



ZONE ONE INSTRUCTOR'S NEWSLETTER

CHIEF INSTRUCTOR: Michael Carlson
PANEL: Sue Jones, Erica Woodland
Paul Schuster, Bev Hamilton, Fiona Griffiths,
Secretary: Kathryn Saunders email: k.m.c64@virginbroadband.com.au
FEBRUARY 2008

ZONE ONE CALENDAR

<u>DATE</u>	<u>EVENT</u>	<u>VENUE</u>	<u>CONTACT</u>
MARCH			
13	Rules Information Night	PCAQ	Bev Hamilton 3355 7104
APRIL			
5	Young Rider's Clinic	Runcorn	Michael Carlson 0417 746 436
12	Level C Prep No1	TBA	Michael Carlson 0417 746 436
19	Level O Clinic	TBA	Sue Jones 3289 1371
MAY			
10	Level B & C Refresher Clinic	TBA	Michael Carlson 0417 746 436
24	Squad Training	TBA	Michael Carlson 0417 746 436
31	Level C Prep No2	TBA	Michael Carlson 0417 746 436
JUNE			
7	Sporting Judges Clinic	TBA	
15	Zone Dress/CT C'ships	TBA	Margie Davidson 5428 7094
21	Level C Exam	TBA	Michael Carlson 0417 746 436
28-30	Zone Camp		
JULY			
12	JF McGill Judges Clinic	TBA	Sue Jones 3289 1371
20	JF McGill	Redlands	Margie Davidson 5428 7094
AUGUST			
17	Zone S/J & E	Wynnum	Margie Davidson 5428 7094
23	Zone C/D	TBA	Margie Davidson 5428 7094
SEPTEMBER			
7	Bobby Bayard	Darra-Oxley	Margie Davidson 5428 7094
20	Level B Prep	TBA	Michael Carlson 0417 746 436
26-28	STATE Sp/CD	Winton	Margie Davidson 5428 7094
OCTOBER			
11	Aitkens SJ	Runcorn	Margie Davidson 5428 7094
12	Aitkens Sporting	Runcorn	Margie Davidson 5428 7094
18-19	Zone Teams Challenge	Caboulture	Margie Davidson 5428 7094
25	Zone Teams Dressage	Southport	Margie Davidson 5428 7094
NOVEMBER			
1-2	Zone ODE	Samford	Margie Davidson 5428 7094
15	Level B exam	TBA	Michael Carlson 0417 746 436

Rules Information Night

DATE: 13TH May **TIME:** 7pm **COST:** Nil
PLACE: PCAQ House **RSVP:** 10th May
TO: Margie Davidson 42 Blewers Rd, Morayfield. 4506
ENQUIRIES: Bev Hamilton 3355 1334

This information night is for all riders, officials, instructors and parents to be updated for gear check & all disciplines on the latest rule changes that have taken effect in 2008.

PLEASE NOMINATE THROUGH YOUR CLUB NOMINATIONS SECRETARY

Level C Preparation Clinic

DATE: 12th April **TIME:** 9am **COST:** \$10
PLACE: TBA **NOMINATIONS CLOSE:** 5th April
TO: Margie Davidson 42 Blewers Rd, Morayfield. 4506
ENQUIRIES: Michael Carlson 0417 746 436

This clinic is the first of 2 one day compulsory preparation sessions for candidates to be eligible to sit the Level C Instructor's exam.

NEW CANDIDATES ARE REQUIRED TO BE REGISTERED WITH PCAQ THROUGH THEIR CLUB BEFORE ATTENDING THE CLINICS

Level O Clinic

DATE: 19th April **TIME:** 9am **COST:** \$10
PLACE: TBA **NOMINATIONS CLOSE:** 11th April
TO: Margie Davidson 42 Blewers Rd, Morayfield. 4506
ENQUIRIES: Sue Jones

The Clinic is a designed for any parents and members who want a sound introduction to horsemanship and horse management.

In addition, Level O Instructors may assist with at musters under supervision of Qualified Instructors.

PLEASE NOMINATE THROUGH THE CLUB NOMINATIONS SECRETARY

CONGRATULATIONS

TO OUR NEW INSTRUCTORS

Amy Godsell
Jayne Kensington
Lilly Voigt
Michelle Kensington
Katie Gilmour

Redlands PC
Redlands PC
Redlands PC
Redlands PC
Redlands PC

Erin Lobb
Jacquie Morrison
Michelle Marshall
Nicole Platt

Gumdale PC
Wynnum PC
Wynnum PC
Park Ridge PC

Chief Instructor's Notes

Good Coaching Practices to Reduce Risk - Checklist

Yes

No

Planning

Do you supervise participants at all times?

Do you modify activities when mismatches in ability cannot be corrected easily?

Do you modify the activity and/or the equipment to cater for individual needs, especially with juniors and participants with a disability?

Do you plan for when a new participant joins your activity at any time?

Do you plan for when a participant returns from injury or illness?

Do you plan for progressing to the next drill or teaching a new skill?

Do you keep written records of your planning for statute periods?

Do your plans fit in with the philosophy of the club?

Do you protect your organisation's intellectual property?

Do you coach in a community where you need to consider cultural differences?

Do you communicate your plans and advise of risks effectively:

- with participants?
- with their parents/guardians?
- with your peers, employer or others?

Instruction

Does your session include achievable progressions?

Does your session include techniques, tactics and rules in accordance with expected methods in your sport and the development level of the participants?

Do you deviate from your plans?

Do you provide instruction regarding the safety of the activity?

Do you explain the risks?

Do you explain the risks simply, in more than one way, and confirm that the risks are understood by the participants and others?

Do you keep up to date with current coaching techniques?

Do you coach so that your supervisor/mentor can see and hear your instructions to the participants?

Matching participants

Do you consider participants' ages?

Do you consider participants' sizes?

Do you consider participants' physical and psychological abilities?

Do you consider participants' technical abilities?

Do you consider participants' wellness?

Do you consider participants' individual differences?

Are you especially prudent with matching young participants?

Participants/Other Personnel

Injury and illness

Do you know how to determine whether an illness or injury to a participant is sufficient to stop their participation?

Do you ensure that an injured participant is ready to return to play following an injury or illness?

Medical information

Do you include emergency contact details in this information?

Do you ask for medical conditions to be advised?

Do you record when injuries occur?

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Child protection

Do you communicate appropriately with participants?

Do you ensure that any physical contact is in the open and appropriate?

Do you transport participants appropriately?

Do you follow legislative procedures for working with participants and managing alleged abuse?

Environment**Safe environment**

Do you note and remedy hazardous conditions through regular inspections of the environment?

Do you monitor the environment for change and advise participants if it becomes hazardous?

Do you take responsibility for peripheral areas to the training environment (warm-up, training, change rooms, equipment stores, car park, etc.)?

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MUSTERS

Many clubs have been in the in the unfortunate situation not to have a qualified instructor to officially hold musters. There are a number of activities which can be done to overcome these problems.

Level O Instructors can function as per PCAQ 2007 handbook-

From *ZCI meeting Jan 2002*:

Can only do lectures.

Do not have to do refreshers but are encouraged to do so.

Running a rally day: In an emergency, where a rally has been organised and no Level C instructor turns up, the Level O and/or Sportsmaster can take the rally, provided they keep to the level stated in the O level syllabus (no jumping). Note in the club minutes that this has occurred.

Sportsmasters: These are club members appointed by the club committee based on experience and knowledge of riding. Where there are a large group of riders or in an emergency where the Instructor has failed to show for a rally day, Sportsmasters may assist with riding instruction (no jumping). The Sportsmaster role should be reassessed & re-appointed each year.

Restricted Level C: This is a member who has had extensive riding experience in one discipline and applies to PCAQ for permission for a Restricted Level C certificate allowing them to instruct in their specific discipline only.

- Additionally,**
- i. Invite other clubs' instructors
 - ii. Invite professionals to give demonstrations eg farrier, vets, saddlery stores, RDA, Police -road rules & police horses.
 - iii. Organise musters with neighbouring clubs
 - iv. Proficiency Certificate workbooks
 - v. Junior Committee activities
 - vi. Horsemanship
 - vii. PCAQ/Zone/CIP representatives