

Outcome #1: Plan a lesson and Emergency Action Plan (EAP)

NOTE – Please prepare your lesson plans either in hard copy or electronically and submit to your P/TSO office. Please attach this form to your lesson plans and EAP.

SUBMISSION FORM

(PLEASE ATTACH THIS FORM TO YOUR PACKAGE)

DATE SUBMITTED: _____

NAME: _____

EC#: _____

PSO#: _____

STREET ADDRESS: _____

CITY: _____

PROVINCE/TERRITORY: _____

POSTAL CODE: _____

PHONE (H): _____

PHONE (W): _____

FAX: _____

E-MAIL: _____

THIS SECTION IS FOR OFFICE USE ONLY:

DATE RECEIVED:	_____
DATE EVALUATED:	_____
EVALUATED BY:	_____
EVALUATOR SIGNATURE:	_____

Outcome #1: Plan a Lesson and Emergency Action Plan (EAP)

NOTE - Please use the template attached

Required Lesson Plans

Two Lesson Plans per discipline are required:

Two Reining lessons to:

- Improve the horse & rider - Plan to reflect improvement of 2 skills previously introduced. Pick 2 lesson plan topics from the list below, and write 2 lesson plans to improve horse and rider.

Two Speed Events lessons to:

- Improve the horse & rider - Plan to reflect improvements of a Barrel Racing skill and a Pole Bending skill previously introduced. Pick 1 topic for Barrel Racing and 1 topic for Pole Bending from the lists below, and write 2 lesson plans to improve horse and rider.

Two General Performance lessons to:

- Improve the horse & rider - Plan to reflect improvement of 2 skills previously introduced. Pick 2 lesson plan topics from the different discipline lists below, and write 2 lesson plans to improve horse and rider.

NOTE - You will require 3 students for Western Pleasure and 1 student for Showmanship, Horsemanship, Trail, and Western Riding.

Required Riders and Horses

It is mandatory that Competition Coach Specialists have riders and horses to work with at the evaluation that are showing in the appropriate context as follows:

- One rider/horse for lessons in all disciplines except Western Pleasure, which needs three riders/horses

Discipline	Riders/Horses Needed
Reining	Have achieved scores of 65 or higher at NRHA, CRC or Breed shows on three or more runs.
Speed Events	<p><u>Barrel Racing</u> Top ten placing in any division at Provincial, National Speed Event Shows, or a top 6 placing at Rodeos, on three or more runs</p> <p><u>Pole Bending</u> Times of 26 sec. or under at Provincial, National Speed Event Shows or Rodeos, on 3 or more runs</p>
General Performance	Competing at Breed/Provincial Shows and placing within the first 5 placings in classes of at least 6 horses.

Session Topics

Reining Topics	Speed Event Topics
Improve/Develop: <ul style="list-style-type: none"> <input type="checkbox"/> Speed changes <input type="checkbox"/> Lead changes <input type="checkbox"/> Spin <input type="checkbox"/> Roll back <input type="checkbox"/> Run down <input type="checkbox"/> Stop <input type="checkbox"/> Back up <input type="checkbox"/> Circle 	Improve/Develop: <ul style="list-style-type: none"> <input type="checkbox"/> Leg Yield <input type="checkbox"/> Flexion <input type="checkbox"/> Rate <input type="checkbox"/> Speed Control <input type="checkbox"/> Side Pass <input type="checkbox"/> The Pocket <input type="checkbox"/> Rollback <input type="checkbox"/> Lead Changes
General Performance Topics	
Improve/Develop: <p><i>Western Pleasure</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Collection <input type="checkbox"/> Pace Control <input type="checkbox"/> Stop <input type="checkbox"/> Back <input type="checkbox"/> Progressive and Non-progressive <input type="checkbox"/> Transitions <p><i>Horsemanship:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Circles <input type="checkbox"/> Straight lines <input type="checkbox"/> Turn on the Haunches <input type="checkbox"/> Collection <input type="checkbox"/> Figure 8's <input type="checkbox"/> Change of lead <input type="checkbox"/> Progressive & Non-progressive <input type="checkbox"/> Transitions <input type="checkbox"/> Stop <input type="checkbox"/> Back <p><i>Western Riding (Optional)</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Flying Lead Changes <input type="checkbox"/> Stop and Back <input type="checkbox"/> Two Track at Lope <input type="checkbox"/> Counter Canter <input type="checkbox"/> Jog /Lope over Pole <input type="checkbox"/> Serpentine around Cones 	Improve/Develop: <p><i>Showmanship</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Correct walk and jog <input type="checkbox"/> Stop <input type="checkbox"/> Turn on the Haunches <input type="checkbox"/> Quarter System <input type="checkbox"/> Squaring the Horse <input type="checkbox"/> Back <p><i>Trail</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Jog over poles <input type="checkbox"/> Lope over poles <input type="checkbox"/> Gate <input type="checkbox"/> Side Pass <input type="checkbox"/> Back Through <input type="checkbox"/> Bridge <input type="checkbox"/> Transitions between obstacles

The Lesson Plan should include the following:

- Potential risk factors.
- Basic information (date, time etc.)
- Main segments. (Intro, demo. Etc.)
- Duration of the practice
- Overall goal or a series of key elements (Technical knowledge)
- Basic logistical needs (i.e., facilities and equipment) to match the overall goal
- A list of key factors or teaching points that relate to the overall goal (Aids)
- Evidence of optimal use of the available time and equipment
- Specific objectives for each activity etc. (Technical Knowledge)
- Training priorities and objectives are appropriate for the time of the season etc.
- Where the practice is located within context of season or annual plan.
- Clear rationale for each goal and objective (Technical Knowledge)
- Identifies how each goal is consistent with LTED

The exercises should:

- Reflect awareness of and control for potential risk factors
- Be effectively described
- Be purposeful and link to overall practice goal.
- Be allotted enough time
- Be sequenced properly
- Contribute to the development of skill
- Identify key factors (coaching points –what should the exercise look like)
- Contribute to the development of athletic abilities in horse/rider
- Be created or designed for the specific needs of the rider/horse consistent with LTED.
- Integrate mental skills and strategies
- Include practice conditions and/or variations in activities,
- Promote basic concepts of decision- making
- Contribute to development of specific physical abilities
- Include the use of goal setting
- Be appropriate to the time and location in the seasonal program.

NOTE - Please keep your lesson plan to a maximum of three typed pages each.

Competition Coach and Competition Coach Specialist Lesson Plan Guide

Prepared by: _____ Discipline (if applicable): _____ Date: _____

Date:	Time:	Location:
Stage of Rider Development <i>(Circle one)</i> Initiation-Acquisition or Consolidation	Age of rider(s)	Age of horse(s)
LTED stage: <i>(Please refer to LTED manual)</i> Stage in Competition Season: <i>(Please refer to your Competition plan)</i>	Facility Map Attached (Y/N) <i>(Circle one)</i>	EAP Attached (Y/N) <i>(Circle one)</i>
Rider Background: <i>Include what has been covered in previous lessons, ability level of riders, specific issues with certain riders etc. Any information that would assist someone who did not know the group, to teach the lesson. In an evaluation situation if the rider level is unknown please include briefly what skills the riders should have experienced to this point.</i>	Preparation: <i>Research the topic Set up the arena – letters, cones, poles, jumps etc. Safety check – environment</i>	
Lesson Topic: Immediate Goal: <i>What will be achieved in this lesson?</i> Long Term Goal: <i>What is the longer term goal that will follow?</i>	Specific Objectives/Key Elements: (Skills needed in order of a logical progression to reach the goal) <i>List the skills the rider(s) needs to acquire and/or consolidate each progression</i>	

**LOGISTICAL NEEDS
EQUIPMENT LIST**

POSSIBLE SAFETY CONCERNS

LESSON SEGMENTS AND TIMELINES

INTRODUCTION <i>Should include:</i>	Approximate timeline: <i>Time spent on this section in a one hour lesson</i>
<ul style="list-style-type: none"> • <i>Review of arena safety rules as they apply to the lesson</i> • <i>Introduction of the coach and the riders</i> • <i>Tack check, stirrup length and evenness, helmet fitting, footwear etc., medical problems</i> • <i>Risk management - facility check (removal of potential hazards)</i> • <i>2 way communication – ask questions of the riders if applicable</i> 	
WARM-UP <i>Should include:</i>	Approximate timeline: _____
<ul style="list-style-type: none"> • <i>A description of the warm-up activity that will precede the lesson. (The warm-up may not be observed during the evaluation process)</i> 	

<p><u>EXPLANATION</u></p> <p><i>Should include:</i></p> <ul style="list-style-type: none"> • An explanation of the skill to be learned/practiced – the lesson objective - (WHAT) • An explanation of WHY the skill is important • An explanation of the aids to accomplish the skill (HOW) • Two way communication 	<p>Approximate timeline: _____</p>
<p><u>DEMONSTRATION</u></p> <p><i>Should include:</i></p> <ul style="list-style-type: none"> • A demonstration of the first progression on foot, OR on a blackboard, OR mounted with diagrams/pictures OR by another mounted rider • Reinforcement of the aids or key learning points • Goals and objectives of a well executed skill 	<p>Approximate timeline: _____</p>
<p>The timeline may depend on how quickly the students achieve the desired goal. More advanced students in a group may be able to move on to the second progression depending on the type of activity.</p>	
<p><u>ACTIVITY/PROGRESSION #1</u></p> <p><i>Should include:</i></p> <ul style="list-style-type: none"> • A clear description of the exercise/activity to be used to practice the skill described above • Key factors and teaching points to be observed while practicing • Safety reminders and breaks as required. <p>Goal/Key point: <i>Goal/objective of first progression</i></p>	<p>Approximate timeline: _____</p>
<p><u>ACTIVITY/PROGRESSION #2</u> (May require new explanation & demonstration)</p> <p><i>Should include:</i></p> <ul style="list-style-type: none"> • A clear description of the exercise/activity to be used to practice the skill described above • Key factors and teaching points to be observed while practicing • Safety reminders and breaks as required <p>Goal/Key point: <i>Goal/objective of second progression</i></p>	<p>Approximate timeline: _____</p>
<p><u>ACTIVITY/PROGRESSION #3</u> (May require new explanation & demonstration)</p> <p><i>Should include:</i></p> <ul style="list-style-type: none"> • A clear description of the exercise/activity to be used to practice the skill described above • Key factors and teaching points to be observed while practicing • Safety reminders and breaks as required <p>Goal/Key point: <i>Goal/objective of third progression</i></p>	<p>Approximate timeline: _____</p>
<p><u>COOL DOWN (If appropriate)</u></p> <p><i>Should include a description of how the cool down will be conducted.</i></p>	<p>Approximate timeline: _____</p>
<p><u>CONCLUSION</u></p> <p><i>Should include how the conclusion will be conducted. Could include questions to ask.</i></p>	<p>Approximate timeline: _____</p>

Competition Coach and Competition Coach Specialist Lesson Plan Template

Prepared by: _____ Discipline : _____ Date: _____

Date:		Time:	Location:
Stage of Rider Development (Circle one) Initiation-Acquisition or Consolidation		Number of riders and age of rider(s)	Age of horse(s)
LTED stage:	Stage in Competition Season:		EAP Attached (N/Y)
			Facility Map Attached (N/Y)
Rider Background:		Preparation:	
Lesson Topic:		Specific Objectives/Key Elements: (Skills needed In order of a logical progression to reach the goal)	
Immediate Goal:			
Long Term Goal:			

EQUIPMENT LIST

SAFETY CONSIDERATIONS

--

LESSON SEGMENTS AND TIMELINES

<u>INTRODUCTION</u>	Approximate timeline: _____
<u>WARM-UP</u>	Approximate timeline: _____
<u>EXPLANATION</u>	Approximate timeline: _____

EMERGENCY ACTION PLAN

LOCATION OF FIRE/FLOOD PLAN: _____

LOCATION OF TELEPHONES: _____

GENERAL INFORMATION

FARM NAME: _____

ADDRESS: _____

CHARGE PERSON: _____ PHONE NUMBER: _____

ROLE/RESPONSIBILITY OF CHARGE PERSON _____

ALTERNATE CHARGE PERSON: _____ PHONE NUMBER: _____

CALL PERSON: _____ PHONE NUMBER: _____

ROLE/RESPONSIBILITY OF CALL PERSON _____

ALTERNATE CALL PERSON: _____ PHONE NUMBER: _____

LOCATION OF FIRST AID KIT (HUMAN): _____ DATE LAST CHECKED: _____

LOCATION OF FIRST AID KIT (HORSE): _____ DATE LAST CHECKED: _____

LOCATION OF FIRE EXTINGUISHERS: _____ DATE LAST CHECKED: _____

OPTIONAL

LOCATION OF RIDER/STAFF PROFILES/PHONE NUMBERS: _____

LOCATION OF HORSE PROFILES: _____

SECURITY MEASURES FOR FILES: _____

FIRE/FLOOD PLAN ATTACHED: YES NO *** DIAGRAM OF FACILITY ATTACHED YES NO

PHONE NUMBERS

**EMERGENCY, AMBULANCE, FIRE, POLICE, POISON CONTROL:
911 UNLESS OTHERWISE SPECIFIED FOR YOUR AREA**

MAIN HOUSE NUMBER: _____ STABLE NUMBER: _____

CLOSEST HOSPITAL: _____ PHONE NUMBER: _____

VETERINARIAN NAME: _____ PHONE NUMBER: _____

AFTER HOURS NUMBER: _____

FARRIER NAME: _____ PHONE NUMBER _____

CLEAR DIRECTIONS FOR EMERGENCY PERSONNEL:

