

PCANCAS Level 1 Coaching Accreditation

Be at least 18 years of age to register for the course

Note: Completion of the PCANCAS Preliminary Coaching qualification is a pre-requisite for PCANCAS Level 1 and completion of PCANCAS Level 1 qualification is a pre-requisite to become a Proficiency Certificate Assessor and PCANCAS Coach Educator and Assessor

Accreditation Process

1. Resources Required

- Purchase the Level 1 Coaching Manual from PCA through JustGo
- PCA Rider Manuals (C, C*/K and B) be familiar with
- Complete the ASC Community Coaching Essentials on line course. Link <https://www.ausport.gov.au/coaching/community/education/community-coaching-essential-skills>
- Complete the ASC Safeguarding Children and Young People in Sport Induction online course. Link https://elearning.sportintegrity.gov.au/blocks/androgogic_catalogue/index.php?c1=Courses
- Complete the ASC National Integrity Framework online course. Link https://elearning.sportintegrity.gov.au/blocks/androgogic_catalogue/index.php?c1=Courses
- Complete Gear Checker Accreditation. Refer to PCA Website. Link <https://ponyclubaustralia.com.au/pcancas/>
- Complete the PCA Inclusive Coaching Webinar and assessment. Link <https://ponyclubaustralia.com.au/pcancas/inclusive-coaching/>
- Sign up for access to the PCA Coaching Resources Library. Link <https://ponyclubaustralia.com.au/register>
- A Mentor - PCANCAS Level 1. Evidence you have undertaken at least 12 hours of mentored coaching, supervised and signed-off by your mentor.

2. Complete Prior to Practical Assessment and ensure the following documents have been included. Recognition of Prior Learning will be considered upon written application.

- Proof of current PCA Membership
- Copy of your Working with Children Check
- Copy of your completed ASC Community Coaching Essentials Course, Safeguarding Children and Young People in Sport and National Integrity Framework Course Certificates

- Copy of your completed Gear Checking Accreditation
- Copy of your completed Inclusive Coaching Assessment
- Copy of signed mentor statement and completed Practice Log (Page 177 in Manual)
- **Evidence of completion of the Written Tests at the end of each unit. Online assessment link www.ponyclubaustralia.com.au/Coaches/CoachingResource or through the PCA Coaching Resources Library. Link <https://ponyclubaustralia.com.au/register>**
- Copy of First Aid Certificate (NOT a pre-requisite)

3. Submit for review to the Pony Club WA State Coaching Panel

- PCANCAS Level 1 Assessment Application Form. Link <https://www.ponyclubwa.asn.au/coaches-and-officials/>
- 2 or 3 possible assessment dates
- State Coaching Panel will assign Assessors and confirm date

4. Practical Assessment in person or video at Club rally, Zone or State Assessment Day, Club grounds or private property by arrangement

Prior to the Assessment the candidate to

Submit to Assessors four lesson plans of at least 45 minutes duration up to C*/K Level covering:

1. Groundwork

Unit	Competency	Task
4	Coach a groundwork class that shows understanding of: <ul style="list-style-type: none"> - Conditioned reinforcers in training - ES Shaping Scale - Correct groundwork position - Coaching Foundation responses of stop, go forward, turn, move hindquarters, park 	Create a lesson plan and explain how to attempt a basic obstacle course, ensuring a stop, go forward, park and movement of the hindquarters based on equitation science principles and correctly evaluate the level of horse's training based on the Equitation Science Shaping Scale

2. Flatwork – Position and Rider Focus

Unit	Competency	Task
5.1 Riding Position 5.1.1 Upright Position Common position corrections 5.3 Adjusting Gear while mounted	Coach a flatwork riding lesson that shows- correct coach position as part of a group correct use of language and voice control to coach riders 8- 15 years old	Create a flatwork lesson in an arena that runs through rider gear check and coach rider to adjust girth or alter stirrups while mounted. Plan a warm up session with poles and explain warm up ring etiquette and the importance of warm up and cool down. Coach the rider to understand tempo and rhythm. Explain 3 common position errors and exercises on how to correct them. Provide positive reinforcement and constructive feedback throughout. Explain where indirect and direct rein aids should be used as part of turning.

OR - Flatwork – Dressage Movements

Unit	Competency	Task
5.7 School Figures and Arena Movements 5.3.1 Long rein vs Loose rein	Explain area movements of smaller circles Coach the leg yield at trot Teach variations of pace and lengthening strides Teach halt, walk, trot and canter with horse in self-carriage Teach how to lengthen and stretch on a long and loose rein Explain difference between flexion and bend, using ES principles to determine the aids	Create a dressage lesson using the entire arena that includes rider performing 10 and 15m circles, using long and loose rein, leg yield at a trot and lengthening of pace.

OR

Sporting/Novelties or Mounted Games

3. Show Jumping

Unit	Competency	Task
5.1.1 Forward Position 5.9 Jumping Unit 5.9.3 Combinations, related lines and bounces	Teach and coach a rider to walk and negotiate a showjumping course Identify different types of showjumps Explain combinations, related lines and bounces within a showjumping course	Teach and coach a rider to walk and negotiate a course with a variety of 8-10 fences above 70cm, ensuring their understanding of combinations, related lines and bounces

5.9.4 Walking the course		
5.11 Forward Position 5.9.2 Gymnastic Jumping and grides	Understand how to coach grid or gymnastic jumping combination	Coach a rider through a grid or gymnastic jumping combination as a method to train a rushing horse or move a rider and horse combination up in height

OR

Cross Country

Unit	Competency	Task
5.10 Cross Country	Walking a Cross Country course Assessing cross country jumps and approaches Identify different types of cross country jumps	Focus on walk the course explanation, assessing jump approaches and required speed options

4. Present a non-ridden theory lesson on a subject of your choice from syllabus

5. Demonstrate lungeing as per the PCA lungeing manual guidelines

- Liaise with Assessors venue and time etc
- Organise C*/K riders (at least 4) for your assessment.
- Discuss Assessment Fee and payment

On day of Assessment

- You should bring your own equipment relevant to your lesson plans, such as a whiteboard, laminated pictures, tape measure or whatever else is needed.
- Have available a safe riding area with safe equipment
- You will be required to demonstrate all of the performance criteria and you must demonstrate the performance criteria consistently throughout each of the four lessons. Although subject to the discretion of the assessors, you should have no more than one assessment of NYC (Not Yet Competent) per section on the assessment sheet, per each of the four practical lessons.
- Upon completion the Assessors will complete the sign-off form in your workbook (take a copy) and return your workbook with your completed Practical Assessment sheets.

Post Assessment

- Assessors will complete the PCANCAS Leve 1 Assessment Application Form and return to State Coaching Panel along with copy of Candidates sign-off form.
- Candidate will be invoiced the cost of Assessment (plus Assessors mileage etc)
- Pony Club WA will enter coach's details on the PCA JustGo Database
- Forward a congratulation letter and Certificate.

6. Maintaining PCANCAS Accreditation

- Coaches are required to accumulate "update" Continuing Professional Development points over 4-year period and be current members of a PCA or PCA registered pony club to maintain their status.
- Coaches will be advised by PCA (this is automatic if your profile is current and correct on JustGo) when Accreditation is due for renewal.
- Complete the online Accreditation Renewal. Link https://form.jotform.com/PonyClubAust/cpd_points_coaches
- Updating activities are those which will help a coach to improve his/her knowledge and skills in the sport, teaching and communication skills. Below is the table outlining point requirements

Level of Accreditation	Points per 4 years	Miniumum points per year	Excess points permitted to be carry	Required activities over 4 years
Preliminary	12	2	3	5 points from practical coaching 3 points from PC coaching & development courses
Level 1	24	4	6	12 points from practical coaching 6 points from PC coaching & development courses

- CPD Activity Points Overview details where and how many points are applicable to each activity
Link chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://ponyclubaustralia.com.au/wp-content/uploads/2020/06/Continuing-Professional-Development-for-Coaches.pdf

