

Newsletter

A Big Thank You!



To all Coaches who have completed our recent survey. Your input is highly valued and we are collating and analysing the results. Feedback will be shared in our next newsletter.



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April - June 2024

SOME UPCOMING EVENTS-FOR FULL SCHEDULE FOLLOW THIS LINK

WWW.MYRDA.ORG.UK/EVENTS

19th April - Safeguarding for Equestrians

Virtual / Other dates also available

25th April - Grooming and Tacking Up/Untacking

RDA National Training Centre, Shrewley, Warwickshire

13th May - Handling difficult conversations with volunteers hosted by Jenny Whyte - (Volunteering & Involvement Lead at Crisis)

Virtual

21st May - Pre Coach Training Course

Virtual / Other dates also available

12th June - The Diversity Trust Lunch & Learn Session - Autism and Neurodiversity in the Workplace

Virtual

Who to contact in the Coaching Team:

Responsibilities may change, but we will communicate this if so.

Emma Briggs

- Carriage Driving contact
- External relationships
- Policies & Procedures

Jo Hayward

- Coaching Conference contact
- Pathway content

Rebecca Heath

- Coach Developer development
- Regional/ County roles

Luke Robinson

- Administrator of coach registrations, coach reviews and coach assessments across all disciplines
- Coach record updates and exemptions
- Coach Facebook group/ general queries
- Activity leader queries
- Creative Writing 2024 competitions contact
- Coaching Awards 2024 contact

Amy Nicol

- CPD event organiser
- Pathway journey queries
- Management of newsletter content
- Vaulting contact

Helen Hart

- PRCA & Advanced Coaches contact
- ASDAN
- E-Learning development
- Showjumping contact
- Endurance contact

spotlight
on.....

Emma Briggs NEW Head of Coaching

Emma has a range of equine coaching, teaching and assessing skills as well as a successful Dressage career including holding the List 4 Dressage Judge Exam. Emma holds prestigious qualifications such as an MSc in Applied Equine Science, BHSAI, BHSII, UKCC L3, QTLS – FE and HE lecturer, AI and VI qualified plus achieving a Senior Fellowship Higher Education Authority. Emma's two horses compete in Regional and National competitions. Emma's desire to keep learning has not diminished as she is now completing a PhD in haylage.



Carriage Driving



FORDE ABBEY CARRIAGE DRIVING GROUP

VISIT MARK BROADBENT'S FENIX CARRIAGES & DRIVING CENTRE
FOR A TRAINING DAY

In November 2023 The Forde Abbey Carriage Driving RDA Group took a group of participants, coaches, volunteers and family members to visit the Mark Broadbent's Fenix Carriages & Driving Centre in Clayhidon, Devon.

The purpose of their visit was to receive valuable training in a workshop day covering parts of the horse, the harness and harnessing up. Six members of the group were able to drive Mark's wonderful pony with him around his enormous arena!

Within the centre there is a carriage museum with a number of carriages that Mark has lovingly restored. After a tea and cake break Mark entertained them with the history of many of the carriages and the interesting stories that go with them.

Forde Abbey were able to access this wonderful training day through receiving funding from the Stella Hancock Award. The purpose of the award is for Carriage Driving Groups to provide training for their volunteers. The awards are up to the value of £250 and applications received will be considered on an individual basis.

Groups may apply once per financial year and are required to submit a comprehensive report following the receipt and use of the award. If you would like further details or to apply for the Award please email: coaching@rda.org.uk



ANSWERING THE FAQs

HOW TO PROGRESS FROM GROUP COACH TO COACH

- Group Coach must coach under supervision at two different groups.
- Ensure all modules have been completed and signed off.
- Group Coach is then ready to contact their Regional Coach to arrange an assessment.
- The Group Coach is assessed by a Regional Coach, County Coach or a Coach Developer.
- Assessment comprises of an individual session, a group session and an equine assessment.
- Once passed, the Coach is able to coach unsupervised and take sole responsibility for RDA sessions in any RDA Group.



RDA NATIONAL CHAMPIONSHIPS

12th - 13th July 2024



We are excited to be presenting the 2024 RDA Coaching Awards at the National Championships. Entries will be open from the 12th April and nominations can be found [here](#).

Get together for RDA Coaches at the RDA National Championships



We are planning to run drop in sessions for RDA Coaches at the National Championships. It's a great opportunity to join with other RDA coaches to share experiences, discuss ideas and meet the RDA Coaching team in person. We shall send out all the information you need in the next couple of months.

Certificate of Competence

For Qualifiers and Championships, Group Coaches that are attending and coaching must have a Certificate of Competence signed by their Group Trustees. The link for the form and Q&As can be found [here](#).

As our coaches have a wide range of experience, we would like to empower them in volunteering to assist their participants at large championship events. However we are mindful that the majority of our RDA Group Coaches may not have a great deal of experience in coaching outside their usual venue. Coaches with their Coach Certificate will be confident at risk assessing and managing participants in a number of different environments.

Regional Qualifiers are busy and at the Championships we are expecting 250 horses and 900 people, with a large atmosphere. We are aware that participants and equines may also feel and act differently at a large event and that coaches need to be confident to deal with this.

We define "coaching" in these circumstances as "supervision and responsibility of horses and participants in the competition setting and associated transportation/horse management/stabling."

We are happy to help if you have further queries, please do email or call the team at RDA UK. Thank you to everyone who has sent their forms back already!



Have you ever tried Vaulting?



Vaulting is a specialist activity within RDA and although in theory any group can apply to offer vaulting to its participants, there is a fair bit of specialist training and preparation that the group will need to do first. For accurate and up to date advice please visit the [myRDA website](https://www.myRDA.org.uk) and make contact with the appropriate Vaulting Rep. It would also be a good idea to be in touch with an existing BEV or RDA Vaulting Group to learn more about the sport and how it can help people with disabilities. Remember that you will need the support of your Trustees to include Vaulting in your activities.

Introducing.....

The Coaching Team at Brook Cottage Farm RDA Hertfordshire



Caroline, Louise and Hester are the three riding coaches at Brook Cottage Farm RDA. They instruct 35 riders in sessions on a Thursday. They are supported by a team of 25 volunteers. They met through the RDA, with Hester and Louise training together to be coaches with Herts/Essex Borders and Caroline joining a short while after.

Hester and Caroline, along with CD Coach Frank also run RDA carriage driving. Last May they took Freddie, a driving pony to the Royal Windsor Horse Show and came first in the RDA Fancy Dress as 'Theft of the Crown Jewels'. Last September they also had an ITV crew filming the Paralympian athlete, Anne Wafula Strike, as she experienced her first RDA carriage drive with the Group.

Hester's main interest is injecting creativity into coaching by adding theatrical fun. Some coaches may recall Hester's 'Creativity in Coaching' Zoom sessions from two years ago. She plans to do more sessions called 'Creativity in Fundraising,' where she will help coaches and volunteers develop the confidence and skills to put on their own customised events.

If anyone is interested, please let Hester know by email on hestertingey@hotmail.com

If you are a coach and would like to be featured in our newsletter we would love to hear from you. A description of your coaching journey along with a photograph and any special stories that you would like to share please email coaching@rda.org.uk

*"A good coach can change a game. A great coach
can change a life"*

John Wooden

