

AUSTRALIAN PONY CLUB COUNCIL INC.

NCAS PONY CLUB LEVEL 1

TOPICS COVERED

1. **Course structure**
Course outline
Structure of Pony Club
2. **Safety**
Facilities, practices, road safety,
transmissible diseases
Riders and coaches
Legal issues.
3. **The role of the coach**
Professional behaviour
Role model, goals, terminology
4. **The coaching process**
Communication skills, feedback,
discipline
Observation and analysis
Planning progressive development
Group control, commands
Teaching special groups
Skill learning, positive feedback
5. **Organisation**
Rally days, trail rides, junior committee
Examinations
6. **Horse management**
Breeds
Care of the Horse
Catching and handling
Grooming
Hoof care
Knots
7. **Feeding and conditioning**
Identifying feeds, poisonous plants,
watering
Conditioning
8. **Tack and equipment**
Saddles, bridles and ancillary equipment
Rugs, fitting, safety
Pony Club Uniform
9. **Health of the horse**
General health
Preventative health measures
Teeth and aging
Care of the horse with change of seasons
Common causes of lameness
Regular routine care and when to seek
advice
Travelling the horse
10. **Equitation**
Teaching basic riding skills
Rider position and aids
The reins
Warming up and cooling down
Footfalls, riding without stirrups, sitting
trot and diagonals
Rider exercises, agility and mounted
games
School figures and use of the arena
Lungeing
11. **Jumping**
Forward position
Strides, distances and gymnastic jumping
Showjumping and cross-country jumping

COURSE DETAILS

Enrolment Pre-Requisites:

Candidates must be aged 18 years and over at the completion of the course, and must be a financial member of an affiliated Pony Club. Candidates must have completed an *Orientation to Pony Club and Coaching* course.

Course Attendance Requirements:

Pony Club NCAS Level 1 course 100 percent attendance. Units not taken at a course may be completed at a later course. Expected time to complete course is four full days plus teaching practice days and assessment, however some candidates may take longer to complete all units.

Assessment

Candidates must complete the *Syllabus Log Book* and at least one teaching practice day. This is followed by a theory paper, and a practical assessment. Applicant coaches will be assessed while coaching “C” Level Pony Club members on the flat and over jumps.

Prior to Accreditation

Candidates must hold a current Senior First Aid certificate prior to Assessment. Candidates must agree to accept the Australian Pony Club Council (ACC) Code of Ethics Agreement and sign the Agreement Form prior to NCAS Pony Club Accreditation. Candidates must have instructed at their own club a minimum of six times over a minimum period of twelve months.

Where do I start?

Interested persons who have completed their “Orientation to Pony Club and Coaching” course should complete an “Application to begin training” form, available from the State Training Officer or from www.ponyclub.asn.au (look under training). Level 1 Candidates are required to have a log book. Log books are available direct from the PCASA office. The cost is \$16.50 inc. GST.

Qualification

Pony Club is a volunteer movement. For this reason, NCAS Pony Club qualifications may not be used for advertising purposes.

Cost

Most *NCAS Pony Club Level 1* courses are residential, and are at least partly funded by the Office of Recreation, Sport and Racing. Participants contribute for meals and any other fees as decided when the course is advertised.

Travel Subsidies

Travel subsidies are available to assist coaches from regional areas to complete their Level 1 course. Please contact the State Training Officer for details.

Reference materials

Australian Pony Club Council Syllabus of Instruction (current version)
Orientation to Pony Club and Coaching Supplementary Study Notes
New Zealand Pony Club Manual of Instruction No. 1, 2 and 3
Beginning Coaching (Australian Coaching Council)
“Basic Coursebuilding for Showjumping” by Maureen Summers