



**EQUESTRIAN
CANADA
ÉQUESTRE**

*Programme
national de
certification des
entraîneurs*



*National
Coaching
Certification
Program*

April 21, 2020

DEMYSTIFYING THE EC NCCP COACH CERTIFICATION PATHWAYS



EC NCCP CERTIFICATION

Programme
national de
certification des
entraîneurs



National
Coaching
Certification
Program



- *Who are your athletes?*
- *What certification context does EC offer?*
- *Which certification context is right for you?*
- *What training can you do now?*
- *What pre-requisites do you need to complete?*
- *What are the steps to being evaluated?*

*One designation is not better than another...
get certified for the context in which you work.*



KNOW YOUR ATHLETES

Long-Term Equestrian Development (LTED) provides a model for training, competition and recovery that is based on the development stage of an athlete rather than chronological age.

To help identify the context(s) of the coach certification in which should work, you need to understand who your athletes are.



KNOW YOUR ATHLETES

FUNdamentals – 6 to 9 years

First exposure to equestrian activities.

Have fun with horses while learning with their peers:

- Develop fundamental movement skills.
- Develop emotional control.
- Learn to have a positive attitude towards new challenges.
- Develop familiarity with, and respect for, equine behaviour.
- Learn responsibility, rules and etiquette for handling and being around horses.



Photo Credit: EC

KNOW YOUR ATHLETES

Learn to Train – 8 years to onset of puberty

At this stage, riders are starting to:

- Develop foundational riding skills in multiple disciplines.
- Be introduced to fun, local competitions.
- Participate in other sports – It is important to support a multi-sport and diverse life experience while continuing to inspire increased commitment to equestrian activities with some specialization being introduced.
- Further develop and consolidate basic equestrian skills (aids and position) introduced in the FUNdamental stage.



KNOW YOUR ATHLETES

Train to Train – Puberty

At this stage, riders are starting to:

- Focus on two (2) complementary disciplines.
- Develop the physical capacity of an equestrian athlete.
- Continue skill improvement and understanding of horse behaviour.
- Train for competition through realistic competition simulations.



Photo Credit: Dazzle by Design for Equestrian Canada

KNOW YOUR ATHLETES

Learn to Compete

At this stage, riders are starting to:

- Select one primary discipline.
- Develop competition skills.
- Put greater emphasis on physical and psychological preparation and horse management.



Photo Credit: Dazzle by Design
for Equestrian Canada

KNOW YOUR ATHLETES

Train to Compete

At this stage, riders are starting to:

- Develop the ability to ride multiple horses at a competitive level.
- Demonstrate greater responsibility for horse preparation for competition.
- Manage travel and environment.



KNOW YOUR ATHLETES

Learn to Win

At this stage, riders are starting to:

- Be able to ride multiple horses in competition on-demand and under pressure.
- Travel internationally with horses.
- Demonstrate world-class riding skills.
- Be long-listed athletes.

Train to Win

At this stage, riders are starting to:

- Be able to peak for major competitions.
- Show quality riding skills supported by exceptional fitness, psychological readiness and an integrated support team.
- Refine and maintain all skills and tactical strategies while ensuring that they are tailored to the strengths of both the equestrian and their horse.



KNOW YOUR ATHLETES

Riders can enter these stages at any age after learning to ride to meet their personal riding, health, fitness or social needs.

Active for Life

- Equestrians who continue to ride/drive/vault for enjoyment, personal growth or social engagement, but who have goals other than competition. These individuals are “**Active for Life**”.

Competitive for Life

- Equestrians who enjoy competition but who are not on the excellence pathway and are not training at the highest elite level are “**Competitive for Life**”. Focus is developing skills and achieving personal bests.



Photo Credit: Pascal Ratthé



KNOW YOUR ATHLETES

Do you Know your Athletes?

Find out more about EC's LTED model by going to:
<https://www.equestrian.ca/programs-services/lted>

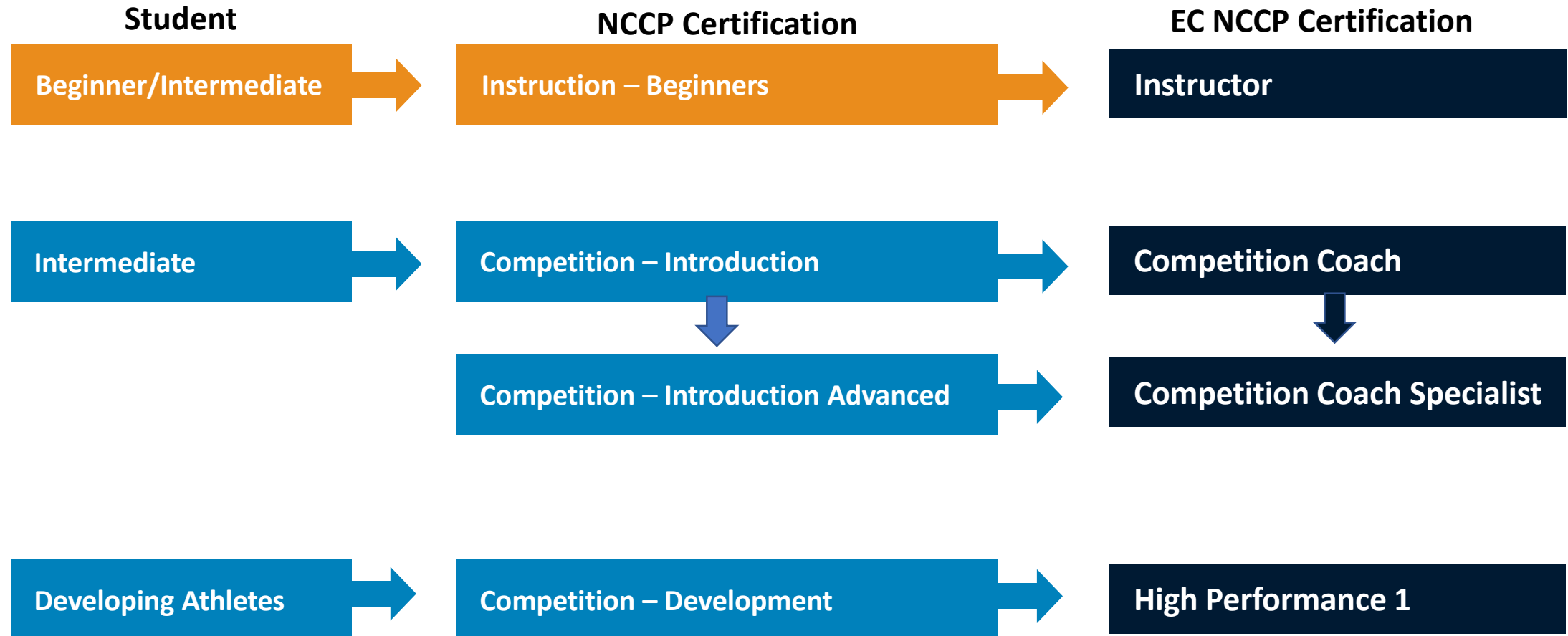
Long-Term Equestrian Development





KNOW THE COACH CONTEXTS

EC currently offers four (4) different streams or pathways for Coach Certification based on the NCCP Coach Certification model.



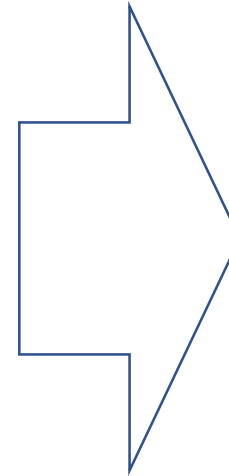
SO WHICH CONTEXT AM I?

If your athletes are in these stages of development and your students are in their first three to four (3-4) years of riding:

FUNdamentals

Active for Life

Learn to Train



Then you should be
certified as:

Instructor

SO WHICH CONTEXT AM I?

If your athletes are in these stages of development and your students have been riding for at least two (2) years, and developing discipline specific skills:

Learn to Train

Train to Train

Learn to Compete

Active for Life

Competitive for Life

Then you should be
certified as:

Competition Coach



**Competition Coach
Specialist**

SO WHICH CONTEXT AM I?

If your athletes are in these stages of development and your students are regularly competing in Silver level EC sanctioned shows and above.

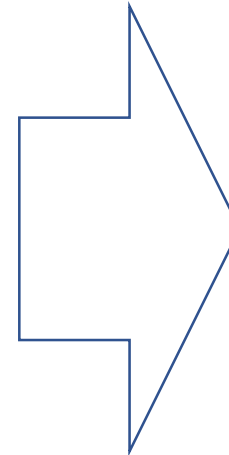
Learn to Compete

Train to Compete

Learn to Win

Train to Win

Competitive for Life

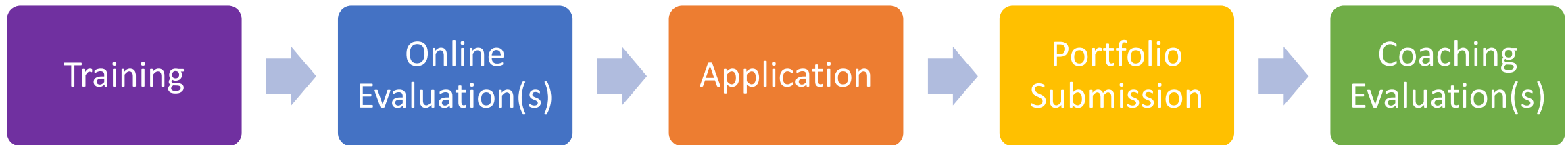


Then you should be
certified as:

High Performance 1

HOW DO I GET CERTIFIED?

EC NCCP Coach Certification includes several steps:



Let's look at what those steps include for every level of Coach Certification...

Training

Course	Instructor	Competition Coach	Competition Coach Specialist	High Performance 1
Multi-sport courses offered through CAC and PTCRs				
Making Ethical Decisions	✓	✓	✓	✓
Teaching and Learning	✓	✓	✓	
Manage a Sport Program				✓
Basic Mental Skills		✓	✓	
Managing Conflict				✓
Coaching and Leading Effectively				✓
Prevention and Recovery				✓
Psychology of Performance				✓
Leading Drug-free Sport				✓
Developing Athletic Abilities - Human				✓

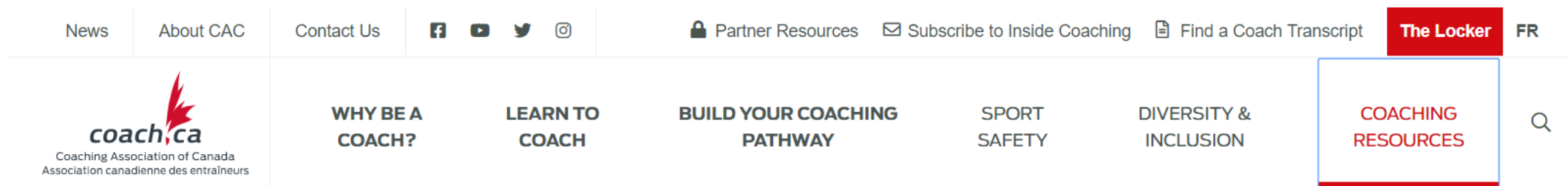


Training



You can find outlines and course descriptions for each CAC course on the Coach.ca website under:

Coaching Resources / [NCCP Multi-sport Training Modules](#)



Topic	Tips	Publications	Events & Awards	NCCP Training
<ul style="list-style-type: none">> Sport Safety> Diversity and Inclusion> Concussion Awareness> Lifelong Learning> Coaching Research	<ul style="list-style-type: none">> #CoachToolKit Presented by TeamSnap> Coach's Kitchen Recipes	<ul style="list-style-type: none">> Canadian Journal for Women in Coaching	<ul style="list-style-type: none">> Petro-Canada Sport Leadership sportif Conference> Coaching Awards> National Coaches Week	<ul style="list-style-type: none">> Sport-Specific NCCP Training> NCCP Multi-Sport Training Modules> NCCP Workshop Calendar

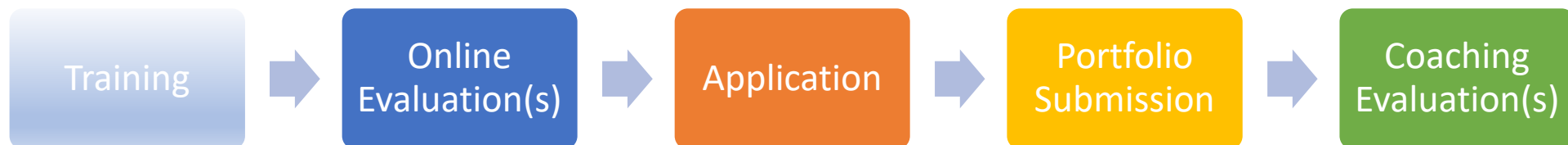


Training

Course	Instructor	Competition Coach	Competition Coach Specialist	High Performance 1
EC NCCP courses offered through EC and PTSOs				
Planning an Equestrian Lesson	✓	✓	✓	✓
Emergency Action Plan	✓	✓	✓	✓
Analyze Beginner Equestrian Performance	✓			
Design an Equestrian Sport Program		✓	✓	
Long Term Equestrian Development	✓	✓	✓	✓
Manage an Equestrian Sport Program		✓	✓	
Analyze English Equestrian Performance		✓	✓	
Analyze Western Equestrian Performance		✓	✓	
Analyze Equine High Performance (Discipline specific)				✓
Performance Planning for HP Training				✓
Advanced Practice Planning				✓

Training

Course	Instructor	Competition Coach	Competition Coach Specialist	High Performance 1
EC e-learning Courses *Coming Soon				
EC Concussions	✓	✓	✓	✓
EC Fostering Healthy Equestrian Environments	✓	✓	✓	✓
Additional recommended NCCP e-learning offered through CAC Locker				
Sport Nutrition	✓	✓	✓	✓
CAC Safe Sport	✓	✓	✓	✓
Making Headway in Sport	✓	✓	✓	✓

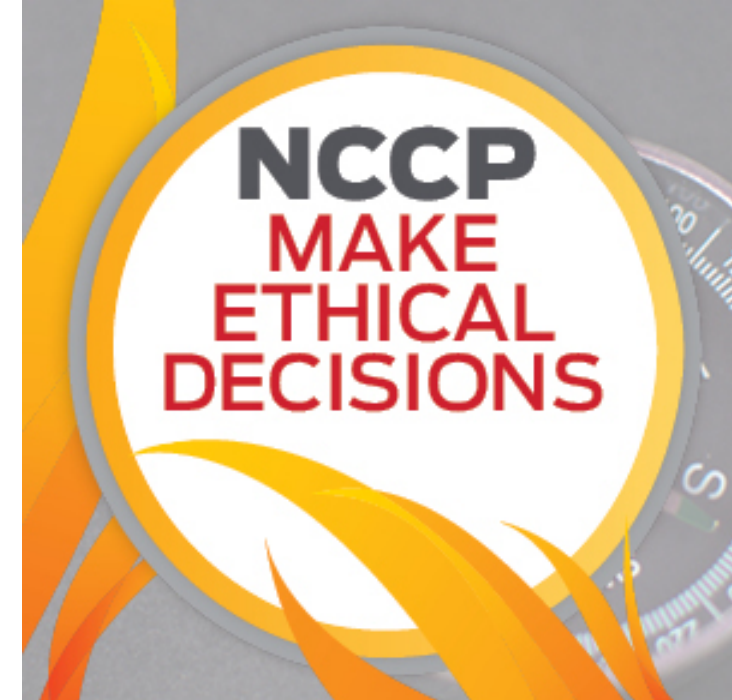


Online Evaluation(s)

All Coach Certifications complete the *NCCP Make Ethical Decisions Online Evaluation* located in your [NCCP locker](#).

This step can be done at any time and should be completed prior to a coaching evaluation.

Certification will not be valid until this online evaluation is complete.



Handle ethical
situations in sport
with confidence

Training and Online Evaluation

[>Learn More](#)



Coaching Association of Canada
Association canadienne des entraîneurs



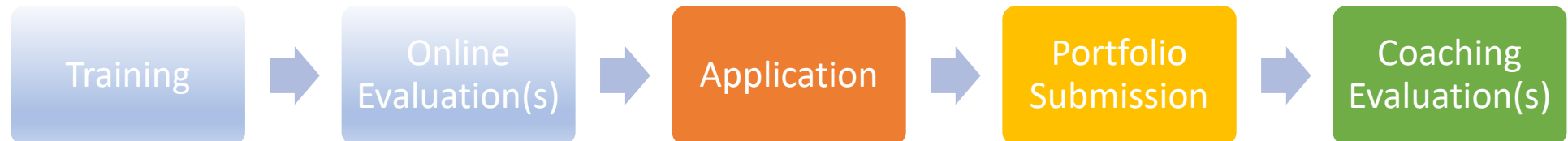
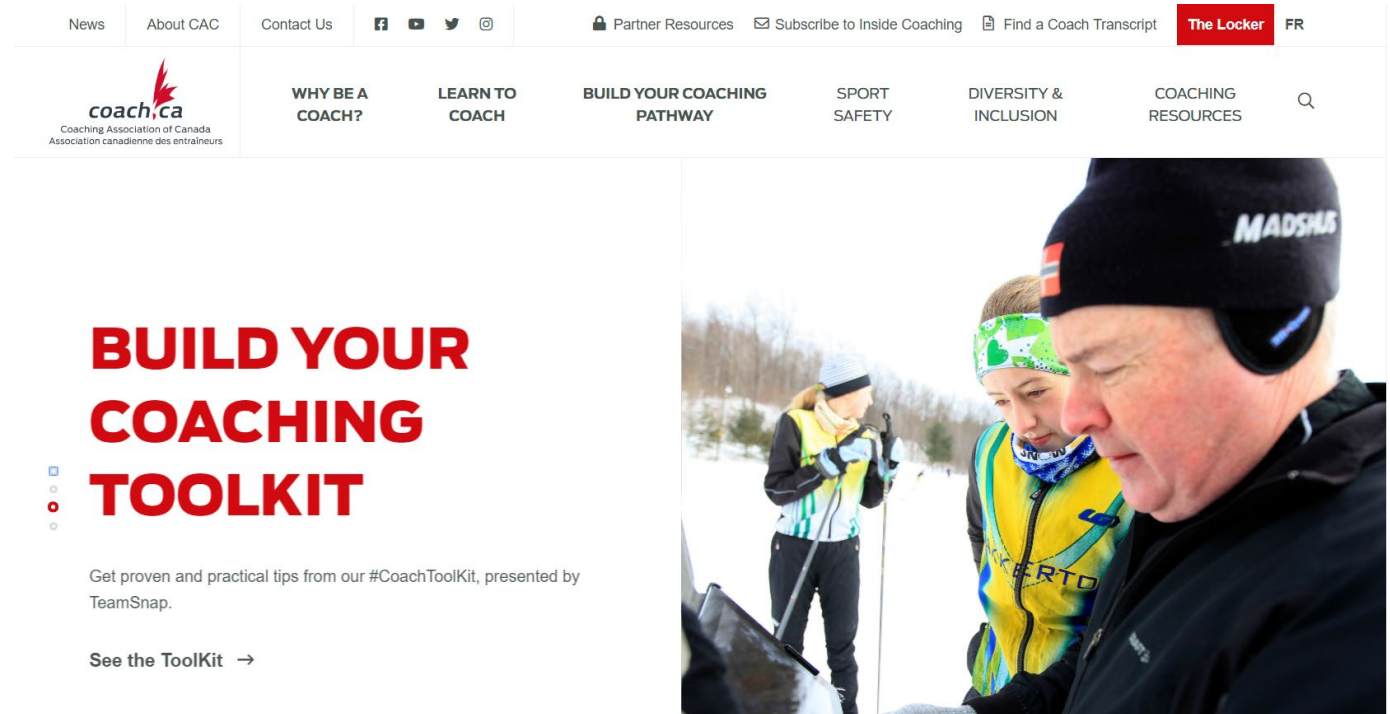
Online Evaluation(s)

Every EC NCCP Certified Coach has an NCCP Locker account with the Coach Association of Canada.

The Locker contains your transcript of Coach training and evaluation activities, and some e-learning is hosted by CAC through the Locker for Coaches. You can set up your Locker and get an NCCP number at:

<https://thelocker.coach.ca/>

**If you have ever attended NCCP training, coached another sport or attended an EC Coaching clinic, you may already have a Locker account. Please contact your PTSO or EC Coaching Administrator to help you find it.*



Application



To request evaluation for certification, you must hold a valid EC Coach Licence.

The following certifications are administered by the Provincial/Territorial Sport Organizations (PTSOs):

Instructor

Competition Coach

Competition Coach Specialist



Saskatchewan
Horse Federation



Contact the coaching staff at your PTSO to let them know you would like to get certified.

Application

To request evaluation for certification, you must hold a valid EC Coach Licence.
The following certification is administered by EC:

High Performance 1

To apply for the High Performance 1 Coach certification, contact
Helen Richardson, Coordinator, Technical Programs – Coaching and Education
by email at hrichardson@equestrian.ca or call toll free 1-866-282-8395 x 116.



Portfolio Submission

Each certification requires a portfolio submission. The contents of the submission vary by certificate. Many of the portfolio pieces are outcomes of the recommended training.

Instructor

- Two (2) written lesson plans
- Emergency action plan for your home facility

Competition Coach

- Two (2) written lesson plans
- Emergency action plan for your home facility

Competition Coach Specialist

- Two (2) written lesson plans
- Emergency action plan for your home facility
- Yearly training plan for one (1) athlete
- Create program portfolio
 - Outline providing evidence of how administrative aspects and logistics are managed
 - Develop a report that shows evidence of success of your equestrian program

High Performance 1

- Two (2) written lesson plans
- Emergency action plan for your home facility
- Yearly training plan for one (1) athlete
- Create program portfolio
 - A report providing evidence of how administrative aspects and logistics are managed
 - Develop a report that shows evidence of horse and equestrian progress throughout the program

Portfolio Submission



Before submitting any portfolio pieces, please discuss with your coaching administrator. They can provide you with guidelines, templates and training for successfully completing the portfolio pieces.

Once your portfolio has been submitted, it will be reviewed by an EC NCCP Coach Evaluator prior to a practical evaluation being scheduled.



Coaching Evaluation(s)

There are several steps to evaluation for each Certification. Each evaluation will include:

Observable Evaluation: An evaluator observes you teaching lessons (in person or through a video submission).

Instructor

The Instructor candidate will demonstrate:

- Supporting athletes in training by teaching:
 - A group of three (3) students at the English Rider 3/4 or Western Rider 3 level (or one (1) competent driver) in a mounted/driving lesson;
 - An unmounted stable management lesson; and,
 - A lunge lesson.
- Analyzing performance of beginner drivers and/or riders during the lessons.
- Making Ethical Decisions.

Coaching Evaluation(s)

Competition Coach

The Competition Coach candidate will demonstrate:

- Supporting athletes in training by teaching a group of three to four (3-4) students at the English rider 5/6, Western Rider 4 level in three (3) mounted lessons;
- Teaching one (1) student to lunge;
- Analyzing performance of beginner riders; and,
- Making Ethical Decisions.

Competition Coach Specialist

The Competition Coach Specialist candidate will demonstrate:

- Supporting athletes in training by teaching:
 - One (1) student* three (3) mounted lessons (four (4) for General Performance).
 - A lunge lesson (not applicable to Western disciplines).
- Analyzing performance of intermediate riders;
- Supporting the competitive experience – an evaluator is present at a pre-determined competition; and,
- Making Ethical Decisions.

**Competition Coach Specialist candidates bring their own student at the appropriate level to the evaluation.*

Coaching Evaluation(s)

High Performance 1

The High Performance 1 Coach candidate will demonstrate:

- Supporting athletes in training by teaching:
 - Three (3) mounted lessons (four (4) mounted lessons for eventing candidates).
- Analyzing performance of development riders;
- Supporting the competitive experience – an evaluator is present at a pre-determined competition; and,
- Making Ethical Decisions.

**High Performance 1 candidates bring their own student at the appropriate level to the evaluation.*

You can find more details about specific evaluation requirements by attending a PTSO Evaluation Preparation Clinic, or by requesting the Evaluation Rubric for your desired certification from your coaching administrator.



WHAT CERTIFICATIONS ARE THERE?

Instructor

There are five (5) different Instructor Certifications offered by EC:

- Instructor English (Flat)
- Instructor English (with Jumping)
- Instructor Western
- Instructor of Drive
- Instructor of Saddle Seat

WHAT CERTIFICATIONS ARE THERE?

Competition Coach

There are two (2) different Competition Coach Certifications offered by EC:

- Competition Coach – English
- Competition Coach – Western

WHAT CERTIFICATIONS ARE THERE?

Competition Coach Specialist

There are six (6) different Competition Coach Specialist Certifications offered by EC:

English Disciplines:

- Competition Coach Specialist – Dressage
- Competition Coach Specialist – Eventing
- Competition Coach Specialist – Jumping

Western Disciplines:

- Competition Coach Specialist – General Performance
- Competition Coach Specialist – Reining
- Competition Coach Specialist – Speed Events

WHAT CERTIFICATIONS ARE THERE?

High Performance 1

There are four (4) different High Performance 1 Certifications offered by EC:

English Disciplines:

- High Performance 1 – Dressage
- High Performance 1 – Eventing
- High Performance 1 – Jumping

Western Disciplines:

- High Performance 1 – Reining

HOW DOES THIS APPLY TO THE COACH LICENCE?



The Coach Licence is being introduced in 2020 but will not be required at EC sanctioned competition until 2021. The Licence includes many of the elements that are also required for Certification. The Licence is the professional designation that shows you have been:



HOW DOES THIS APPLY TO THE COACH LICENCE?

Trained

- First Aid
- Safe Sport
- Concussion
- Certification*

*Required by 2025

Screened

- Application form
- Two (2) reference letters
- Criminal Record Check - VSS
- Screening Disclosure Form

Insured

Commercial General Liability

\$5,000,000 coverage

Professional Liability

\$100,000 coverage

Abuse

\$25,000 coverage limit.

Certification requirements in red.

GET STARTED!

Now that you know your students and what Coach Certification may be right for you, contact your coaching administrator to start the application process, find training and start on the pathway to certification.

When the EC Campus launches, you will find more information about certification and training opportunities and be able to track your progress on the certification pathway.

This presentation will be available online after the webinar.



Photo Credit: EC



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Saskatchewan
Horse Federation

