

# 1st4sport Level 1 Award in Equestrian Coaching



## Qualification Specification

<b>Qualification Overview:</b>	The 1st4sport Level 1 Award in Equestrian Coaching focuses on the skills and competences required to be able to assist the delivery of equestrian coaching sessions under the direct supervision of a more qualified coach.						
<b>Qualification Code:</b>	603/2707/8	<b>Level:</b>	1	<b>Age:</b>	16+	<b>Registration Period:</b>	1 year
<b>Guided Learning (GL):</b>	32 Hours	<b>Total Qualification Time (TQT)</b>	76 Hours	<b>Credit Value:</b>	8	<b>Operational From:</b>	01 January 2018
<b>Progression Opportunities:</b>	Employment (paid or voluntary) as an assistant coach for equestrian coaching sessions Progress to other industry-relevant qualifications in coaching, such as the 1st4sport Level 2 Certificate in Equestrian Coaching.						

## Qualification Objective

### What does this qualification cover?

This qualification prepares learners for employment as an assistant equestrian coach. A level 1 equestrian coach is able to assist with the planning and delivery of individual coaching sessions under the direct supervision of a more qualified coach. The qualification introduces learners to the practical and theoretical aspects of assisting in the planning, delivery and evaluation of individual equestrian coaching sessions.

### Who is the qualification for?

The qualification is designed for those who wish to become involved in coaching as an assistant equestrian coach. It is directed at learners who have an interest in coaching equestrian as an assistant.

### Who supports this qualification?

The qualification is recognised as the industry standard level 1 qualification for assistant equestrian coaches by the British Equestrian Federation (BEF), its member bodies and UK Coaching.

The BEF is the National Governing Body for equine sport in the UK. It exists to steer the direction of equestrianism. Representing the interests of 4.2 million riders, vaulters and carriage drivers in Great Britain via 19 independent member bodies (15 members and 4 associates) the BEF continue to drive participation in equestrian sport by connecting people to riding centres, schools, clubs and equestrian sporting organisations.

## Qualification Progression

### What future education could this qualification lead to?

The skills and knowledge developed may also be used to enable learners to progress to other industry-relevant qualifications in equestrian coaching, such as the Level 2 Qualification in Equestrian Coaching. Learners may also be able to access British Equestrian Federation regional Continual Professional Development workshops.

## What future employment could this qualification lead to?

This qualification may lead to paid employment or unpaid voluntary roles in equestrian coaching, as an assistant coach. Other roles that the learner may consider exploring include Activity Leader, Official, or Sports Volunteer.

## Qualification Achievement

### Entry Requirements for the Qualification

The recognised centre is required to conduct and evidence the initial assessment of learners to ensure that the pre-requisites to registration and certification are considered, and that the learner has the potential to achieve the qualification.

Prior to registration learners are required to:

- be accurately identified
- be at least 16 years of age
- be able to communicate effectively in English<sup>1</sup> (this includes listening, speaking, reading and writing).

Prior to certification learners are required to:

- have attended a recognised safeguarding workshop (not online)
- have attended a recognised first aid workshop

Further pathway specific information on entry/certification requirements are detailed within the pathway specific Qualification Handbook, which is available from 1st4sport Qualifications on request.

<sup>1</sup> Learners must be able to understand the requirements of the qualification and the information within the qualification materials in English without assistance. Where there is demand, this qualification may also be available in Welsh or Irish.

How is the Qualification Achieved?
<p>To achieve the 1st4sport Level 1 Award in Equestrian Coaching, learners must successfully achieve three units: two mandatory units and the equestrian-specific pathway unit. Achievement of the qualification is normally through attendance on a programme of learning and the successful completion of the 1st4sport Assessment Tasks contained within the 1st4sport Learner Portfolio.</p>
What will be assessed?
<p>Learners must:</p> <ul style="list-style-type: none"> <li>complete written tasks contained within the 1st4sport Learner Portfolio</li> <li>be practically observed delivering coaching</li> </ul> <p>Further pathway specific information on what will be assessed are detailed within the pathway specific Qualification Handbook, which is available from 1st4sport Qualifications on request. Successful completion of all assessment criteria will result in the achievement of the qualification.</p>
How will it be assessed?
<p>This qualification contains a range of units to be completed by the learner. Each unit is comprised of a number of learning outcomes and identified assessment criteria to be completed.</p> <p>Learning Outcomes that begin 'The learner will <b>understand...</b>' will be assessed through theory based activities.</p> <p>Learning Outcomes that begin 'The learner will <b>be able to...</b>' are assessed through practical activities.</p>

Learning outcomes		Assessment criteria	
The learner will:		The learner can:	
1	<b>understand</b> how to ensure participants' safety during sport specific coaching sessions		1.1 describe the health and safety requirements that are relevant to planned sport-specific activities and competition.
			1.2 describe how to structure coaching sessions to minimise the risk of injury to participants.
2	<b>be able to</b> prepare resources for the coaching session	2.1	ensure that the identified resources meet the requirements of the activity.
Qualification Delivery			
What workforce is needed to be able to deliver this qualification?			
<p>The recognised centre is required to have a qualified and competent qualification workforce in place which includes as a minimum.</p> <ul style="list-style-type: none"> <li>a qualification administrator</li> <li>a qualification coordinator</li> <li>an appropriately qualified coach educator</li> <li>an appropriately qualified assessor</li> <li>an appropriately qualified internal quality assurer (IQA)</li> </ul> <p>Further information on workforce requirements are available from 1st4sport Qualifications on request.</p>			

### What facilities are needed to be able to deliver this qualification?

The recognised centre is required to have one or more delivery sites which contain facilities to support the programme of learning and assessment. These must comply with health and safety regulations and have in place appropriate access arrangements. All training and/or assessment sites should include the following facilities:

- car/horse box/lorry parking
- a space for theoretical sessions to be delivered with conditions conducive to learning
- male and female changing and toilet facilities.

Further pathway specific information on facility requirements are detailed within the pathway specific Qualification Handbook, which is available from 1st4sport Qualifications on request.

### What equipment is needed to be able to deliver this qualification?

The recognised centre is required to have equipment in place to facilitate the full programme of learning and assessment which must comply with accepted health and safety practice and should include:

- first aid kit (human and equine)
- emergency phone
- an indoor classroom
- a screen, projector, laptop, speakers and flipchart.

The recognised centre must ensure all learners and persons being coached wear appropriate apparel for equestrian activities and safety clothing/equipment.

Further pathway specific information on equipment requirements are detailed within the pathway specific Qualification Handbook, which is available from 1st4sport Qualifications on request.

### What qualification materials support this qualification?

This qualification is supported by a number of additional documents which must be read by all relevant personnel within recognised centres offering this qualification. These include:

- *1st4sport Level 1 Award in Equestrian Coaching Qualification Handbook*, detailing the 1st4sport Qualification Approval Conditions and the Delivery, Assessment and Quality Assurance Approach for this qualification
- *1st4sport Level 1 Award in Equestrian Coaching Unit Specification*, detailing the Learning Outcomes and Assessment criteria for the qualification
- *1st4sport Level 1 Award in Equestrian Coaching Learner Portfolio*, containing a series of pre-standardised assessment tools and templates to support the learner's achievement of the qualification.
- *1st4sport Level 1 Award in Equestrian Coaching Delivery and Assessment Approach*, detailing the recommended learning programme, exemplar assessment answers and levels of attainment

### How much does this qualification cost?

Qualification registration and certification fees are available from 1st4sport Qualifications on request. Centres need to factor in facility and workforce costs in order to determine a Qualification Fee for learners.

### How to apply to deliver this qualification

Contact 1st4sport Qualifications, requesting qualification approval for the 1st4sport Level 1 Award in Equestrian Coaching

Tel: 0113 290 7610

Email: [cst@1st4sportqualifications.com](mailto:cst@1st4sportqualifications.com)

Website: [www.1st4sportqualifications.com](http://www.1st4sportqualifications.com)

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<b>UK Coaching</b>
Tel: 0113 274 4802 Email: via <a href="http://www.ukcoaching.org/contact">www.ukcoaching.org/contact</a> Website: <a href="http://www.ukcoaching.org">www.ukcoaching.org</a>
<b>British Equestrian Federation</b>
Tel: 0247 669 8871 Email: <a href="mailto:info@bef.co.uk">info@bef.co.uk</a> Website: <a href="http://www.bef.co.uk">www.bef.co.uk</a>
<b>Association of British Riding Schools</b>
Tel: 0140 379 0294 Email: <a href="mailto:office@abrs-info.org">office@abrs-info.org</a> Website: <a href="http://www.abrs-info.org">www.abrs-info.org</a>
<b>British Horseracing Authority</b>
Tel: 0207 152 0000 Email: <a href="mailto:info@britishhorseracing.com">info@britishhorseracing.com</a> Website: <a href="http://www.britishhorseracing.com">www.britishhorseracing.com</a>
<b>The Pony Club</b>
Tel: 0247 669 8300 Email: <a href="mailto:enquiries@pcuk.org">enquiries@pcuk.org</a> Website: <a href="http://www.pcuk.org">www.pcuk.org</a>
<b>SkillsActive</b>
Tel: 0330 004 0005 Website: <a href="http://www.skillsactive.com">www.skillsactive.com</a>
<b>Ofqual</b>
Tel: 0300 303 3344 Email: <a href="mailto:public.enquiries@ofqual.gov.uk">public.enquiries@ofqual.gov.uk</a> Website: <a href="http://www.gov.uk/government/organisations/ofqual">www.gov.uk/government/organisations/ofqual</a>

### Qualification Structure (Rule of Combination)

Learners must successfully achieve 6 credits from the two mandatory units and the single equestrian-specific pathway unit.

### Mandatory Units

Unit Title	Level	Credit	GL	Reference	Assessment Method(s)
The role of the equestrian coaching assistant	1	2	10	Y/616/7574	Written Tasks, Observation of Coaching
The equestrian coaching assistant in practice	1	2	16	D/616/7575	Written Tasks, Observation of Coaching

### Equestrian Pathway Unit

Unit Title	Level	Credit	GL	Reference	Assessment Method(s)
Technical coaching requirements for general riding	1	2	6	H/616/7576	Written Tasks, Observation of Coaching
Technical coaching requirements for racing	1	2	6	K/616/7577	Written Tasks, Observation of Coaching

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