

RDA Showjumping Level 4 Coach Assessment Record

The criteria set at this standard allow coaches to progress from Level 3. The outcome of this assessment will show evidence that the showjumping coach is experienced, confident and competent in coaching at this level. The coach must show that they are improving the rider's balance, control and effectiveness, whilst putting into practice the following key areas of skill. This assessment record may also be used by a Level 4 Showjumping Coach, to assess the rider's ability to compete at Graded ('para') competitions.

| Key Skill Areas | NYC | C |
|---|-----|---|
| 1. Risk Assessment of riding arena, weather conditions | | |
| 2. Check fitting of tack, including specialist equipment and rider clothing etc. | | |
| 3. Assess rider and equine combination, and discuss any rider contraindications and horse/ rider history | | |
| 4. Use warm-up exercises relevant to rider and equine needs (flatwork) | | |
| 5. Use warm-up exercises relevant to rider and equine needs (pole and grid work) | | |
| 6. Whilst watching the warm-up exercises, is the coach training a balanced and rhythmic trot/ canter? Is the rider riding the correct diagonal/ lead, and are they showing correct jumping lines? | | |
| 7. Has the coach established a rider who shows a balanced flatwork/ jumping position, whilst working in harmony at all times? | | |
| 8. Complete a course walk, with the rider either mounted or dismounted, and discuss jump-off options, to further the rider's ability to progress to Level 5. Ride the Level 4 course, following the course plan (or jumping lines if the arena is too small) | | |
| 9. Include a single upright and spread jump, to evaluate the rider's ability to warm up the equine. Continually evaluate the rider's progress, and give feedback, simulating a show warm-up environment. | | |
| 10. Before allowing the rider to jump a course of jumps, make sure that the height is set appropriately. | | |
| 11. The course should include a two-stride double, a series of uprights with fillers, planks and spreads. The height of each jump must be no lower than 60cm, and no higher than 70cm, and the spreads no wider or higher than 60cm. When coaching at this level, start the jumps at a lower height, so that the rider can show competence, and then raise the jumps to the maximum height. See Level 4 course plan for more details, if preparing a rider for Level 4 competition. | | |
| 12. Be able to state a list of basic competition rules, relevant to RDA Showjumping competitions | | |
| 13. A Start and Finish will need to be used, to ensure the rider is aware of riding both markers and appropriate start signals discussed – i.e. bell or flag | | |
| 14. The coach's passport and safeguarding certificate have been seen | | |

Name:

RDA Group: Region:

RDA/BS Qualifications:

Competent in coaching at Level 4? YES / NO (please circle as appropriate)

NO: If not yet competent, agree and record future actions overleaf, to achieve competence.

Continued overleaf →

YES: If competence has been shown, comments and a copy of this form should also be included in the coach's passport, and another copy must be sent to the Showjumping Co-ordinator at RDA National Office.

Name of Assessor:
(*RDA Lead Showjumping Coach or RDA Showjumping Representative*)

Signed:

Date:

Assessor comments, advice and guidance: