving each level before they move to the next, so that they become proficient at that level.

Not everyone wants to sit certificates, but opportunities should be clearly offered.

Only Coaches who have paid PCT Club insurance are permitted to mount a member's horse (before or after the rally) AND it should be referred to the DC/CC/ZTC beforehand and permission sought from the owner/s, parents, rider etc.

Coaches shall be familiar with the Syllabus and with PCT Handbook Section 4 which deals with Coaching and Proficiency tests and should attend coaching refresher courses.

If riders or parents feel there is an issue with a Coach – the DC and /or Club Coach should be consulted immediately. It is the CC's and/or DC's position to deal with queries fairly. Parents should never interrupt lessons, as riders' safety and position in the group is under the Coach's authority. Riders; if riders have to leave a group, they inform the Coach politely of their intentions and report directly to the CC and/or DC so they are also aware of the rider's plans or concerns.

**JUMPING HEIGHTS:** Recognised, skilled Volunteers with jumping experience can coach jumping to 80cm.

NCAS PCT Preliminary Coaches can coach up to 65cm; PCT Level 1 Coaches up to 95cm; Level 1 PC Coaches who wish to coach riders jumping up to PC A Test and Grade 1 Horse Trials and Show jumping level need to apply for this on a PCT Jumping Extension Form from the PCT Handbook.

EA Intro coaches can coach poles on the ground. EA Level 1 can coach set jumping heights re their qualification.

Riders should be able to be challenged and having the controlled coaching opportunity to jump one level higher is fine, if the rider has proven they are competent at their set height; e.g. if they are competing at grade 4, then training at grade 3 would be okay.



## More Tips:

### ► **COACHING FEES:**

Volunteer coaches may be within a club, or an invited experienced horseperson or may be in training for an accreditation. Volunteer coaches must present their WwVP Card and are covered by PCT's Club insurance for the rally day and can be offered a suggested travel fee of 34c a km, but do not receive a coaching payment.

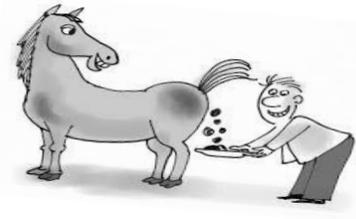
To gain a coaching payment: accredited coaches to hold a current WwVP Card and present their PCA/PCT/EA qualifications. If the coach holds a different current accreditation and requires payment, they need proof of their own secured insurance policy and their WwVPC. Qualified PCT Coaches and Official Panel are listed on the PCT website and EA ones on the EA website. Some professional tutors may charge a fee e.g. mechanic, farrier. Many coaches will ask for a travel fee as well.

► **PCT was hosting NATIONAL PPM GAMES in 2020**, but it was cancelled due to Covid-19. Thank you, Midlands Pony Club, for offering their support to help run this event.

Games – don't forget them and other equestrian sports: encourage PCT clubs to include games and other sports activities at camps and rallies. These activities develop horse and rider agility and are fun, build teamwork and connections. Even the dressage horse can trot through the bending poles and try controlled pace work. Pony Club is about general riding not just specializing in one activity.

Covid-19 makes some sports tricky, but people are innovative at thinking of ways to run these activities safely. The two PDF's on the PCT website give background information on how to become a Games Judge.

# CAC and PCA UPDATES



## Proficiency Certificates:

- Parasite Control contents in the PCA Syllabus + the Certificate manuals are National, and content must apply to all climatic zones. Best practice parasite control is paddock management, Faecal Egg Count then worm if necessary, rather than a prescribed calendar of anthelmintic.
- The new format PCA Proficiency Certificates will be distributed by PCT. (PCT Proficiency arm cloth badges are to be purchased by clubs from the PCT Treasurer)
- Deadline for assessments according to the old PCA syllabus has been extended to March 2021 for up to C\*/K level, recognising the disruption caused by COVID19.

## NCAS Coaching Program:

- It is not a mandatory requirement for NCAS coaches to hold a First Aid certificate **BUT** it is recommended that NCAS Level 1 Coaches coaching outside of Pony Club rallies hold one.
- The availability of a First Aid Officer for clubs needs to be managed by the club or event host.
- Work is continuing on the reformat of the NCAS Coaching manuals to remove duplication, improve clarity and structure. A draft of NCAS Preliminary and Level 1 Manuals will be viewed by the CAC.

**PCA LMS:** PCA has committed to establishing a Moodle site for rider, coach, and official education material. This site will be accessible by all PCA members and coaches and include video and written content, quizzes, and powerpoint presentations. PCA recognise the need to accommodate different learning styles and improve engagement between Pony Club days. Current videos and material from all states will be able to be loaded on to this site and accessible across Australia. It will have forums for candidates at each level to link up and discuss the syllabus. This will also be the site by which written 'exams' can be completed by candidates and then sent to the nominated examiner/assessor.

# PCT Education Courses

## **2020 PCT NCAS Coach Preliminary and Level 1 Courses and/or Refresher/Updates and Assessor/Examiner Meeting:**

ALL sessions ran via Zoom from 7.30pm to 9.30pm and 10pm:

1. NCAS Coach Update/Refresher 28<sup>th</sup> April '20
2. Two x NCAS Preliminary Course sessions: 5<sup>th</sup> & 7<sup>th</sup> May '20
3. Two x NCAS Level 1 Course sessions: 12<sup>th</sup> May '20 and Level 1/Update Refresher 14<sup>th</sup> May '20
4. 'Catch Up' Update/Prelim/L1 Course 11<sup>th</sup> June '20
5. Assessor/Examiner Moderation Meeting 18th June '20

**\*\*Remember accredited Coaches are listed on the PCT website and EA website.**



National Education Courses 2020:

Andrew McLean Equitation Science webinars and videos and EA Dressage Judging webinars

## **Future PCT NCAS Coaching Courses:**

- The PCT Pathway for NCAS Coaching Courses is on the PCT website under PCT NCAS Coaching Flowchart.
- More coaches courses may be held at the end of the year or early 2021.

## **How to become a PCT Judge for any Discipline, a Test Examiner, a Scorer, CB, etc?**

- Offer your support at events to observe and help an event official, e.g. pencil for a Judge, CB assistant, request mentoring with a Test Examiner and/or coach etc. Get plenty of experience. Become informed and look up resources on PCA website and other states and the PCT website. Then approach a Zone Chief Coach to organise completion of 'PCT Form 10 - Application to be Included on the Official PCT Panel' which goes to the CCP and PCT Board to be ratified.

**\*\*Remember PCT officials are listed on the Official Panel on the PCT website**

# New PCT NCAS Coaches 2020

	<b>NORTH</b>	<b>NORTH WEST</b>	<b>SOUTH</b>
<b>PRELIMINARY COACHES IN TRAINING</b> - to complete Assessment or complete Paperwork/Payment	Ellie Gillow, Tori Hood, Courtney Hill, Georgia Elias, Chloe McFarlane, Kate Chugg, Bethany McGregor, Pip Ebbelaar, Bethany McFarlane, Jo Bradley, Gabriella Franklin, Courtney Hill, Melissa Burr, Katrina Whelan, Georgia Elias, Belinda Oakley,	John Lucas, Leighton Poke, Lydia Rigby, Kelsey Bramich, Candice Foster	Sascha Stephens, Ebba Herrlander -Bergenson,, Amy Grubb, Emily Triffet, Shevaugn Murray-Driver
<b>Accredited NCAS PRELIMINARY COACHES</b>	Toni Furlonge, Luke Ebbelaar	Tayla Smith,	Jo Jones, Monique Elliot, Sabine Graham, Rachel Deal,
<b>SPECIALIST COACHES in TRAINING</b> - to complete Assessment or complete Paperwork/Payment	GAMES in training - Amy Douglas		
<b>Accredited SPECIALIST COACHES</b>	<b>GAMES</b> – Alana Blackman		
<b>L1 COACHES IN TRAINING</b> - to complete Assessment or complete Paperwork/Payment	Sharyn Jones, Toni Furlonge, Iain Hyde or L1 games, Luke Ebbelaar, Jessica Vander Vlist,	Georgia Pearce, Shantelle Radford, Michaela Van Roye, Learne McNamara,	Gaylene Brouwer, Rachel Deal, Jo Jones, Monique Elliot, Sabine Graham, Rebecca Norris,
<b>Accredited NCAS LEVEL 1 COACHES</b>	Isabel Gibson, Janina Strie	Mandy Loone-Wilson, Jo Conroy	

# PCT Official Panel Updates 2020

<b>PCT OFFICIAL PANEL UPDATES</b>	<p><b><u>NORTH:</u></b></p> <p><b>C Examiners:</b> Madelene Evans, Toni Furlonge, Tania Walsh, Julie Targett</p> <p><b>C*/K Examiners:</b> Hayley Atkins, Jessica Cowan, Susan Nicholls, Simone James,</p> <p><b>Probationary B Examiners:</b> Hayley Atkins, Jess Cowan</p> <p><b>ShJ:</b></p> <p><b>Prelim. Dressage Judge:</b> Sam Nast, Kylie Hall</p> <p><b>Novice Dressage Judge:</b> Simone James</p> <p><b>TD: In training for a PCT Level 1 TD -</b> Donna Griffiths</p> <p><b>Jumping Equitation Judges:</b> Kirsten Comrie, Julie Targett</p>	<p><b><u>NORTH WEST:</u></b></p> <p><b>C Examiner:</b> Jo Conroy</p> <p><b>Prelim Dressage Judge:</b> - Jo Conroy</p> <p><b>Jumping Equitation Judge:</b> - Sue Andrzejczak</p>	<p><b><u>SOUTH:</u></b></p> <p><b>C Examiners:</b> Carolyn Kitchener/Monty, Gaylene Brouwer</p> <p><b>C*/K Examiner:</b> Camille Velnaar,</p> <p><b>Probationary A Examiner:</b> Claire Warren</p> <p><b>ShowJ Judge:</b></p> <p><b>Probationary:</b> Carolyn Kitchener</p> <p><b>Mounted Games Judge:</b> C. Kitchener</p>
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# Future Goals of PCT Coaching

- ▶ **10 TRAINING PRINCIPLES of Equitation Science:** Suggestion - start at E Proficiency level for all groups, families included too, and over time ... look at it bit by bit, not the whole outline all at once and this will allow coaches, families, members and riders to become familiar with the principles without pressure and have time to fully understand it.
- ▶ The excerpt of the article on the left is on the PCA website. Thankyou to Carol Hobson for allowing her notes on the PDF extrapolating the 10 Principles to be shared.
- ▶ Clubs please offer new Coaches opportunities to have coaching experience
- ▶ Waiting for PCA to release the online Q & A worksheets for C tests and above for the new Proficiency Manuals
- ▶ PCT has representatives on the PCA Discipline Committees who present regular updates to the PCT Board
- ▶ Watch PCT website for upcoming 'Equitation Science Practical Practice and Lungeing Clinic' in each Zone.
- ▶ PCA is organising an Andrew McLean Equitation Science webinar via Zoom in September '20 for coaches
- ▶ Following that, PCA proposes to have a forum whereby coaches can submit questions for Andrew to answer and have a live broadcast Q&A. It will be recorded too.
- ▶ NCAS Preliminary and Level 1 Coaching Manuals are nearing revised completion. Level 2 is still being collated.



Riders Toolbox - Training Principles - Carol Hobson's notes.pdf



Equ. Sc. Poster I.S. E.S. W.O.W..pdf

Remember everyone the great reference points below:

**PCT Website:** policies, events, contacts etc

**PCT Handbook:** for rules, gear check etc

**PCA Syllabus**

**PCA Proficiency Manuals**

**PCA Website:** updates and especially the Newsletter

**ISN'T PONY CLUB TASMANIA AMAZING?  
THAT'S THANKS TO YOU and ALL WHO SUPPORT PCT.**

