

Assessment Criteria for Vaulting Coach Certificate

Capability	Action Required (development needed)	Capable (minimum criteria)	Proficient
Pre-session Checks			
Check Passport	Not all modules completed and up to date. No plan shown	All required modules / certificates present	All required, plus further modules and/or external certificates present.
Health and Safety	No understanding of basic safeguarding principles, accident reporting, appropriate clothing or safe moving of equipment, barrel etc. No First Aider present	Understanding of basic safeguarding principles, accident reporting, appropriate clothing and safe moving of equipment, barrel etc. First Aider present.	Safeguarding course completed. Understands accident reporting and can confidently talk about appropriate clothing, safe moving of equipment, barrel etc.
Prepare to Vault	At risk leading a horse/ pony. Doesn't know how to tack up, put on boots or bandages, or check/adjust side reins or girth. Cannot identify signs of worn tack.	Able to lead a horse/pony. Knows how to tack up, put on boots or bandages and check/ adjust girth. Can adjust side reins appropriately. Can identify worn tack	Confident handling of horse/ pony. Able to tack up, put on boots or bandages, and check girth and side reins. Understands different types of rollers and has basic understanding of side rein use. Can identify worn tack and stitching
Prepare to Lunge	Unable to lunge	Can demonstrate simple lunging experience	Has passed RDA lunging certificate
Session Plan	Not able to plan a session or identify goals for participants	Able to show understanding of lesson plans and is able to identify participants' goals	Can prepare written session plan; identifying goals
Risk Assessment	Unable to identify potential risks in the session. Doesn't know the purpose or structure of a risk assessment.	Able to identify potential risks. Understands the purpose of a risk assessment	Can prepare a written risk assessment. Understands purpose and demonstrates knowledge of mitigation
Selection of Equines	No awareness of vaulting horse suitability	Able to identify basic characteristics of a vaulting horse i.e. temperament, size	Demonstrates, with reasoning, suitability of vaulting horse for a session
Mounting and Dismounting			
Safe and Effective Mounting and Dismounting	Inappropriate method of mounting or dismounting vaulters. Doesn't understand own limit for legging up	Can explain appropriate method of mounting and dismounting vaulters. Use of leg up on barrel or horse. Understands own weight limit for legging up	Can demonstrate and explain appropriate methods of mounting and dismounting vaulters. Use of leg up on barrel or horse. Understands own weight limit for legging up
Mount to Basic Seat Technique	No understanding of basic mechanics of mounting	Understands basic mechanics of mounting. Head placement, going over handles and outside leg up and over.	Understands and can begin to improve, by coaching techniques, for basic mechanics of mounting.
Knowledge and Rapport with Vaulters and Volunteers			
Preparation & Communication	Disorganised in session/ unprepared with activities. Unsure of how to effectively communicate with Vaulters.	Organised in session and prepared for activities. Able to communicate with Vaulters and volunteers.	Actively organises session, being prepared for activities. Is able to confidently communicate with Vaulters and volunteers and build rapport.

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Leadership	Shies away from leading activities, unable to control activity.	Able to lead activities within session.	Confidently and autonomously leads activities.
Medical Conditions	Inadequate knowledge of Vaulters medical conditions and any contradictions taking part	Application form / record seen and understood. Know where to go for advice and help. Know contraindications and precautions.	Able to relate medical conditions to Vaulters and how to adapt session accordingly.
Volunteer Involvement	Doesn't engage with or ask for assistance from other volunteers.	Good rapport with volunteers, involving them and seeking feedback.	Interacts with volunteers to support activities. Able to guide volunteers in supporting sessions. Is of knowledge that the coach ratio is 1:8 and two to three to assist the session including a first aider.
Coaching Skills			
Learner Centred Coaching Skills	Unsafe instruction. Lacks ability to give clear instruction.	Safe, positive and clear instructions. Demonstrates different learning strategies i.e. 'show and tell', set up and stand back	Highly skilled at creating a positive environment. Adapts to suit each individual and uses a variety of questions to check understanding. Quickly able to diffuse difficult situations.
Listens	Poor listening skills.	Listens to the feedback from the Vaulters and volunteers.	Uses a range of well-structured questioning methods to engage Vaulters and volunteers.
Encourage and Reward Positive Behaviour	Focus is on negative behaviour, rather than reinforcing positive behaviour.	Reinforces positive behaviour. Treats volunteers, participants and equines with respect.	Skilfully rewards positive behaviour. Treats volunteers, participants and equines with respect
Technical Instruction			
Position & Posture	Poor or incorrect position of Vaulters on the horse/barrel. Lack of understanding of balance, security or straightness.	Correct position of Vaulters on the horse/barrel. Understands balance, security and straightness.	Makes and uses exercises, or makes simple changes, to improve position.
Warm up & cool down	Lacks understanding of principles of warming up or cooling down. Unable to outline exercises that could be used.	Understands principles of warming up/cooling down. Able to demonstrate exercises that could be used, and their benefits to Vaulters.	Able to lead warm up, with a good number of static and dynamic exercises, and their benefit to Vaulters.
Compulsory Exercises	Unaware of Pre-Novice Compulsory Exercises or how to safely approach and depart from the horse/barrel.	Can take a Vaulters through Pre-Novice Compulsory Exercises and how to safely approach and depart from the horse/barrel.	Can support a Vaulters to make basic improvements to Pre-Novice Compulsory Exercises.
Freestyle	Not able to design a simple 1.5 minute freestyle.	Can design a simple 1.5 minute freestyle for up to two Vaulters on the barrel. Effective group control.	Can design a 1.5 minute freestyle for up to two vaulters on the barrel. Understands basic scoring system. Effective group control.
Summarising Progress and Achievement			

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Goal Setting	Unable to identify any goals or targets.	Able to describe and identify goals for participant or self.	Able to describe and identify goals for participant or self and how they are going to achieve them.
Feedback	Unable to give participant some feedback on the session. Poor response to feedback on own performance.	Able to give Vaulter some feedback on the session. Able to reflect on feedback on own performance.	Able to give participant some feedback on the session and asks questions to receive feedback or build upon participant feedback. Receptive to feedback on self.
CPD	No training attended	Has taken part in relevant training	Active in creating own CPD opportunities