



BEV Level 1 Certificate in Coaching (Assistant Coach)

Syllabus

Topic	Areas to be covered.
Prepare to vault	Lead a horse/pony. Check & adjust girth. Adjust side reins appropriately.
Mounting/ dismount	Preparation for mounting. Mounting from the ground. Preparation for dismount. Dismount.
Warm-up for horse, with or without vaulters	Walk. Trot. Changes of direction.
Independent seat	Correct position on the horse/pony. Balance, security and straightness in walk, trot, canter.
Natural aids	Voice, basic aid application.
Artificial aids	Use whips. When and when not to use the whip.
Lunge Horse	Handling the equipment. Method & procedure. Control, rhythm, balance.
Lunge with vaulter up	Approach to horse, assisted mounts
Use static/ mechanical horse	Group control. Position, confidence, balance, flexibility. Bench, kneel, mill.
Cool/Warm-down horse	Free walk. Cool, dry.
Tack and saddlery	Tack up and untack. Stitching, worn tack. Protective boots.
Health & Safety	Rules for working in enclosed areas with others. Safe tack & saddlery. First aid, reporting. Appropriate clothing.
Vaulting skills	
Compulsory exercises	Pre-novice and novice compulsory exercises
Freestyle	Design a simple freestyle for up to 3 vaulters on the barrel or mechanical horse
Theoretical	
First aid procedure	Awareness and basic knowledge of what to do in the case of a fall; basic life support, recovery position.
Basic knowledge of equine behaviour/ psychology	Natural lifestyle. Safe methods of handling.
Equine anatomy/ physiology	Points of the horse, colours & markings. Signs of good health
Suitability of horses	Job, type.
General Knowledge	Member bodies of the BEF their function and purpose

* A Coaching Session Plan and Coaching Observation Record is needed as partial evidence for successful achievement of Vaulting Skills, for both Compulsory Exercises and Freestyle. A Coaching Log Book must be completed.