

# SECTION VII: Appendices

## APPENDIX VII

### GUIDELINES FOR COACHING AT USPC DRESSAGE RALLIES

The role of a coach is to assist the rider:

1. Warm-up area techniques and working out problems
2. The assessment of the Dressage test
3. How to deal with mistakes made on the test and prepare a plan for the next test
4. The rules of competition before competition begins
5. To help the competitor with eyes on the ground

A Pony Club coach is expected to help any Pony Club competitor who asks for help or who is present without a coach. The coach is not present to give a riding lesson on the warm-up area. It is the coach's job to aid the rider in managing the confusion of a competitive warm-up area as well as dealing with dangerous traffic situations and to help the rider assess his/her performance after the ride.

All teams/individuals may have a coach; teams/individuals may share a coach. The name of the coach must be included on the entry form. The coach must be familiar with and comply with the current USPC Rules for Dressage Competitions and should assist riders in learning these rules before the competition begins.

The coach must read, sign and return to the organizer a copy of this form to indicate that he/she has read, understands and will abide by the USPC Dressage Rules and the coach's guidelines.

The coach must wear the identification provided by the organizer during the competition times. Those times are defined to be at least from the opening to the closing of stables each day.

Communication between coaches and competitors during the competition is limited to:

1. The Official Briefing and any subsequent briefings, as required by the Organizer.
2. Dressage warm-ups.
3. A brief meeting following the Dressage test in the schooling area if the rider so desires.
4. Reviewing the Dressage test and creating a plan to improve on the next Dressage test if the rider desires.

#### Coaches must:

1. Attend the Official Briefing for Coaches; every rider does not have to have a coach present while riding, as teammates may have too close of ride times for the coach to be in more than one place at a time.

#### All coaches must sign that they have read this sheet:

I \_\_\_\_\_ have read the USPC Handbook and Rules for Dressage and the above guidelines for coaching.

Print Name \_\_\_\_\_ Date \_\_\_\_\_

Team (Region) or members \_\_\_\_\_

Coach Cell Phone Number \_\_\_\_\_ Coach Email \_\_\_\_\_

2. There must be a team meeting with the coach to discuss ride times and how best to utilize the coach within the team.
3. All coaches must be identified so they are easily recognized as a coach
4. A rider in the schooling area whose coach is not present may approach another coach and ask for help.

#### A coach may not be:

1. A team chaperone, except with the permission of the Organizer.
2. The organizer, any member of the Organizing Committee or any other official of the competition.
3. A Regional Supervisor at a regional competition.

The duties of a coach shall be limited to the riding phases of competitions and may include:

1. Observing, but not participating in (unless requested), any pre-competitive soundness check and any daily soundness checks.
2. Accompanying competitors during test, arena inspection, sound checks, or at any other subsequent times are open for warm-up, during which they may give advice and coach.
3. Assisting competitors in the designated Schooling Area.
4. Briefly meet with the rider after the test for feedback on the test, if the rider desires. This meeting will be held in or very near by the gate to the Schooling Area; and under no circumstances will interfere with the care of the mount, under penalty of elimination of the rider.
5. If necessary, a coach may lead a competitor's mount into the arena area.

*A coach may assist in standard adjustments of tack (tightening girth, changing the length of stirrups) in the warm up area without the requirement of an additional safety check.*

1. If these standard adjustments can not be made while mounted, the rider may remount without the need of an additional safety check.

At all times coaches must be aware of the unauthorized assistance rule (see Article 56.7). They must not enter the stable area except at authorized visiting times.

The paddock master/judge/ground jury under the rules governing unauthorized assistance will penalize violations of these coaching guidelines.