## Coach Development Courses
### The Introduction to Coaching Series – Step 1 – Step 2 – Step 3

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Introduction to Coaching – Step 1</th>
<th>Introduction to Coaching – Step 2</th>
<th>Introduction to Coaching Cross Country – Step 3</th>
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</table>
| **Who is the course for?** | • Pony Club Members aged 16 years or older who are enthusiastic to teach at D/D+ level (*This group will have priority for places*)  
• Past Members, supporters or parents over 25 years who have sound horse knowledge and are enthusiastic to teach at D/D+ level  
• Pony Club coaches at any level who want to refresh their ideas or check they are in line with best practice | • Younger coaches (suggested minimum age: 17 years)  
• More experienced coaches as a CPD refresher within Branches/Centres.  
• Any Pony Club coaches, as a refresher, who require an accreditation day, in either Areas or Branches/Centres. | • Younger coaches (suggested minimum age 18 years) who have completed Introduction to Coaching Courses - Step 1 and Step 2.  
• More experienced senior coaches as a refresher within Branches/Centres.  
• Any Pony Club coaches, who wish to coach cross country in their Branch/Centre. |
| **Prior knowledge / achievements required?** | • The Pony Club C Test (Pony Club Members) or the equivalent level of knowledge (non-Members) | • The Pony Club C+ Test (Pony Club Members) or the equivalent level of knowledge (non-Members).  
• Introduction to Coaching Step 1 is recommended for Pony Club Members. | • The Pony Club B Test (Pony Club Members) or the equivalent level of knowledge (non-Members).  
• Pony Club Members must have their Coaching Experience log book signed by their DC or Centre Proprietor to verify that they have been actively coaching sessions, including jumping, in a Branch/Centre since the Step 2 course before applying. |
| **What’s involved?** | These courses develop participants through discussion, group work and most importantly, activity. All participants will have the opportunity to teach. The atmosphere is fun, friendly, welcoming and supportive. The emphasis is on drawing together the wide range of experiences that tutors and participants bring and making those experiences available to everyone. | This course focuses on introducing jumping, rider balance and a balanced jumping position, and working groups in open spaces (rider control!)  
The Tutor: Participant ratio is 1:4. | This course focuses on the safety requirements for cross country coaching, and how to best prepare riders to tackle cross country challenges safely and effectively.  
The Tutor: Participant ratio is 1:4. |

### Notes:
- Introduction to Coaching – Step 1
  - Tutor: Participant ratio is 1:6.

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The above table highlights the key details for each step of the Coach Development Courses, including the target audience, prior knowledge and achievements required, and the activities involved. All courses aim to provide a fun, friendly, and supportive environment for learning and development in coaching.
## Coach Development Courses

### The Introduction to Coaching Series – Step 1 – Step 2 – Step 3

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<th>What to take / wear:</th>
<th>What next?</th>
<th>Recommended Reading:</th>
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| • A packed lunch  
• The Pony Club Manual of Horsemanship  
• Notebook and pen | • Participants can continue with Pony Club coaching in Branches and Centres independently, keeping in regular contact with a mentor when beginning to coach cross country. Ensure you fulfill the necessary requirements – check [www.pcu.org/training](http://www.pcu.org/training)  
• Complete your Coaching Experience Log Book each time you practice coaching and volunteer for TPC, this should be signed by your coach, mentor, DC, CP or AR.  
• Interested in starting to coach cross country? After 1 – 2 years of coaching practice, book onto an Intro to Coaching Cross Country – Step 3 course. | • The Pony Club Coaches’ Folder and Achievement Badge File would also be useful if you have them.  
• The Pony Club Instructors Handbook and Coaches Folder  
• Look No Hands! Straightforward Cross Country Riding |

| How much does it cost? | | |
|------------------------| | |
| The course is set according to the cost of the venue, but will be kept as low as possible. Contact the organiser for more details.  
Organiser contact details can be found online: [www.pcu.org/training/training_area_instructors_courses](http://www.pcu.org/training/training_area_instructors_courses) | | |