

2019 RDA NATIONAL COACHES CONFERENCE

This year the Yorkshire and Cleveland Region was well represented at the RDA's National Coaches Conference, with Claire Pope as County Coach being present at the Coaches Meeting on the first morning of the conference. At this meeting the County and Regional Coaches have the opportunity to present your views and questions, as well as their own, to the Training Group.

Claire reported that though the Pink Passport had originally been part of the Pathway to Coaching to provide for coaches who had not passed the exam and qualified for the RDAC position. It was to be used in the short term as a stepping stone for these coaches to gain the RDAC standard required for the green passport by using the assessment process of the Pathway to Coaching.

However, many of the Regional and County Coaches put forward the case for keeping the Pink Passport explaining that many groups and coaches did not want or need the standard of the Green Passport as the number of participants, the minimal time of coaching and the type of disability meant that their standard and knowledge of coaching was did not need to be that of the Green Passport. The motion was passed and the Pink Passport stays.

We all know that the process of changing to the Pathway to Coaching is complicated by no hard and fast facts or rules but this is the democratic way of the RDA and it allows for you as coaches to be part of the organic development of the new format. So don't complain amongst yourselves, pass on your views and queries to Claire Pope or John Chuter or to your Reviewers and Assessors, sometimes we can give you an answer immediately or we can put it to the Fiona Harris and the Training Group

LECTURES:

Barbara Birchall, Elaine Goodall, Cass O'Brien, Judy Preston and Diane Radford joined Claire for the afternoon session which included a number of lectures.

Nicky Fuller giving a taster of her Coach the Coach module for the advanced Coach Certificate.

Followed by Horse Health 'To Vet or Not To Vet' looking at a variety of minor or not so minor injuries and particularly colic given by Dr. Nathalie Cole. The colic highlighted that the majority of groups do not provide guidelines for their RDA coaches when a horse presents the symptoms of colic. Many thought because they do not own the horses and they are often riding school horses that they would just hand the horse to the staff, but what happens if you have a volunteer coach with minimal horse experience and the staff member is the Sunday girl or similar and the owner is not on the premises? Do you allow the horse to be stuffed into a stable and left? Is that the duty of care expected of all RDA coaches for the horses they use? A simple a list of names and telephone numbers in priority of who to call first for information and assistance, with a basic set of symptoms and care procedure in such a situation will suffice.

Dr. Jane V.M. Nixon into "Equine Influenza – Regulations Update". The 6 monthly flu vaccination is here to stay, even though the horse racing world is pushing for a 9 month vaccination period due to this being preferred by the Steeplechasing community – it fits in with their racing calendar. She went on to describe the probability, due to climate change, of the visitation of African Horse Sickness and West Nile Virus to our shores, we currently have had one or two cases of African Horse Sickness in the south of England. Dr Nixon also touched on strangles and gave some interesting information.

We finished the afternoon with “Let’s Get Physical” a lecture by 2 physiotherapists, Nona Dane and Louise Lees, they addressed early year’s development in physical disabilities, and how therapeutic riding sessions can help participants.

A quick update on the Pathway to Coaching by Fiona Harris and we went to change for dinner (I actually went via the bar, as did one or two others).

Next morning we had an early start as we had to be at the RDA National Training Centre at Lowlands, about a 20 minute drive from the hotel, for the first lecture at 8.45am given by Katie Kershaw demonstrating “carrot exercises” in “Getting to the Core of Equine Fitness”. Many will know these exercises especially if you have had to have a horse physiotherapist to your horses, they are exercises designed to develop the muscles of the horse without a rider sitting on or lunging them, known as carrot exercises because the exercise only works if the horse does them by it’s self so needs the encouragement of a titbit, however if your horse is overweight don’t use a carrot as too much sugar, use sugar free horse snacks. Katie presented new research from Nottingham University that this form of exercise is better for the horse than the traditional trotting and fast work. The research also proved that walking exercise gives a better all over fitness than faster paces. The University took a number of horses, giving them no exercise for 3 months but keeping them in building approximately 20m by 40m. Each horse was given one session a day of the exercises, each exercise was given 5 times with a 3 second hold in position this took about 5 minutes a day. At the end of the 3 months the trial horses were tested for muscular strength and fitness and were found to be fitter than the traditionally exercised horses. So no more excuses that we can’t fatten our horses muscles because we don’t want them too “hot” for our riders, we can all find time to do 5 minutes of carrot exercises 3 times a week.

The last lecture was from the brilliant Russell Guire explaining the latest in equine biodynamics.

The man has a vocation for his subject, if you can be stuck in a traffic jam on the M25 and watch horses in a field, some of whom had rug slippage, go home and start a research programme to find out why some horse had rug slippage and some not, then that is a vocation or may be an obsession. – If a horse suddenly starts to move his rug to one side Russell found that it was the first sign of muscle problems and even early onset of lameness. His analysis of the rider position and training aids was fascinating and we must get him to the region to give one of his lectures however much it costs.

COACH TRAINING INFORMATION:

Please look on Myrda under events for the following Coaching module training days:

30.10.19 Coach the Coach module at North East & South Yorkshire National Training Day at Wakefield RDA Group.

20.11.19 Coach the Coach module Yorkshire & Cleveland National Training Day at the Unicorn Centre, Middlesbrough

8.12.19 Therapy/Medical module for coaches, Yorkshire & Cleveland Training Day at the Unicorn Centre, Middlesbrough contact J.Preston email jpreston@rdaunicorncentre.co.uk or find application form www.rdaunicorncentre.co.uk

ALL COACHES REMEMBER TO BRING YOUR LOG BOOKS WHICH HAVE TO BE SIGNED BY THE COURSE PROVIDER BEFORE YOU LEAVE – NO CERTIFICATES ARE GIVEN THIS IS THE ONLY PROOF YOU HAVE COMPLETED THE COURSE.

Judy Preston RDAC 24.10.19