

RDA Showjumping Level 1

Coach Informal Mentor Record

A formal assessment is not required to coach level 1 Showjumping. It is recommended that coaches have either attended a National/Regional Showjumping training day themselves or work through the contents of this Level 1 assessment with a mentor/coach who has attended national/Regional Showjumping training before delivering any L1 showjumping sessions; this includes going over poles on the ground in light seat. (Zoom training is also acceptable.)

Coaches must have read the Level 1 guidance information, including the video found on the website before starting any showjumping sessions.

Coaches who wish to progress to Level 2 must have a copy of this in their passport or have attended a training day prior to assessment.

Key Skill Areas	Covered
1. Risk assessment of riding arena, weather conditions etc.	
2. Check fitting of tack, including specialist equipment and rider clothing etc.	
3. Warm up the horse or pony (unmounted) in walk, trot and over poles on the ground, showing the three stages of leading.	
4. Check the rider and horse/ pony combination	
5. Deliver a method of teaching riders the light seat position, with or without the aid of RDA-approved tack, whilst being led/ unled in walk	
6. Work the riders over single poles in walk, ridden in the flatwork or light seat position, whilst led or unled, with the rider showing a light contact when riding over poles	
7. Show improvement in the rider's ability to control the horse or pony whilst working over poles placed in straight lines, circles and changes of direction, whilst led or unled. The rider can perform this while in the flatwork or light seat position, in walk	
8. Coach the rider to be able to complete a course of 4 poles on the ground, paying attention to improving the rider's ability to ride correct lines on the approach to, and after, the fence. Whenever possible, ensure the rider maintains the light seat position whilst riding over the poles	
9. Maintain the health and safety of all participants	
10. Coach is familiar with all current guidelines on the website.	

Name:

RDA Group: **Region:**

Training attended:

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Name/role of Mentor Coach:.....

Signed:

Date:

Continued overleaf →

Mentor comments, advice and guidance: