



Future Leader EXPLORER CHALLENGE

To achieve the Coach Assistant Award, you need to volunteer at your centre for at least 30 hours and complete the following tasks:

- Assist with coach led sessions
- Design warm up and cool down activities for a coach to deliver during a ridden session
- Demonstrate a task to others
- Run an outdoor activity for a group of children under the supervision of a coach
- Run an indoor activity for a group of children under the supervision of a coach
- Reflect on what you have achieved

If some of the tasks listed above are new to you, it might take more than one attempt to complete them confidently. That's absolutely fine – the main aim of this Explorer Challenge is for you to build and develop your skills and knowledge over a period of time.

Example

Participants should have the opportunity to practise the skills they have been introduced to during coach led sessions throughout their time helping at the centre.

It would support their learning to have recap or catch up sessions to check on their progress during the time they are helping.

It may be beneficial to have a final session to conclude the course and discuss what they have learnt.

Checklist for achievement:

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| <ul style="list-style-type: none"> • Volunteer at the centre for 30 hours | <p><i>Keep a record of the hours. This could include; sessions helped with and additional tasks. 30 hours can include time helping on the yard – participant should have the opportunity to help with a variety of coaching sessions as part of this.</i></p> |
| <ul style="list-style-type: none"> • Practise building rapport whilst helping with sessions | <p><i>Show interest and engage with riders/participants during sessions. Ask open questions and try to build a connection.</i></p> |
| <ul style="list-style-type: none"> • Know how to prepare and speak confidently in front of others | <p><i>Prepare by planning what to say, rehearsing and finding out who they will be speaking to. Display open body language, try to engage with the audience by making eye contact, and asking questions.</i></p> |
| <ul style="list-style-type: none"> • Give a demonstration to an individual or group | <p><i>Demonstrate a basic task, for example how to mount a horse. Speak clearly, engage with the audience, demonstrate the task correctly and safely.</i></p> |
| <ul style="list-style-type: none"> • Be able to explain instructions clearly | <p><i>Give clear instructions, with some reasoning as to why the task is performed in a particular way e.g. why you put</i></p> |

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<ul style="list-style-type: none"> • Have a basic understanding of the behaviour of others (how children may behave in sessions and how to support peers) • Know how to plan sessions/activities • Run at least two group activities (one indoor and one outdoor) under supervision of a coach. Each activity session should be 20mins in duration. • Be able to self-reflect on own progress and performance 	<p><i>your foot in the stirrup when mounting from the mounting block rather than just swinging your leg over.</i></p> <p><i>Make suggestions for how to approach certain behaviours, for example when running an activity for children e.g. loud and excited children - setting clear rules and boundaries for the activity, be clear and consistent, be calm and encouraging. Know how to be observant of the behaviour of peers and how they might be able to help.</i></p> <p><i>Planning using a session plan sheet including intro, main content and sum up, consider timings and resources required. Risk assess activities. Plan a warm up and cool down for a coach to deliver as part of a ridden session. Plan an indoor and outdoor activity.</i></p> <p><i>Run an outdoor activity and an indoor activity for a group of children under the supervision of a coach. Activities should be planned and risk assessed. Participants can give clear instructions and keep the groups engaged. Participants should be able to keep the group occupied for a 20mins (they may need to plan to include more than one game in this time).</i></p> <p><i>Complete the reflection questions in the Explorers book to reflect on own progress and completion of topic/award.</i></p>
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Things to consider

- Coach Assistants should be able to assist a coach, they should carry out all activities under the direct supervision of a coach.
- To achieve this topic/award participants should receive sufficient practise running activities and giving demonstrations to develop skills and confidence completing each task.
- The minimum age for children to volunteer is 14 years old. For more information please visit: www.gov.uk/volunteering/when-you-can-volunteer.
- The minimum age a child can work is 13 years old www.gov.uk/child-employment.
- Ensure appropriate risk assessments are in place.

