

HORSE COUNCIL BC COACH CONNECTION

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HORSE COUNCIL
BRITISH COLUMBIA

COVID-19

While we are experiencing social distancing, program postponement and a general shut down due to the COVID-19 Pandemic, communication is key to everyone being safe but there is also a need to communicate as a community.

The Coach Connection will be sent out for the next few months to offer support and information to coaches.

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First Aid Renewals

In accordance with the measures being taken by health authorities across the country to help stop the spread of COVID-19, the Canadian Red Cross strongly recommends all Training Partners to cease in-person training until further notice. Please check for online or blended delivery options in your area to support training. All Red Cross first aid certifications expiring through June 30, 2020, will be considered valid 90 days beyond their expiry date.

Please be sure to check your first aid certificate for the expiration date. Most “in person” providers are extending the expiration dates for 90 days.

Equestrian Canada will no longer allow the online www.profirstaid.com first aid training to be used by Coaches and Instructors. If you hold an online certificate, when it expires, you will be required to obtain a Standard First Aid (16 hour course in person). In light of the current situation we are facing, coaches with current, or recently expiring first aid certificates (online or in person) will not lose current status until it becomes safe to complete an in-person course. If your first aid expired more than 5 months ago please contact me at coaching@hcbc.ca

This is a quote from an article in the USEA website, go to the link below to read the entire article:

“The first step in making this happen is familiarizing yourself with something called the control/influence model – identifying (1) situations that you have complete control over, (2) situations you have influence over, and (3) situations you no influence or control over. The goal here is to simply train your brain to focus on situations that you can control or influence, and to avoid wasting your time and energy thinking of those that you have no control or influence over. Maybe you can’t control the amount of time your barn will remain closed, or influence whether or not your season will be cut short, but you certainly can control your decision to wear a mask, social-distance, or better yet, register to watch a series of educational equestrian webinars or start a really cool new fitness program.”

<https://useventing.com/news-media/news/daniel-stewarts-tip-of-the-month-covid-or-go-big>

Read the Compliance and Enforcement Guidance about Public Health Orders with respect to Physical Distancing (document created March 31, 2020)

[file:///R:/OldRoot/PR/COVID-19/compliance and enforcement guidance march 31 2020.pdf](file:///R:/OldRoot/PR/COVID-19/compliance%20and%20enforcement%20guidance%20march%2031%202020.pdf)

The FEI Athletes Toolkit

Welcome to the FEI Athlete Toolkit. This hub was designed as the new go-to place for athletes, with all the relevant information carefully compiled into ten sections, accessible in just one click.

We have included a range of topics, including (but not limited to) how to pimp your online FEI biography, where to find out more about the rules relevant to your discipline, what we mean by FEI Clean Sport, and some of the latest sport psychology techniques as well as top tips when it comes to your public profile and related sponsorship opportunities.

Stay up to date on the latest Covid-19 developments in relation to equestrian sport with the [Coronavirus Advisories](#).

<https://inside.fei.org/fei/your-role/athletes>

The Equestrian's Guide to Staying Active While Staying Home

While the coronavirus pandemic (COVID-19) is keeping many of us from the barn, we've been given a golden opportunity to focus on our fitness and education so that we can return to the saddle more prepared than ever before.

Fitness

Here is a round-up of exercises tailored to equestrians from a previous EC Insider series, "Fit to Ride: Fitness for the Busy Equestrian", that you can incorporate into your at-home fitness routine.

<https://www.equestrian.ca/news/awndvHj3s3uG73iN5/the-equestrian-s-guide-to-staying-fit>

NCCP Training now available online

The following modules have been removed from the Equestrian only delivery and are now multi-sport and delivered online. Coaches and Instructors will receive 5 PD points for completion of each module. If you are mentoring a coach or instructor candidate they can take these modules online as part of their training.

<https://www.viasport.ca/coaching/nccp-course-calendar>

During this time of physical distancing due to the COVID-19 outbreak, the Canadian Olympic and Paralympic Sport Institute Network (COPSIN) is now offering free webinars for coaches to give an opportunity to connect, learn and provide additional support. The following is a list of webinars for the month of April.

[..COPSIN Advantage Coaches Webinars April EN.pdf](#)

April 16, 2020: COVID-19 resources and coach education opportunities for the B.C. sport sector

As new information and resources become available to help manage the situation around COVID-19, our priority is to share these with the sport community.

New this week:

- Our auditor PwC is hosting a webinar on Friday, April 17 from 12 p.m. to 1 p.m. EST (9 a.m. PST) on the topic: **Strategizing during periods of uncertainty**. Register [here](#).
- A list of coaching resources and education opportunities

Resources for coaches

To continue supporting B.C. coaches through COVID-19, we have assembled a series of resources available to further their education and training.

NCCP Online Delivery

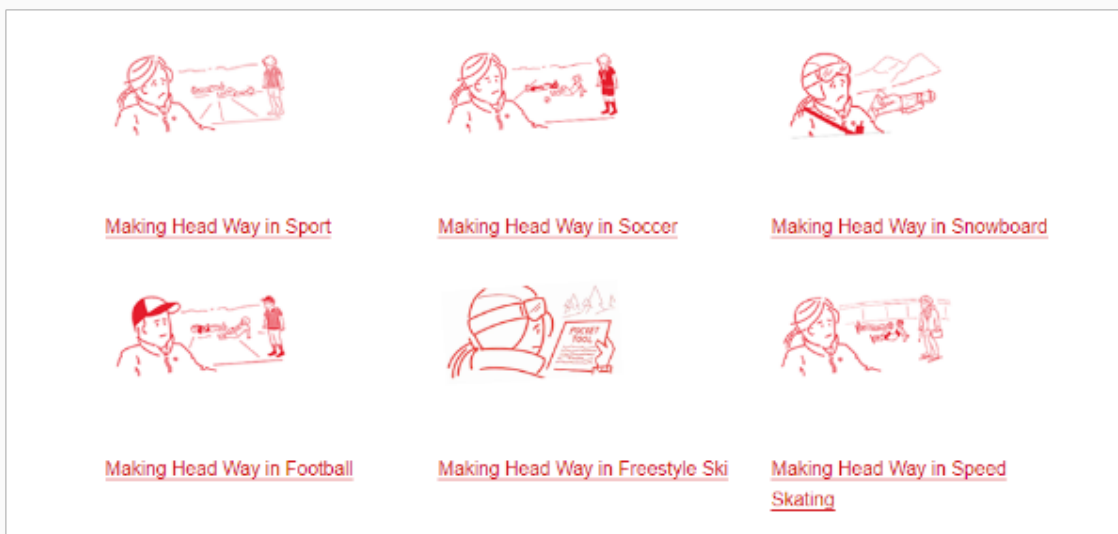
We are offering a number of core multi-sport NCCP courses via Online Delivery. Participate in a live, online classroom setting to continue your coach training. View the courses offered and more information [here](#).

NCCP Home Study

Complete a multi-sport NCCP module at your own pace through our Home Study program. View available courses [here](#).

CAC eLearning

Certain multi-sport NCCP training is available as on-demand eLearning in the [Locker](#). NCCP [Sport Nutrition](#) (\$20.00) and [Making Head Way](#) (free), are great modules to start with.



CAC Safe Sport Training

Everyone has a part to play when it comes to making sport safe and inclusive for all. The [Coaching Association of Canada](#) has developed Safe Sport Training to give you the knowledge and skills to create safe environments by recognizing, addressing and preventing maltreatment in sport. Take the training [here](#).

CSI Pacific Speaker Series

[Canadian Sport Institute Pacific](#) has a speaker series covering a variety of topics to support athletes from mental health, to training tips during this time. View their [on-demand page](#) for access to free presentations.

Canucks Autism Network

[CAN](#) is offering an eLearning module: **Supporting Positive Behaviour**, which focuses on managing group behaviour when working with kids of all abilities. [Access the resource here](#) for free using the code: JSCAN-A2B3C4D.

We will continue to share updates related to the sport sector on an ongoing basis at [this webpage](#). We have also compiled a list of resources on [financial assistance and information](#). In an effort to consolidate questions around grants and funding for sport programs, we have a [frequently asked questions](#) page available.

We will regularly update these resources and keep you informed on the impact on the sector through [Facebook](#), [Twitter](#) and [Instagram](#): @viaSportBC.

Please take a moment to share this message with anyone you think may benefit from amateur sport-related updates in British Columbia.

From all of us at viaSport, we hope you are all keeping safe and healthy.

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