

RDA Showjumping Level 3 Coach Assessment Record

The criteria below are only to be assessed by a qualified RDA Showjumping Assessor. All prospective Level 3 coaches must have attended an RDA Showjumping training day, prior to the assessment, to ensure that they have been adequately prepared for this level.

The RDA Level 3 Showjumping programme has been designed for coaches who have been successfully assessed to deliver Level 2. Coaches are encouraged to use steps 1 – 11 when delivering this level, so each area of the rider's ability can be assessed to evaluate progression. The importance of the rider maintaining the jumping position in trot and canter is paramount, before allowing them to jump at this level.

Key Skill Areas	NYC	C
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 canter, if applicable		
4. Check rider and horse/pony combination		
5. Show improvement in how the rider controls the horse or pony in a balanced jumping position, in walk and trot, using a variety of pole work exercises		
6. Assess the rider's ability to canter. Once balance has been shown, the jumping position can be taught in canter, and pole work can be introduced. A light rein contact must be shown at all times at this level, when working over poles and jumps		
7. Once the rider can maintain a balanced jumping position in trot and canter during pole work, a jump can be introduced. This could be a cross pole, with the pole resting on the wing not exceeding 24" (60cm)		
8. A second jump of the same height can be added on the same side of the arena, or on the other long side. The height and design of the jumps must not exceed 2' (60cm) at the middle of the pole. The rein should be changed to jump in both directions		
9. Additional jumps can be included, with the height of the jumping not exceeding 2' (60cm). A total of five jumps can be used, which should include a jump across the diagonal, to show a change of direction. Balanced, rhythmic, effective transitions may be required at this stage, with the rider showing where to change lead legs in the appropriate part of the course		
10. A spread jump must be part of the course. This will prepare the rider if they are working towards the showjumping proficiency tests or qualifiers for the RDA National Championships. It is advisable to practice coaching the rider over a spread on the long side of the school. Rider effectiveness and progression should then be judged by placing the spread across the diagonal. The front part of the spread should be a cross pole, with the poles resting on the wings not exceeding 24" (60cm). The width of the fence must not be more than 2' (60cm)		
11. Maintain the health and safety of all participants		
12. The coach's passport and safeguarding certificate have been seen		

Name:

RDA Group: **Region:**

RDA/BS Qualifications:

Session reviewed: **Number of riders:**

Continued overleaf →

Competent to coach at Level 3?

YES / NO

(please circle as appropriate)

Reviewed 1219

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

YES: If competence has been shown, comment as appropriate in the coach's passport. A copy of this form should also be included and another copy must be sent straight away to the Coaching Team at RDA National Office.

Only those who have been assessed as competent at leading will have their passport / RDA Green Card signed. This will qualify them to lead in an RDA session.

Name of Assessor:

(RDA Showjumping Assessor, or RDA Level 3 Showjumping Coach in an existing, approved SJ Group)

Signed:

Date:

Assessor comments, advice and guidance: