

**FEI**  
**Fédération Equestre Internationale**



**FEI Coaching System**  
**(Competition)**

**SYLLABUS**

**LEVEL 1**  
**ENDURANCE**

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## LEVEL ONE ENDURANCE

<b>Aim:</b>	<ul style="list-style-type: none"> <li>To provide coaches with the ability to prepare Endurance riders and horses for first level of competitions.</li> </ul>
<b>Duration of the course:</b>	<ul style="list-style-type: none"> <li>5 days (40 hours)</li> </ul>
<b>Entry Requirements for Participants:</b>	<ul style="list-style-type: none"> <li>20 years old and over</li> <li>Have a knowledge of horses and horsemanship (responsibility of the NF)</li> <li>Have been involved in Endurance competitions</li> <li>Have be recommended by the their NF</li> <li>Have a First Aid Safety certificate (recommendation)</li> </ul>
<b>Attendance:</b>	<ul style="list-style-type: none"> <li><b>12</b> participants + 10 observers (max)</li> </ul>
<b>Participants:</b>	<ul style="list-style-type: none"> <li>Must be registered with their NF</li> </ul>
<b>Level:</b>	<ul style="list-style-type: none"> <li>40-80km Endurance competition</li> </ul>
<b>Insurance:</b>	<ul style="list-style-type: none"> <li>Participants must be registered with their NF coach insurance scheme or privately</li> </ul>
<b>Assessment:</b>	<ul style="list-style-type: none"> <li>Open Book Assessment</li> <li>Practical coaching sessions</li> <li>Logbook Assessment</li> </ul>
<b>Certification:</b>	<ul style="list-style-type: none"> <li>Certificate of Attendance awarded to participants having attended the full course</li> </ul>
<b>Evaluation of the Course:</b>	<ul style="list-style-type: none"> <li>By Tutor</li> <li>By Coaches</li> </ul>
<b>Evaluation sheets and Report</b>	<ul style="list-style-type: none"> <li>To be sent to the FEI by the Tutor</li> </ul>

## **The Sport**

### **TOPIC - PRINCIPLES AND RULES**

At the conclusion of this course, the Level One coach will be able to:

- Understand and explain the rules which govern the equestrian Endurance sport.
- List the FEI code for the welfare of horses.
- Understand and explain the essence of the Endurance sport.

### **TOPIC - SAFETY**

At the conclusion of this course, the Level One coach will be able to:

- Assess the suitability of the environment for training session.
- Explain how to handle the horse and check the equipment.
- Check that riders are wearing suitable clothing/footwear/material/ Individual protection equipment (helmet).
- Explain how to ride and control the horse correctly and safely in a group.
- Explain how to adjust the saddle and equipment.
- Implement an emergency plan in the event of an accident.
- Assess the physical and mental ability of the rider to plan the training session.
- Assess the size, weight and ability of the rider.
- Fill out accident reports and maintain an accident register.
- Explain the importance of professional indemnity and public risk policies.
- Take appropriate steps to protect against possible negligence claims.

## **The Coach**

### **TOPIC - ROLE OF THE COACH**

At the conclusion of this course, the Level One coach will be able to:

- Identify the qualities which contribute to effective coaching.
- Be aware of his/her own personal strengths and approach to coaching.
- Identify the different coaching styles.
- Apply basic communication skills.

- Structure the Endurance training session regarding the capability of the horse.
- Be aware of social and gender imbalances in equestrian sport and the concept of fair play.
- Be aware of the moral need and importance of integrating participants with a disability into Endurance.
- Understand the dynamics and processes of learning.

### **TOPIC - PLANNING AND FEEDBACK**

At the conclusion of this course, the Level One coach will be able to:

- Outline the need for short, medium and long term planning.
- Complete a session planner.
- Implement a basic coaching session, recognising the need for participation, progress and enjoyment.
- Keep training records.

### **TOPIC - MOTIVES AND NEEDS**

At the conclusion of this course, the Level One coach will be able to:

- Motivate participants to become and stay involved in equestrian sport with a view to maximizing their potential.
- Be aware of the major stages in growth and development of the participant.
- State the importance of promoting positive and enjoyable experiences for participants.
- Encourage and acknowledge individual progress of the participant.
- Give feedback to promote the self-image of the participants.
- Be aware of the dangers of early specialisation and competition.
- Recognize limitations of their own and rider's competence/expertise.

## **The Participant Horse and Athlete**

### **TOPIC - SKILL DEVELOPMENT OF THE ATHLETE & THE HORSE**

At the conclusion of this course, the Level One coach will be able to:

- Outline the basic factors which affect learning.
- Implement a basic skill development framework.

- Be aware of the timescale involved in skill development in Endurance, and the need for repetition and re-enforcement.
- Be aware of the behavioural instinct of the horse and how they affect their learning.
- Give constant feedback to the athlete and horse.

## **TOPIC - PHYSICAL FITNESS OF THE ATHLETE AND HORSE**

At the conclusion of this course, the Level One coach will be able to:

- Define fitness.
- List the principles of fitness.
- Name the components of fitness.
- List, check and control the normal temperature, pulse and respiration of the horse.
- Know fundamental training physiology, the working of the cardio, respiratory, muscular and skeletal systems.
- Implement well-structured warm up and cool down exercises for the rider and horse.
- Know recovery/recuperation process of the horse and athlete.

## **TOPIC - MENTAL FITNESS OF THE RIDER**

At the conclusion of this course, the Level One coach will be able to:

- Describe what is meant by mental fitness.
- Identify the components of mental fitness.
- The basics of riding theory and the motor learning.

## **UNIT 10 - MENTAL FITNESS OF THE HORSE**

At the conclusion of this unit, the Level One coach will be able to:

- Identify the components of mental fitness for an Endurance horse.
- Identify the key factors which affect the mental fitness of the Endurance horse.
- Identify the right mental state of an Endurance horse.

## Endurance

### TOPIC - SKILLS

At the conclusion of this course, the Level One coach will be able:

- To coach the basic balance position of the rider.
- To coach how to control the balance position, independent of the aids at all paces.
- To coach how to control the horse in a group.
- To coach a team or individuals at the elementary level on a trained horse in **all paces and all situations**.

### TOPIC - TACTICS

At the conclusion of this course, the Level One coach will be able to:

- Explain the manner in which the Endurance sport is carried out.
- Adapt average speed in Endurance competition.

### TOPIC - PRACTICE AND COMPETITION

At the conclusion of this course, the Level One coach will be able to explain:

- Instruct, observe, analyse and provide feedback on basic techniques and skills for the horse and rider.
- Develop empathy and a positive working relationship with riders and their "crew".
- Provide first aid for minor injuries and ensure that professional care is readily at hand for serious injuries.
- Identify suitable competition and non-competition opportunities.

### TOPIC – ENDURANCE HORSE MANAGEMENT

- **Shoeing and foot care**
  - Explain the need for shoeing.
  - Describe the stages of shoeing and the tools required.
  - Describe a foot in need of shoeing.
  - Describe the parts of a simple shoe.
  - Explain correct shoeing for Endurance.

- **Health**
  - Assess the signs of good/bad health.
  - Implement basic `First Aid` for the horse and list the conditions that would require a veterinary surgeon.
  - Explain the parameters of Vet Gate examination.
  
- **Travel**
  - Describe the travelling equipment used to protect the horse in transit.
  - Organise the required administrative travelling papers.
  - Be aware of the need for safety in the handling of horses in transit.
  - Recognise travel sickness (colics, etc...).
  
- **Feeding**
  - Explain the principles of feeding and hydration (how to use supplements, electrolytes, vitamins, etc...).
  
- **Grooming/Crewing**
  - Explain various and specific systems.
  
- **Tack**
  - Assess the condition, suitability and fit of the different types of tack used in the different equestrian sports.
  
- **Stabling**
  - Describe the design and construction of the different stabling systems and paddocks/corrals.
  - List the advantages/disadvantages of the different stabling systems and paddocks/corrals.