



HORSE SPORT IRELAND

HSI COACHING PROGRAMME

Good Coaching Makes a Difference



HORSE SPORT IRELAND

Horse Sport Ireland
1st Floor, Beech House,
Millennium Park,
Osberstown,
Naas,
Co Kildare.

Ph: 00353 (45) 850800 - Fax: 00353 (45) 850850
Email: aobyrne@horsesportireland.ie
Web: www.horsesportireland.ie



HSI COACHING PROGRAMME

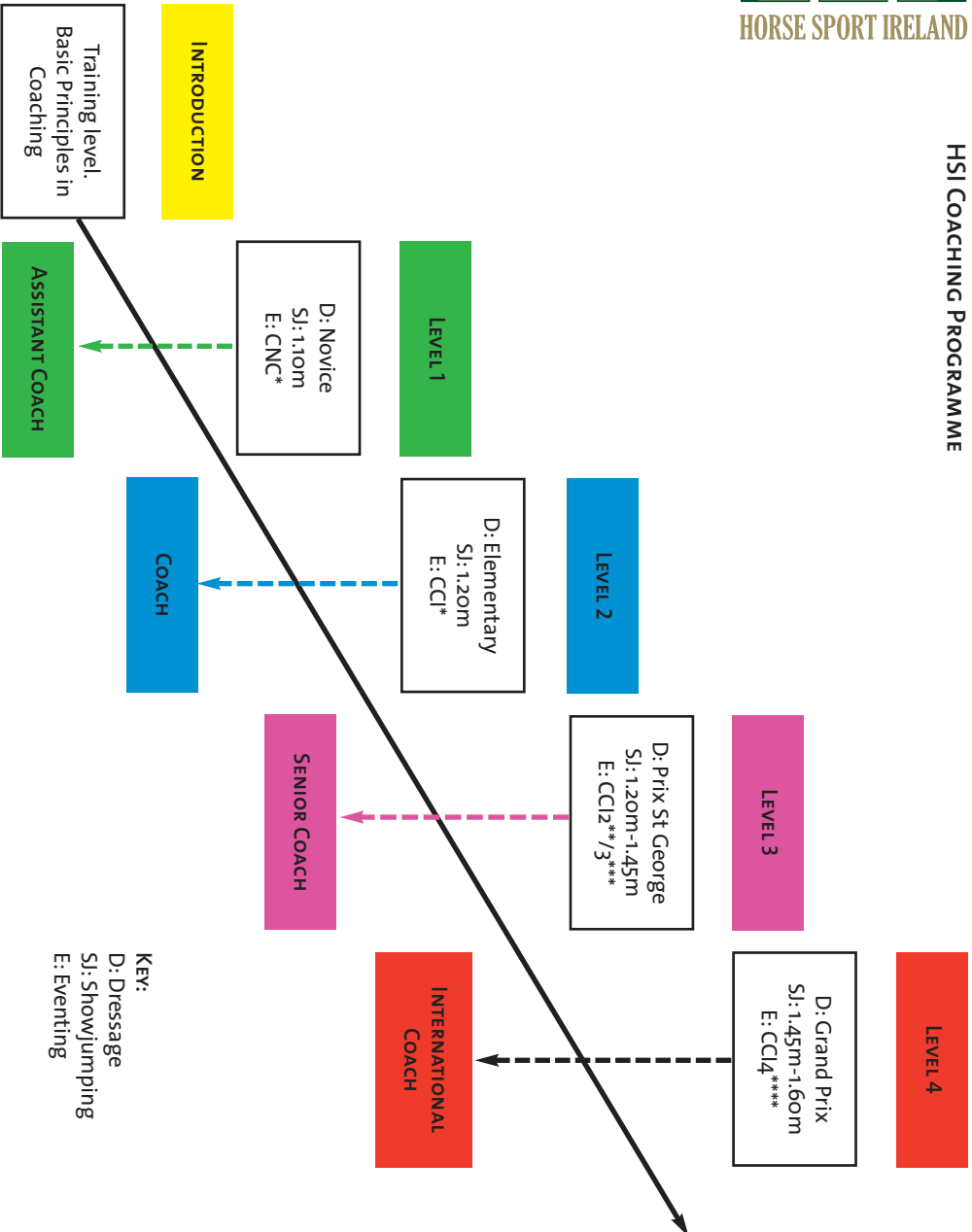


TABLE OF CONTENTS



HSI Coaching Programme	2
Introduction to Coaching	4
Why do Intro?	5
Level 1- Assistant Coach Course	6
Level 1 - What's Involved	7
Level 1 - Why should I do Level 1?	8
Coach Insurance	9
HSI Coach Insurance	10
HSI Coach Insurance Policy Summary	12
Level 2 - Coach Course	13
Level 3 - National Coach Course	15

INTRODUCTION TO COACHING COURSE



HORSE SPORT IRELAND

1 DAY COURSE.

To provide coaches, parents and young horse producers the basic skills and techniques to coach at training level. The course provides the initial step on the National Coaching and Development Programme (NCDP).



ENTRY REQUIREMENTS:

Participants should be 16 yrs of age or over.
Have a basic knowledge of horses & horsemanship.
Have any of the following qualifications:
British Horse Society Stage I & II
Association of Irish Riding Clubs Grades I & II
Irish Pony Club C
FETAC Horsemanship Level 2.

DURATION:

This 1 day (8 Hours) course, is very practical in its presentation. The theory sessions are completed in groups and the overall emphasis is on fun and enjoyment, while at the same time providing basic coaching principles.

CERTIFICATION:

A certificate of attendance will be awarded to those who attend the 1 day course. Participants and tutors will be asked to provide a written evaluation of the course.

INTRODUCTION TO COACHING COURSE

COST: €80

WHY DO INTRO ?



HORSE SPORT IRELAND

WOULD YOU LIKE TO MAKE A CAREER IN EQUESTRIAN COACHING?

This course is your first step on the Equestrian coaching Ladder. It will give you the basic principles of coaching, a detailed understanding of the HSI Coaching Programme and the work involved to become a qualified equestrian coach.

WOULD YOU LIKE TO BE ABLE TO HELP YOUR CHILDREN IMPROVE THEIR COMPETITIVE RIDING?

Having a better understanding of modern competition requirements, coupled with the basic coaching skills and principles of good communication, means you will be better equipped to assist your children.

WHAT'S THE DIFFERENCE BETWEEN THE HSI PROGRAMME AND OTHER FORMAL QUALIFICATIONS?

The HSI is a competition based coaching qualification, using modern techniques to improve both horses and riders performance. It focuses solely on coaching. You will not be required to ride at any stage. However, having previous equestrian experience does help you develop your eye as a coach.

TO APPLY:

From the internet: www.horsesportireland.ie

Follow the coaching link to download an application form. Complete the application form, (please enclose a photocopy of your qualifications if applicable) and return it together with the appropriate fee to HSI.

LEVEL 1 ASSISTANT COACH COURSE



HORSE SPORT IRELAND

The aim of the HSI Assistant Coach course is to cover the essential areas necessary to work competently as an Assistant Coach at novice level, with an emphasis on skill development, participation and enjoyment.

DURATION

40 hours, 4 DAY COURSE (2 + 2 days = 4 Contact days)

ENTRY REQUIREMENTS

Participants should be 18 years of age or over
Have a knowledge of horses and horsemanship
And/or, have any of the following qualifications:

- British Horse Society AI
- Irish Pony Club B
- Association of Irish Riding Clubs Grade III
- British Equestrian Tourism Ride Leader

HSI strongly recommend that participants who feel they may not be up to date with adult learning principles, should attend an HSI Introduction to Coaching prior to joining the HSI Level One course.



HSI LEVEL 1 ASSISTANT COACH COURSE

COST: €400

WHAT'S INVOLVED ?



HORSE SPORT IRELAND

TO COMPLETE THE HSI LEVEL 1 ASSISTANT COACH COURSE WHAT DO I HAVE TO DO?

ATTEND THE 4 DAY COURSE:

The course is split into two parts, each lasting two days. On the first 2 days all of the exercises are explained and demonstrated. The second part of the course also 2 days, is normally held 3-4 months later. This period allows coaches to work with the exercises at home and be comfortable with the modules before coming back to the second part of the course. During part two coaches are given an opportunity to practice coaching under guidance of the tutor team.

At NO time are course participants required to ride.

FOLLOWING THE 4 DAY COURSE YOU ARE REQUIRED TO COMPLETE THE FOLLOWING:

Open book questions (30 short answer questions)

Log book. (Coaches log 20 coaching sessions)

First Aid **AT WORK** Certificate. (Order of Malta, Red Cross or BHS Equine Specific course)

CERTIFICATION

When the course requirements have been completed and returned to the HSI office, the paperwork will be appraised. Given that it meets the required standard, a Level 1 Assistant Coach certificate will be issued jointly by HSI and the NCTC.

YOU CAN THEN AVAIL OF THE GREAT VALUE HSI COACH INSURANCE PACKAGE

WHY SHOULD I DO A LEVEL 1 COURSE ?



HORSE SPORT IRELAND

RECOGNISED COACHING QUALIFICATION:

The National Coaching & Training Centre provide certification of HSI Level 1 Assistant Coach course.



DEVELOP YOUR COACHING SKILLS:

Whether you have been coaching for years or are a novice, this course will provide new approaches and fresh ideas for you to bring to your coaching. Your clients will benefit. The HSI Level 1 course is the foundation for further coaching qualifications, it is a basic requirement to progress to Levels 2, 3 and 4.

ARE YOU TRAINING OR PRODUCING YOUNG HORSES?

This course provides you with a framework of progressive exercises to develop young horses to compete at 1.10m Showjumping, Novice Dressage and training events.

The HSI programme uses modern systematic training methods which allow horses to be produced in the classically correct manner, therefore maximizing their re-sale value.

DO YOU WISH TO COACH WITHIN EQUESTRIAN ORGANIZATIONS?

The SJAI requires their coaches who provide bursary training to have at least an HSI Level 1 qualification.



HSI COACH INSURANCE.

Having completed the HSI Level 1 course you are qualified to avail of the HSI Insurance.

COACH INSURANCE

WHY DO YOU NEED IT?



HORSE SPORT IRELAND

All of us who live and work with horses know that they can be unpredictable and the consequences of this uncertainty can be both tragic and devastating.

If you are unlucky enough to have an accident you may suffer an injury that prevents you continuing to work in your chosen profession. In all probability this will have a serious impact on you and your family.

Alternatively, you may be involved in an accident where someone else gets injured or their property is destroyed or damaged. In the increasingly litigious world in which we live it is quite possible that a claim may be brought against you. You do not have to have been negligent to be held legally liable and be ordered to pay damages to the injured party. Even the costs of defending yourself against such an action can be financially ruinous.

There can be no doubt that all coaches should take steps to protect themselves and their families against the consequences of an accident.

In general people are aware of insurance but do not really consider it a necessity until they are in need of it and it is then too late! There is a misconception that if one does not have large assets they do not need to be insured as no one would gain financially from suing them. **EVERYONE HAS ASSETS**, whether it is a car, a saddle, equipment, or a future which could be disastrously affected.



HSI COACH INSURANCE
COST: €250 (JANUARY—DECEMBER)

HSI COACH INSURANCE



HORSE SPORT IRELAND

Knowing this and knowing that a group scheme could achieve savings on the cost of insurance, HSI has arranged specially designed personal accident and public liability policies with underwriters in London for the benefit of all freelance coaches whose names are maintained on the HSI register. By registering with HSI as a freelance coach the cover provided by both of these policies will be available to you.

All HSI Level 1 or higher qualified coaches may purchase the HSI Coach Insurance at a fraction of the market price.

A summary of the HSI Coach Insurance are detailed on pages 11 & 12.

For an application form either download from the HSI website (education and training/coaching) at www.horsesportireland.ie or contact HSI by phone.



HSI COACH INSURANCE
Cost: €250 (January—December)

HSI COACH INSURANCE POLICY



HORSE SPORT IRELAND

All coaches resident in Ireland, Great Britain, the Channel Islands or the Isle of Man joining the Register are automatically covered for the following insurance:

PUBLIC AND PRODUCTS LIABILITY

Provides cover to pay damages awarded and authorised legal/other costs if you are held liable in law following bodily injury to a third party or damage to their property arising in the course of your business as a freelance coach.

If legal liability is proved, the policy will pay damages up to:

Public Liability - € 5,000,000 for any one claim - the number of claims in the period is unlimited.

Products Liability - € 5,000,000 for any one claim and in all in the period.

The policy also pays costs incurred with the consent of Underwriters in defending the claim. It is a Condition Precedent to Liability that hard hats are worn by all your clients whilst riding and that you hold a current Health and Safety at Work or Equine Specific First Aid certificate

MAIN EXCLUSIONS

1. Claims against you by anyone in your employ, or a member of your family or household.
2. War or terrorism.
3. The first € 1,500 of any claim for damage to property.

EXTENSIONS

Landowners - The policy extends to cover owners of land that you use in the course of business for their legal liability arising out of your activities.

Care, Custody or Control - The policy extends to cover your legal liability for injury or sickness of horses and damage to saddlery and tack whilst in your care, custody or control.

Limit: € 125,000 any one occurrence and in all in the period for horses.

€ 6,500 any one occurrence and in all in the period for saddlery and tack.



HSI COACH INSURANCE POLICY SUMMARY



HORSE SPORT IRELAND

PERSONAL ACCIDENT

The policy pays you compensation if you suffer accidental bodily injury happening whilst you are engaged in the course of your business as a freelance coach anywhere worldwide, including instructing or giving clinics/seminars but excluding whilst travelling to and from such activities.

SCHEDULE OF COMPENSATION

- Death € 125,000
(but if you are under 16 years of age) € 6,500
- Permanent Disablement - Per Scale of benefits (depending on the injury) maximum € 125,000
- Dental and Optical Treatment € 650

MAIN EXCLUSIONS AND CONDITIONS

Excluding war or Terrorism.

Excluding racing.

Excluding AIDS, suicide, deliberate exposure to danger, drink/drugs and mental/emotional conditions.

Excluding wear, tear, gradual deterioration and faulty design in respect of dental and optical treatment.

NB: "Freelance Coaching" means:

- the provision of horse riding instruction:
 - not using a horse belonging to you or any person Closely Related to you or
 - using a horse belonging to you or any person Closely Related to you provided you do not utilise more than 2 horses for this purpose and shall not include other types of instruction or circumstances which constitute the operation of a riding establishment.
- organising and participating in riding clinics, seminars and demonstrations (Personal Accident insurance only).

A Liability insurance does not automatically pay out - it only pays if negligence is proved and you are liable in law.

A Personal Accident policy pays benefit without any need to prove negligence.

The above is only a brief summary of Policy Number B0701e0864738 (Public and Products Liability) placed with Great Lakes Reinsurance (UK) PLC and Policy Number B0701e0864742 (Personal Accident) placed with certain Underwriters at Lloyd's, London. Both the insurances are subject to the full terms, exceptions and conditions of the policies – full details are available from the Horse Sport Ireland office.

CLAIMS

Any claims must be reported immediately to

WINDSOR PARTNERS LIMITED, AMERICA HOUSE, 2 AMERICA SQUARE, LONDON EC3N 2LU.

TEL: 0044 020 7133 1200 FAX: 0044 020 7133 1500

For liability claims, do not admit liability, offer any payment to or enter into correspondence with a third party.

LEVEL 2 COACH COURSE



HORSE SPORT IRELAND

The aim of the HSI Level 2 Coaching Course is to cover the essential areas necessary to work competently as an Independent equestrian coach up to Elementary level in the short and medium term.

DURATION: 80 HOURS

(3 days + 3 days = 6 days contact time)

ENTRY REQUIREMENTS:

- Coaches will have successfully completed the HSI Level 1 Assistant Coach.
- Or be a qualified BHS Intermediate Instructor and be currently on the BHS Register of Instructors.
- Participants must provide evidence of adequate Insurance cover.
- Participants must have a valid First Aid at Work or Equine Specific First Aid certificate.
- Participants should be 21 years of age or over.



ASSESSMENT:

- Continuous assessment during course.
- Pre Course questionnaire.
- Mid course questionnaire.
- Attendance at a Dressage, Showjumping competition and an Event.
- Practical coaching sessions in each discipline during and post course - log book.

HSI LEVEL 2 COACH COURSE

COST: €850

LEVEL 2 COURSE CONTINUED



HORSE SPORT IRELAND

COURSE EVALUATION

Both coaches and tutors will be asked to give feedback on the course

CERTIFICATION

Participants of the Level 2 course will be assessed throughout the course. When coaches achieve the necessary standard, they will be awarded the HSI Level 2 Coach certificate, issued jointly by HSI and NCTC. The Level 2 coach will be certified to teach independently. Insurance is available for certified Level 2 coaches.



Tutor, Comdt. John Ledingham giving one to one coaching advice to Gary Marshall during a recent Level 2 coaching course

LEVEL 3 NATIONAL COACH COURSE



HORSE SPORT IRELAND

The aim of the HSI Level 3 course is to provide coaches with the capacities to assist the performance riders to train to compete at the highest level in regional or National competition

The Level 3 Course is Sports Specific. There are specific courses and qualifications for each discipline; Dressage, Eventing or Show Jumping. There are some core elements which will be similar in all three disciplines.

ENTRY REQUIREMENTS

21 years of age or older.

Hold a Level 2 Coach certificate. (or equivalent)

Be active in coaching for 1 year post Level 2 certification.

Have access to riders/horses to coach at the required level.

COURSE DURATION

250 – 300 hours, with a minimum contact time of 80 to 100 hours.

NOTE: it is anticipated that in addition to this, coaches will require to spend up to a further 200 hours of personal study time.

If you are interested please contact Alison or Avril at the HSI Office for further details of this exciting new course.

COACHING COURSE FEEDBACK

'The coaching system provides a well structured and easy to apply framework, which allows the coach to concentrate on achieving the set goals for the rider and horse.'

'Quality of tutors was outstanding, knowledgeable but approachable, and the manner in which they presented the material was excellent.'

'The progressive nature of the course work, the emphasis on nurturing the confidence of coaches was very reassuring.'

'What an excellent few days – Professional approach, very helpful - everyone has learnt something regardless of experience, talent, knowledge, etc.'

'As a result of new techniques which I learned on the HSI Level 2 course, my coaching has improved and my business has increased - win win for everyone!'



HORSE SPORT IRELAND

Horse Sport Ireland
1st Floor, Beech House,
Millennium Park,
Osberstown,
Naas,
Co Kildare.

Ph: 00353 (45) 850800 - Fax: 00353 (45) 850850
Email: aobyrne@horsesportireland.ie
Web: www.horsesportireland.ie