



March 2009

RDA QUEENSLAND - COACHES' NEWSLETTER

Please pass on to all coaches and carriage driving whips, you know including trainees, or maybe those who are thinking of retiring. We hope to keep you updated with coaching matters regularly.

At the RDAQ Annual General meeting in February, the following people were nominated to the Technical Committees for the coming year:

Coaching & Safety: Coralie Kedzlie, Averil Troon, Robin Vigeon
Dressage: Matty Sormani, Cecily Seipel, Ingrid Bayly, Susan Seipel,
Francis Smith
Vaulting: Martin Boersma, Melody Jacobs
Carriage Driving: Karen Greedy, Julie Templeton, Alan Morely
Hippotherapy: Wendy Montgomery

If you have coaching queries please contact the people from these committees via the State Office. Email Karen Casteel on coaching@rdaq.org.au or phone Karen on 3888 5277. She will pass your questions onto the relevant people.

RDA held Coaching & Safety Meetings for all RDA disciplines in Melbourne on 27th & 28th February. Your representatives from Queensland were as follows:

Riding: Coralie Kedzlie, Karen Casteel
Dressage: Cecily Seipel
Vaulting: Martin Boersma
Carriage Driving: Karen Greedy
Hippotherapy: Wendy Montgomery,
(Margurite Francis, formerly Kurschner, and formerly from Qld also attended)

HOT OFF THE PRESS FROM THE NATIONAL MEETINGS

Riding & Program Delivery

Volunteer Training Package: As everyone knows, volunteer training is important and at last a new package is almost complete which will help centres to ensure training is completed and well documented.

Rider Activity Competition: A manual with detailed guidelines for competition and scoring have been developed and is available to purchase at cost from the state office. The competition is a course which includes many of the mounted games activities. To complement the competition manual, are 8 Progressive Lesson Plans - a great coaching tool, and a great coach training tool. Please ask your centre to place an order by contacting Karen at the state office.

Mounting Ramps: Clearer guidelines for minimum requirements are being developed. In the meantime, there is information in the LI Training Manual.

Coach Training Manuals: Further chapters for the LI Manual are to be completed. However, the LII course will be supported by recommended training resources, rather than a manual. The RDAA office welcomes any feedback from coaches undertaking the LII course, regarding training resources they feel should be included.

Riding over Poles: This is a new module to be included in the LI course from 1st April 2009. All coaches will be required to complete this module 1st February 2010.

Current coaches will be required to complete the theory only, either by attending a workshop or completing it by correspondence.

Assessor Workshop: Planning is underway to hold this mid-year 2009.

Helmets: Just a reminder of the importance to only use helmets within 5 years of the date of manufacture. For riders who are unable to ride in an approved helmet, there is a new form being developed which will include signatures from the rider, parent/guardian, and medical practitioner. It is very important to clearly document any deviation from the guidelines.

Medical Forms: Please check that your centre has the most recent medical consent forms and please ensure that you attach the contraindications for riding and driving with the form.

Bank Checks: All centres must undergo a successful Band Check every two years. Assistance will be provided to help centres meet the required standard. However, failure to comply within agreed timeframes will mean closure of your centre until everything is made right.

Dressage

State Championships: The date and venue are set - 6th & 7th June at Arundel Park. Lots more information coming soon from the state office.

Video Competition: The RDAA National Dressage Committee is hoping to organise an Asia-Pacific Video Dressage competition for unclassified riders.

Rule Book: The RDAA Dressage Rule Book released last year in draft form is still the current rule book and will continue to be used in this form until further notice.

Classification: RDAQ are hoping to arrange for the National Classifier to visit Queensland possibly in April. Any riders who need to be classified or re-classified should contact the state office. If coaches are working with a physiotherapist or medical doctor who may be interested in becoming a Dressage classifier, please also contact the State Office for further information.

Dressage Clinics & Workshops: The State Dressage Committee are keen to hear from centres, coaches and riders who would like to host a dressage clinic or workshop. This could include dressage at any level from the very basics - how to begin, through to elite competition, or perhaps you'd like to know how to run your own event. Contact Karen Casteel at the state office.

Carriage Driving

Coaching course: The National Carriage Driving Committee are working on the finishing touches to the Level O Whip manual and workbook before it is submitted to the ASC for ratification. This will bring the whip education system in line with the coach education system and will be a NCAS accredited qualification. The Level 1 workbook is pretty much complete but we are still working on the manual that goes with it.

Manual: The 2008 carriage driving manual is available from state office for any centres or individuals interested. They have it on disk and as I understand it, will print it out as requested, check with Karen regarding cost. There were some amendments made to the manual at our recent meeting, these changes have been sent to state office.

If anyone has purchased a copy of the 2008 manual you will need to contact the state office for a copy of the changes.

Assessments & Training: Cathy Bantick has indicated she would be happy to come to Qld again and host a State CD Workshop later this year and be available to do assessments as well.

National Workshop: We are also in the planning stages of organising a National Carriage Driving Workshop in Victoria in 2010. Expressions of interest letters are in the process of being sent out to try and get an indication of how many people might attend and what they would like to see presented.

Vaulting

New Guidelines for the Non-use of Helmets in Horse Vaulting.

Vaulting is a low-risk and closely controlled activity and sport, and the RDAA Vaulting Sub-Committee recognises that helmets can be dangerous for certain individual and all team exercises on a vaulting horse.

These guidelines for the non-use of helmets are provided for horse vaulting programs to be used at the discretion of the vaulting coach and parents, provided all of the following criteria are met;

- 1. The vaulter is of a skill level that helmets are a safety concern. This would include more complicated moves such as a shoulder stand, or team moves that could cause interference between two or three vaulters.*
- 2. The vaulter is cognitively and physically able to practice self preservation skills in case of a fall. This means able to;*
 - a. Demonstrate a safe, unassisted dismount.*
 - b. Demonstrate and describe the components of a safe fall.*
- 3. The interactive and/or integrated vaulting program operates under the auspices of RDAA Vaulting Guidelines.*
- 4. The person lunging the horse is an accredited RDAA Lunger.*
- 5. The vaulter (or legal guardian, if the vaulter is under age) signs a waiver acknowledging the additional risk of not wearing a helmet.*
- 6. Documentation is maintained on each identified vaulter who is not using a helmet, as to how the determination was made that the vaulter meets all of the above requirements.*

Hippotherapy

Therapists & Horse Handlers Course:

WA Hippotherapy is holding a 3 Day level 1 course for therapists and horse handlers in Perth from May 13th to 15th. Julie Nicholson and Wendy Mungomery will be presenting and further information will be distributed asap.

General

RDA Operations manual: A DVD which contains the full RDAA Operations Manual including all policies and procedures was forwarded to Queensland centres towards the end of 2008. Please ask your centre committees for a copy as this manual covers the minimum requirements for all RDA centres throughout Australia. It is a valuable tool and you will need it for your own information as well as when training new coaches. Any problems locating it at your centre, please contact the state office.

Fundraising & Awareness: Rosemary McDonald is now the Fundraising & Awareness Manager for RDAA and hopes to raise funds to send trainee coaches to intensive workshops, to hold a competition for 2-3 coaches to attend the International Conference in Germany, and is developing a dedicated coaching section on the RDAA website.

Websites: Be sure to check out the new look websites for both RDAA - www.rda.org.au and RDAQ - www.rdaq.org.au I am sure both state and national offices will welcome your news to be included on these sites.