

# BRITISH HORSERACING AUTHORITY

## Handbook for Training and Delivery of Mandatory Jockey Licence and Professional Development Courses



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## BACKGROUND

Formal and mandated Jockey Training was introduced into the horse racing industry in the early 1990's. Since that time, the overarching programme has developed and expanded to provide training to both amateur and professional Jockeys at various stages of their career.

In 2014, the BHA Review Group, involving all stakeholders, considered the need for a more coherent and integrated framework for the training programme, and developed an overarching Jockey Training & Development Strategy. The aim being to provide career-long guidance and support for Jockeys to ensure they achieve their maximum potential and secure a sustainable living.

The 2020-2023 iteration of the JTDS built on the achievements of the earlier version while refining aspects based on lessons learned as well as identifying new areas of opportunity and concern that its recommendations seek to address. It was agreed that the strategy would be promoted through a communication plan that emphasised the Vision and Mission statement. The Vision and Mission are as below:

**VISION-** Our jockeys are recognised for their skill, athleticism and courage and represent the best values and conduct of British horseracing.

**MISSION-** To deliver comprehensive training and development that inspires jockeys to realise their full potential throughout their careers as professional sports people and beyond.

The 2023-2025 Jockey Training and Development Strategy Report (Intermediary Update) has been published and distributed to all stakeholders. This document provides a summary of progress from 2014-2023, and included key recommendations and priorities for 2023-2026, to build on the aims and objectives of previous iterations and to utilise the current levels of resource to their full effect.

The agreed rigorous entry criteria for aspiring Jockeys and restricted number of training places have been in place now for a number of years. This process has introduced an element of competition for places, with the result that the training programme has become more sought after and valued. It is hoped that this will also contribute to more cost-effective use of funds and resource. The progression to a more stringent Pre Licence Assessment process has been deemed a success, as it has ensured the highest possible calibre of applicants are considered for a full Licence Course. There has also been the addition of nutritional and weight assessment, this additional element will help safeguard the future jockey population and flag any concerns in this area at the earliest possible opportunity.

Continuation training for licensed claiming jockeys, in the form of Claiming Jockeys Workshops, has been reviewed, so that the delivery meets the needs of all claiming jockeys across the full range of curriculum areas. These curriculum areas are now delivered through annual workshop training days, which were previously specifically organised to be appropriate for each claiming band (7lb, 5lb and 3lb). This delivery changed in 2023, so that the workshops are now delivered based on the duration of time a jockey has held a licence (year 1,2,3 &4). If jockeys are within one year of holding a licence they will attend a certain workshop, if they are within year two, they will attend another workshop. This delivery ensures that all claiming jockeys will receive the full holistic programme of training according to their length of experience, and not at the speed at which they progress through this phase of their riding career.

This handbook aims to keep all stakeholders aware of the policies and processes required to deliver Jockey Training and Development.

## OBJECTIVES OF TRAINING

A key objective of Jockey training and development is to ensure the safety and welfare of Jockeys and horses at all times and to ensure that, as the industry's professional sportspeople, Jockeys have an opportunity to realise their full potential and succeed in their role of maximising the potential of the equine athlete. The Jockey Training and Development Strategy is also underpinned by the following:

1. To provide a professional development programme for Jockeys that will equip them with the necessary professional skills and enhance their wider personal skills across the agreed curriculum.
2. To provide Jockeys with the necessary knowledge and understanding about the Rules of Racing, industry policies including Safeguarding, Industry Code of Conduct, Equality, Diversity and Inclusion, Horse Welfare and all required standards of behaviour.
3. To encourage an attitude and environment of continuous professional development amongst racing's sporting professionals.
4. To enable Jockeys to achieve their full potential and develop them as ambassadors for sport and wider industry.
5. To provide a framework of training and assessment and, where appropriate, nationally recognised qualifications to complement and support the training programmes.
6. To support Jockeys in preparing for a second career, wherever possible within the racing industry, providing further education and training linked to externally recognised qualifications.

There are a number of organisations involved in the administration and delivery of Jockey training.

These include:

### **British Horseracing Authority (BHA)**

All potential Jockeys are required, under the Rules of Racing, to undertake mandatory training at various stages of their racing career.

BHA will, in consultation with relevant stakeholders, set the curriculum for each stage of training.

### **The BHA Licensing Department and the JT&D Group is responsible for:**

1. Determining the number of training places to be available at each training stage per annum and keeping this under review. Liaising with all stakeholders if places are over or under subscribed.
2. Confirming course dates with the training providers.
3. Overseeing the pre-licence assessment administration process, check suitability of candidates and liaising with training providers.
4. Booking applicants onto licence courses.
5. Quality assuring the training provision and assessment.

The BHA will arrange for the Letters of Agreement to be issued annually to the Racing Schools, detailing the agreed costs and number of training places.

## **Employers**

Employers will hold the Apprentice or Conditional licence. Employers must arrange for and support the applicant through the pre-licence assessment process, liaising with the BHA Licensing Department and Training Providers as appropriate. Employers must pay the applicant and meet the travel, subsistence and overnight costs whilst they undergo pre-assessment and during any mandatory training attendance.

Once a licence has been granted, the employer will allow, support and encourage the Jockey to engage with their appointed Jockey Coach and JETS Personal Development Management team. The employer will also comply with the terms of the licence, and ensure the Jockey attends mandatory workshops and all training and coaching deemed necessary for their development.

## **The Jockey Training and Development Group (JT&D Group)**

The JT&D Group is responsible for overseeing the delivery of the pre-licence skills and fitness assessment of applicants prior to attendance on a licence course and is responsible for overseeing the delivery of mandatory Jockey training. The management and delivery of this training is via the Training Providers (BRS and NHC).

The training must be consistent at each of the Training Providers and the Group is required to put in place a process for standardising the delivery. Standardisation arrangements must be communicated to the BHA Licensing team on an annual basis.

Whilst the timetable for delivery is at the discretion of the JT&D Group; the content, subject matter and coverage must be consistent. Applicants must benefit from the same learning experience irrespective of where the training is received. This will ensure they are fully prepared for the end of course assessment. Any changes to the content and subject matter covered during the training must be approved by the relevant stakeholders.

A BRS/NHC appointed Jockey Coach will conduct the pre-licence and licence course assessments and report the results to the BHA Licensing Department.

## **Jockeys**

The applicant must attend a pre-licence skills and fitness assessment in line with industry requirements. If the required standard is not achieved the applicant must further develop their skills and/or fitness and present for re-assessment in due course. The applicant and/or the employer is responsible for the cost of re-assessment. This application also relates to Professional Claimers who may also have the conditions of being in full time employment in a yard this is decided on the discretion of the BHA.

## **Professional Jockeys Association (PJA)**

The PJA will participate in working groups set up to oversee and review the mandatory training programme for Jockeys.

## **Jockeys Education & Training Scheme (JETS)**

JETS will participate in working groups set up to oversee and review the mandatory training programme for Jockeys.

## **National Trainers Federation (NTF)**

The NTF will participate in working groups set up to oversee and review the mandatory training programme for Jockeys.

## **PRE-LICENCE SKILLS AND FITNESS ASSESSMENTS**

### **Pre-Licence Requirements**

Mandatory Jockey Licence courses are designed to ensure that applicants have the skills, knowledge, fitness and attributes required to ride under Rules, safely and competitively and be an ambassador for the racing industry.

Applicants must undergo pre-licence skills assessment by an appointed BRS/NHC qualified Jockey Coach and undertake a fitness assessment prior to being offered a place on a licence course. In 2026 each applicant will also have an assessment of hydrated weight and body composition with a member of the PJA Nutrition Team. There will be two regional coaches in attendance to administer the day.

The guidelines for the weights will be Apprentice 8st10 and Conditionals 10st 8 as a maximum measure. If a delegate is over these weights they will not be hindered from gaining a place, but it will be taken into consideration when deciding on place allocations. The reason we have these is we found the higher the weight of the jockey the lesser opportunities they might have in their career.

The purpose of this requirement is to:

- a. Confirm that the applicant has the required level of skills and knowledge to be recommended to go forward onto a licence course, to be assessed as competent to ride under the Rules of Racing
- b. Confirm that the applicant has attained the required fitness levels for attendance on a licence course
- c. Confirm the employer and employee's commitment to the licensing process and ensure they fully understand their responsibilities in relation to regulatory requirements.
- d. Confirm that the applicant has sufficient Racing Knowledge and understanding of the industry.

### **Pre-Licence Skills Assessment**

Pre-Licence assessment is based on the first stage curriculum and must be undertaken at the NHC or, BRS.

### **Pre Licence Skills Administration**

The initial licence application for a Pre-Licence Assessment should be made directly to the BHA Licensing Department. Training Providers will publish available assessment dates at the beginning of the year. An assessment day would normally take place up to eight weeks prior to a course start date.

For more details please copy this link to the BHA Website

<https://www.britishhorseracing.com/regulation/licensing/jockeys/>

The applicant will be required to attend a day at one of the Racing Schools and will be assessed physically, practically and through oral questioning. Having reviewed the evidence or observed the applicant's practical skills and under pinning knowledge, The Jockey Coach will complete the report shown at Annex D.

This will be submitted to the BHA Licensing Department who will advise the applicant of the results within seven working days with a copy of the report supplied to the employer and the applicants. The report will be complete within a week of the assessment day.

All applicants who meet the minimum performance standards (and satisfy all other licensing requirements) will be considered for the upcoming licence courses. Places will, however, be offered based on applicant performance at the pre-licence assessment only the top eight candidates will be selected. Applicants who wish to improve their pre-assessment score can attend another assessment (subject to availability and after a minimum of eight weeks have passed),

All unsuccessful applicants can attempt the Pre Licence Assessment a maximum of three times a year. Should the applicant be unsuccessful on the second attempt for a Licence course, the applicant will not be able to attend a third assessment for a minimum of 6 months. If the employer does not agree with the assessment, an appeal can be made following the agreed appeal process (see Page 16).

Irrespective of whether the applicant is successful or unsuccessful in their Pre Licence Assessment they will automatically become eligible to be supported by the Jockey Coaching Programme, through the Drop-in sessions, subject to availability, facilitated by the Regional Jockey Coaches. For full details of the Drop-in Sessions please contact the Jockey Training & Development Administrator.

The Racing Schools will collaborate to offer standardisation activities for Jockey Coaches involved in pre-assessment. Every participating coach must undertake an initial standardisation event and participate in CPD activities as required. The Racing School will advise the BHA of the coaches who have undertaken standardisation activities and are therefore able to conduct a Pre Licence Assessment.

### **Pre Licence Skills Assessment Criteria**

The Criteria upon which the Pre-Licence Skills Assessment is found at Annex B.

Should the applicant not meet the minimum performance standards required to be considered for upcoming licence courses; they will be required to complete the whole of the Pre Licence Assessment again at a later date. They will need to achieve 9 out of 12 on the assessment criteria and scored 80% or above on the fitness assessment.

The Pre Licence Knowledge test will have a pass mark of 15/20. This will be an online multiple-choice test. Please find example on Annex A (iii).

The Pre Licence Fitness test will have a pass mark of 80%. If the candidate doesn't manage to score 70% on the fitness test they will be asked to leave the assessment early.

The candidate will also be expected to produce a hydrated urine sample this will be tested by a member of the PJA nutrition team. If the applicant presents a dehydrated sample on the day, then the BHA may investigate and include requirements before being enrolled onto a course.

Individuals who currently hold a Category A Amateur Riders Permit or a Cat B Licence, will be required to successfully complete the Pre-Licence Assessment Day, should they wish to apply for a place on the Jockeys Licence Course.

After the end of the assessment the candidates will be given information on available Jockey Coaches they can use and relevant IJF Centres

Alongside a simulator skills assessment, the applicant must also complete the industry recognised fitness test to confirm they are physically able to meet the demands of Riding Under Rules. This assessment will not only confirm the applicant is prepared for the licence course and their future sporting role but will also provide a benchmark against which an individual training programme can be developed once they gain a licence.

Pre-Licence Fitness Assessments will be conducted by a BRS/NHC appointed fitness assessor or BHA Jockey Coach. The pass mark for a Pre Licence Assessment for a jockey licence course is set at 80%. Any applicant who does not pass the fitness assessment will not secure a place on the next available licence course and must apply for a re-assessment. If an applicant demonstrates a fitness level of less than 70%, they will not be able to proceed to the practical riding element of the skills test due to lack of preparation, commitment, and lack of industry requirements. Re-assessment will normally be available after 8 weeks of the initial fitness assessment. The applicant will be unable to attend the original licence course and put forward to the next one available.

Pre Licence Assessment fitness tests are valid up to 6 months or at the discretion of BHA Licensing.

## **Pre Licence Skills Assessment Costs**

The cost of one day Pre Licence Skills and Fitness Assessment conducted at one of the Racing Schools is £190.00 inclusive, employers will pay for a reassessment.

Any person 26 years of age or over, and therefore will be a Professional Claimer, will be expected to meet the full cost of the course themselves. There will be a minimum of four and a maximum of eight places on each assessment day. The assessment will include observation of practical skills including riding, professional discussion, fitness test and simulator skills assessment.

## Licence Re- Assessment Administration

The initial application must be made to the British Horseracing Authority. If the applicants are applying based on failing a licence course riding or simulator skills assessment, they will need to show proof that they have been working with a BHA approved Jockey Coach on the areas highlighted on their report for improvement. When permission has been granted to complete a re-assessment, they can be completed at the BRS, NHC, IJF centres (Oakey House and Jack Berry House). The BRS and NHC will make the necessary administrative arrangements.

The Following Structure for the Fitness Re-Assessments will apply for 2026

- British Racing School All Licence Categories
- Oaksey House All Licence Categories
- National Horseracing College All Licence Categories
- Jack Berry House All Licence Categories

Amateurs will be allowed to participate in OH and JBH only if there are spaces available. Professionals will have priority for places also on riding assessments.

Riding Assessments will only be run at the respective days hosted by the training centres BRS or NHC.

A candidate will have to be reassessed on both fitness and simulator if they have failed either one on a licence course. If they just failed a riding assessment, then they will just be reassessed on the riding.

### Fitness Assessment Criteria

The industry standard Fitness Assessment consists of six gym-based exercises to measure strength and a Watt bike test to measure cardiovascular fitness. These exercises (for the lower body, core and upper body) have been specifically designed to measure the strength and fitness needed by a jockey in a race situation. During the assessment the longer the exercises are properly completed the higher the percentage score will be. These exercises can be found in full on the BRS/NHC websites:

The 3.5 minutes simulator endurance will not be used in the fitness assessment in 2026 for any licence course or reassessments.

### YouTube Link

[British Racing School Jockey Fitness Test, updated September 21, with Simulator assessment included](#)

<https://www.thenhc.co.uk/wp-content/uploads/2019/08/Jockey-Course-Fitness-Test-Aug-2019.pdf>

### Fitness Assessment Pass Marks:

Licence Category	Pass Mark
Charity	60%
Cat A	70%
Cat B	80%
Apprentice/Conditional Pre Licence Assessment	80%
Apprentice/ Conditional Licence Course	80%
Professional Flat/Jump	80%

Licence Re-Assessment Criteria is shown at Annex D (ii)

Licence Re-Assessment Test Report Form is shown at Annex D (i)

Licence Re-Assessment Dates 2026:

<b>Assessment Days</b>			
11 <sup>th</sup> Feb-26	JBH	21 <sup>st</sup> Jan-26	<b>BRS</b>
<b>16<sup>th</sup> Apr-26</b>	<b>NHC</b>	<b>19<sup>th</sup> Mar-26</b>	OH
23 <sup>rd</sup> Jun-26	JBH	25 <sup>th</sup> May-26	<b>BRS</b>
<b>18<sup>th</sup> Aug-26</b>	<b>NHC</b>	<b>8<sup>th</sup> Jul-26</b>	OH
29 <sup>th</sup> Oct-26	JBH	16 <sup>th</sup> Sept-26	<b>BRS</b>
<b>10<sup>th</sup> Dec-26</b>	<b>NHC</b>	<b>18<sup>th</sup> Nov-26</b>	OH

### Assessment Days

The assessment days outlined above will predominantly be for fitness assessments or re-assessments. **The dates in bold**, to be held at the BRS and the NHC will be set aside as **full reassessment days** for those candidates that require a full fitness, skills, riding, and simulator assessment. The prices for assessment days are as follows:

- Fitness / Simulator Skills Assessment Only - £90
- Riding Assessment Only - £100
- Full Assessment - £190

If an individual fails either the fitness or simulator skills assessment, they will have to retake both on another assessment day. If an individual fails, the riding assessment and passed the fitness and simulator they will only need to complete the riding assessment.

Full assessment days may include jockeys who have previously held licences, however, have since become 'inactive' as a jockey riding under rules. Full details of the stipulations regarding these riders are available from BHA Licensing Department, however a summary is outlined below:

Please note that once a period of non-participation (such as a ride under rules, or completion of a fitness assessment) has been recorded, the BHA will seek the following for those wishing to return to race riding under rules:

- After 12 months the BHA seeks a formal fitness and simulator assessment.
- After 24 months an individual will need to attend a Full Assessment Day (includes, fitness, simulator and riding elements).
- After 5 years an individual will need to re-attend and pass a licence training course (in its full form).

### Resources and Equipment

The fitness assessors are responsible for completing any relevant paperwork before and after the assessment. This will include recording the outcome of the assessment and feeding that information back to the BRS or NHC on the fitness report form.

All centres will need the following equipment to carry out the assessments:

- 1 x 60cm Swiss ball
- 2 x wobble cushions
- 1 x gym mat
- band Watt bike
- 1x Weight bench
- 1 x 5KG flat weight
- 1 x wooden pole
- 1 x Reebok Level 3 elastic resistance
- Downloaded audio file for a Metronome at 50 BPM

## TRAINING PROGRAMMES

The stages of training for a Jockey are:

- |                           |                        |
|---------------------------|------------------------|
| a. Pre-Licence Assessment | b. Licence Application |
| b. Claiming               | d. Full Professional   |

Each stage is made up of the following skills, knowledge and understanding:

Technical	Lifestyle
Tactical	Career, Finance, and Industry Knowledge
Physical	Communication and Media
Nutrition	Wellbeing & Safety
Mental Psychological	

Each stage is supported by a series of mandatory training programmes or assessment shown on the framework below to follow their racing career:

Pre Licence		Initial application to the BHA Pre-Licence skills and fitness and assessment
Licence Application	App/Cond	Attend 2 weeks licence course
Claiming (Coaching)		Participation on JCP First Three months 6 hours coaching After 4 hours coaching
Claiming (Training)		Attend annual 1-day CPD workshop according to number of years licence held 1-year transitional JCP support post claim
Full Professional		

### Jockey Licence Courses

Before being accepted onto a Jockey Licence Course the candidate will have to have a minimum of 2 sessions with a BHA approved Jockey Coach. This is to help the candidate progress and improve before the licence course and to also help establish a relationship with a BHA Jockey Coach

All Jockey licence courses will be of 10 days duration. The courses will commence no later than 10am on the first day and finish no earlier than 3pm on the final day. This enables the full curriculum to be covered and provides sufficient training and assessment opportunities to enable an objective, competency-based assessment to be delivered in order for BHA Licensing Department to consider the granting of a licence.

#### Curriculum

The curriculum for the licence courses is shown an Annex E (iii) which has been cross referenced to the sample programme and timetable shown at Annex E (ii). It is the responsibility of the Training Provider to ensure that every presenter is fully briefed and able to cover their respective aspects of the curriculum.

#### End of Course Test

These tests will be taken through the BHA's Racing2Learn website, and the system will mark the tests. The JT&D team will record the test results and issue these to BHA Licensing Department as part of the overall report. The end of course test will have a pass mark of 75%.

## Course Numbers

The total number of places available for 2026 is shown below.

	Total places available	2026	
		BRS	NHC
Licence App & Cond	40	3 courses	2 courses
Cat B Licence	24	1 course	2 courses
Cat A	96	7 courses	5 courses

## Course Costs

The cost per attendee for the two-week Licence courses is £1,764 (to be reviewed in April 2026). Fees will be paid per individual not per course. Courses will run with a maximum number of 8 delegates.

## Category A Licence Courses

Category A (Cat A) Licence Courses run over two days, with applications made directly to the Training Provider. The provision will remain at 96 places per year, with the cost of £260 for Flat or Jump only assessments or £320 for a dual assessment, being met by the individual or their employer.

## Category B Licence Course

Category B (Cat B) Licence courses will run over 5 days and are separate to Conditional licence courses. There will be 24 places for 2026, the costs to be met from central funds. The curriculum and programme for the Cat B's will be as Week 1 of the Conditional licence course.

Before attending a CAT B licence course, the delegate will have to organise screening with a BHA approved Regional Jockey coach. This meeting will need to be organised and completed at least 2 weeks before the start of the course. The delegate will have to self-fund the screening it will consist of a professional 1-1 discussion and a simulator skills session which will be compiled into a report. The cost of screening will be £90 which the delegate will be self-funding.

CAT B Licensed Jockeys who wish to advance to Conditional Status, will have to attend the Pre Licence assessment and two-week licence course. Once they have obtained a CAT B licence, they have to wait a year to apply for a Conditional Licence course.

## Regional Continued Professional Development (CPD) Workshops for Claiming Jockeys

CPD workshops will be provided to **all** claiming Jockeys to complement and support the coaching they receive within the Jockey Coaching Programme (JCP).

All Apprentice and Conditional Jockeys are required to attend a one-day regional workshop (once they have held their licence for over six-months subject to geography and discretion).

They will be allowed to attend evening race meetings as long as they don't leave early.

## Continued Professional Development Workshop Administration

The regional workshops will be organised and managed by the BRS. In 2026 there will be 6 days of claimers workshops. The groups for each workshop will be decided on how long the licence has been held by the jockey. For example:

Jockey Licensed in 2025	Workshop A
Jockey Licensed in 2024	Workshop B
Jockey Licensed in 2023	Workshop C
Jockey Licensed in 2022	Workshop D

## 2026 Programme

The programme will be a combination of practical workshops and theory sessions.

### Content for Jockey Cohort A (Licensed for 1-2 years)

Curriculum	Session
Careers and Finance	Financial Management
Communication and Media	Communication and media
Health and Safety	Horse Welfare
Lifestyle	PJA
Lifestyle	PDP's
Nutrition	Diet & Nutrition
Physical	Physical / Fitness Session
Regulatory	BHA update
Regulatory	Tactical/Stewards Enquiry/Communication
	<b>Total in hours: 6.5</b>

### Content for Jockey Cohort B (Licensed for 2-3 years)

Curriculum	Session
Career	Motivational keynote speaker
Career	Trainer Talk
Lifestyle	Careers & PDP's
Lifestyle	Safeguarding
Lifestyle	Substance Abuse/Addiction
Lifestyle	PJA
Lifestyle	Physical / Fitness Session

Mental and Psychological	Mental & Psychological (mental health/resilience)
Nutrition	Nutrition
	<b>Total in hours: 6</b>

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**Content for Jockey Cohort C (Licensed for 3-4 years)**

<b>Curriculum</b>	<b>Session</b>
Career and Finance	Sponsorship/Career/Branding
Career and Finance	Finance
Communication and Media	Media Training
Lifestyle	Safeguarding
Lifestyle	PJA
Lifestyle	PDP's
Lifestyle	Injury Management / Fitness
Regulatory	BHA Update
Lifestyle	Coach from another sport
	<b>Total in hours: 5.75</b>

## QUALITY ASSURANCE

BHA requires all potential and licensed Jockeys and their employers to participate in mandatory training. In doing so it is committed to providing a valuable and responsible learning experience.

To assure the quality of provision, BHA will put in place the following processes to enable the training and assessment to be monitored, evaluated and reviewed:

- a. The JT&D Group to meet annually for a review of training.
- b. The requirement for the Racing Schools to provide an end of course report including feedback from participants to the JT&D Group, to be used for the review process
- c. Sampling of training delivery
- d. Review of suitability of assessment processes

As part of the quality assurance arrangements the following aspects will be addressed:

- a. Cost effectiveness
- b. Consideration of different learning styles
- c. Use of interactive and modern training aids
- d. Course documentation, branding and training material
- e. Responsiveness and quality of customer service
- f. Curriculum coverage
- g. Progression

Quality assurance arrangements and mechanisms will be used to better develop the training provision in partnership with the various stakeholders and is not intended to be a regulatory activity.

The process in 2026 will be:

1. Racing Schools to submit an end of course report with feedback from participants and the provider concerned. It is a requirement for the Racing Schools to use a standard format at Annex F. A summary of the course report to be submitted to BHA on an annual basis.
2. Representatives from BHA will sample training delivery on an ad hoc basis. Attendance will be noted in report forms.
3. For Jockey Licence courses, a member of the BHA Licensing Team will be in attendance on the final assessment day to observe and provide regulatory body presence.
4. The BHA Licensing Team and The Coaches involved in the course will have an end of course review meeting the following week of the course.

## ENQUIRIES, APPEALS AND DISCIPLINARY PROCEDURES

Jockey training and assessment is an ongoing process with a number of key stakeholders involved at various stages of a Jockey's career.

All Jockeys and their employers must be made aware of the existence and nature of the enquiries, appeals and grievance procedures and of the actions they might need to take should they wish to invoke any of these procedures.

Specific enquiries about mandatory Jockey training should be directed to the BHA Licensing Department.

Enquiries about the Jockey Coaching Programme should be directed to the BRS.

### Appeals Procedure

Whilst every effort is made to ensure the pre-licence assessment and licence course assessments are fair and reliable, there may be occasions when the perceptions of the applicant and assessor differ as to whether agreed evidence meets the standards. On such occasions, the applicant should have the right to appeal via an accessible and open system. The appeal mechanism should include:

- Access to fair and reliable assessment
- Availability of clear guidelines, to all applicants, on the Appeals Procedure
- Prompt response times when dealing with an appeal
- Stages for the process to follow
- Clear outcomes
- Constructive feedback to the applicant
- A formal system of recording and monitoring appeals
- Evaluating the outcome

### Stage 1: Jockey Coach Assessor and Applicant

Where an applicant disagrees with the assessment, the individual must explain their reasoning as soon as practical to the BHA Licensing Department. In most circumstances this will be immediately after receiving the assessment decision. The applicant must provide written information within seven days of receiving the assessment, explaining clearly why they do not agree with the result of the assessment.

The BHA Licensing Department will contact the training provider concerned who will in turn, liaise with the Jockey Coach who oversaw the assessment. The Jockey Coach must consider the comments made by the applicant and provide the Racing School with an immediate response by:

- Giving a clear explanation of the assessment decision following a re-evaluation of the evidence
- Reviewing the assessment highlighting areas where performance fell short of the required standards

The Racing School will forward the response to the BHA who in turn will discuss with the applicant and clarify why the decision was made.

### Stage 2: Secondary Assessment

If the applicant remains unsatisfied with this feedback, a second assessment may be arranged at an agreed cost - **to be met by the applicant**. BHA will arrange with the Racing School for the applicant to be re-assessed. The second Jockey Coach will conduct the assessment in line with the agreed assessment process. The second assessment report will be forwarded to the BHA with a recommendation. The final decision rests with the BHA Licensing Department who will consider the reports from both Jockey Coaches.

### Disciplinary Procedures

Any applicant, Jockey or their employer who fail to attend or participate in mandatory Jockey training and assessment will be referred to the appropriate BHA department for action.

## COURSE DATES 2026

A summary of the availability and take up of licence places over the last five years is shown below:

The purpose of this table is to demonstrate if any changes to licence courses needs to be reevaluated. Since the Apprentice and Conditional courses combined to Dual Licence courses the take up reached 39 out of 40 capacities.

	2021		2022		2023		2024		2025	
	Places	Take Up	Places	Take Up	Places	Take Up	Places	Take up	Places	Take up
Dual Coded	X	X	X	X	X	X	40	36	40	39
Apprentice	40	30	32	24	32	12	X	21	X	26
Conditional	16	15	16	13	16	9	X	15	X	13
Cat B Con	8	0	8	7	8	3	0	0	0	0
Cat B	24	17	240	18	24	0	24	22	24	7
Cat A	120	87	120	104	120	89	64	46	96	69

The 2026 dates have been agreed as follows:

### Licence Courses

2026	BRS	NHC
Jockey Licence Courses	23 Feb – 6 Mar	11 May – 22 May
	13 July – 24 July	16 Nov – 27 Nov
	28 Sept – 9 Oct	
Cat B only	30 Nov – 4 Dec	23 Feb – 27 Feb
		24 Aug – 28 Aug

## Pre-Licence Assessment Dates 2026

<b>BRS</b>	<b>Course Date</b>	<b>NHC</b>	<b>Course Date</b>
14 <sup>th</sup> January 2026	23 <sup>rd</sup> Feb – 6 <sup>th</sup> March (BRS)	15 <sup>th</sup> Jan 2026	23 <sup>rd</sup> – 6 <sup>th</sup> March (BRS)
18 <sup>th</sup> March 2026	11 <sup>th</sup> May – 22 <sup>nd</sup> May (NHC)	17 <sup>th</sup> March 2026	11 <sup>th</sup> May – 22 <sup>nd</sup> May (NHC)
27 <sup>th</sup> May 2026	13 <sup>th</sup> July – 24 <sup>th</sup> July (BRS)	28 <sup>th</sup> May 2026	13 <sup>th</sup> July-24 <sup>th</sup> July (BRS)
29 <sup>th</sup> July 2026	28 <sup>th</sup> Sept – 9 <sup>th</sup> Oct (BRS)	4 <sup>th</sup> August 2026	28 <sup>th</sup> Sept – 9 <sup>th</sup> Oct (BRS)
23 <sup>rd</sup> September 2026	16 <sup>th</sup> Nov – 27 <sup>th</sup> Nov (NHC)	8 <sup>th</sup> October 2026	16 <sup>th</sup> Nov – 27 <sup>th</sup> Nov (NHC)

## Claiming Seminars 2026 (PROVISIONAL DATES)

These dates will be confirmed in due course, but they will follow the pattern for Conditional Jockeys Workshops to be held in the summer and Apprentice Claimers Workshop in the autumn.

<b>Jockey Cohort A</b>	2025 Licensed Riders
<b>Jockey Cohort B</b>	2024 Licensed Riders
<b>Jockey Cohort C</b>	2023 Licensed Riders
<b>Jockey Cohort D</b>	2022 Licensed Riders

<b>Region/ Licence</b>	<b>Location</b>	<b>Date</b>
South (Apprentice)	TBC	TBC
South (Apprentice)	TBC	TBC
South (Conditional)	TBC	TBC
South (Conditional)	TBC	TBC
North (Apprentice)	TBC	TBC
North (Conditional)	TBC	TBC



Annex A (i)



## The British Racing School / National Horseracing College

### Pre-Licence Assessment Course Report

<b>Pre-Licence Assessment</b>	<b>Date:</b>
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Applicant Name	Licence	Trainer	Weight	Age	Trainers Email
<b>Assessor Names</b>					

Pre Assessment Criteria	Yes	No
<b>1 to 1 session</b>		
Career/Lifestyle	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition / Weight	<input type="checkbox"/>	<input type="checkbox"/>
Racing Knowledge	<input type="checkbox"/>	<input type="checkbox"/>
Communication	<input type="checkbox"/>	<input type="checkbox"/>
<b>Riding</b>		
General – Seat, hands etc.	<input type="checkbox"/>	<input type="checkbox"/>
Pace Awareness	<input type="checkbox"/>	<input type="checkbox"/>
Riding Upsides	<input type="checkbox"/>	<input type="checkbox"/>
Stalls/Schooling	<input type="checkbox"/>	<input type="checkbox"/>
<b>Simulator Assessment</b>		
Body position and set up	<input type="checkbox"/>	<input type="checkbox"/>
Transition to push	<input type="checkbox"/>	<input type="checkbox"/>
Push technique & changing hands	<input type="checkbox"/>	<input type="checkbox"/>
Basic whip skills	<input type="checkbox"/>	<input type="checkbox"/>
<b>Total Assessment Points</b>		

Applicants will need to score 9 or more points in the subject areas listed above and a pass mark of 80% or more in

their fitness assessment to receive a recommendation to go forward onto a licence course.

Fitness Assessment Comments:

Name & Previous Fitness Score	WATT BIKE ACTUAL SCORE	WATT BIKE 3.0 - 4.2	Percentage	Leg Raises 0 - 240	Percentage	Exercise Ball Squats 0 - 180	Percentage	Press up hold 0 - 90	Percentage	Wobble Cushion Squats 0 - 240	Percentage	Elastic Band Push 0 - 120	Percentage	Plank 0 - 240	Percentage	Final Percentage
Target		3-4.2		240		180		90		240		120		240		
Grading		1		1		1		1		1		1		1		
			0%		0%		0%		0%		0%		0%		0%	0%

Pass, Fail,

Comments on any subject areas where the applicant did not meet the required standard with recommended coaching plan to improve:

- Career/Lifestyle
- Nutrition / Weight
- Racing Knowledge
- Communication
- General – Seat, hands etc.
- Pace Awareness
- Riding Upsides
- Stalls/Schooling
- Body position and set up
- Transition to push
- Push technique & changing hands
- Basic whip skills

## Annex A (ii)

<u>Pre Assessment Criteria</u>	Yes	No
<b>1 to 1 session</b>		
Career/Lifestyle	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Nutrition / Weight	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Racing Knowledge	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Communication	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>Riding</b>		
General – Seat, hands etc.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Pace Awareness	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Riding Upsides	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Stalls/Schooling	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Simulator Assessment</b>		
Body position and set up	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Transition to push	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Push technique & changing hands	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Basic whip skills	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Total Assessment Points</b>	<b>5</b>	

Applicants will need to score 9 or more points in the subject areas listed above and a pass mark of 75% or more in their fitness assessment to receive a recommendation to go forward onto a licence course.

Pass, Fail, Refer	Refer
<b>Comments on any subject areas where the applicant did not meet the required standard and recommended coaching plan:</b>	
<p><b>Racing Knowledge and lifestyle:</b> During [REDACTED] one to one discussion her responses on career and lifestyle were not specific to being a jockey but more generic and [REDACTED] needs to focus more on this. Her overall racing knowledge was a sketchy and [REDACTED] will need to work on gaining a more <u>in depth</u> knowledge of the racing industry, how it works and more specifically more about what it takes to become a professional athlete.</p>	
<p><b>Simulator:</b> [REDACTED] proved to be inexperienced with using the mechanical simulators and did not really demonstrate the required skills at this pre assessment stage. [REDACTED] initial setup on the simulator showed her to have a very straight knee which created her to have a very high bottom and low shoulder which pushed <u>all of</u> her weight too far forward over the horse's shoulder. She did not show a transition into the push and remained in a galloping position whilst pushing the horse forward. Going forward she will need to learn to lower down and get in behind the horse to push. Watching racing and analysing how jockeys ride races and look what they do with their bodies during a race will help with this.</p>	
<p><b>Riding:</b> [REDACTED] was too tight with her hands when jumping from the stalls and should allow her horse to move more freely and into its stride. [REDACTED] needs to spend more time riding out, riding <u>work</u> and gaining more experience on horses around the starting stalls. She should take opportunities when she is racing to observe as many <u>race</u> starts as possible so that she is more familiar with how jockeys ride out of the stalls and general starting procedures.</p>	
<p><b>Fitness:</b> [REDACTED] has not reached the required level of fitness to be put forwards to the next apprentice licence course and she will need to work on all areas of her fitness to bring this to the required level for a pass. Circuit and HIT training sessions will help <u>he</u> to become fitter and stronger.</p>	

Pre- Assessment Racing Knowledge Questionnaire (Apprentice) 2025

Name:

Date:

- 1) Who was champion apprentice in 2024?
- 2) Who was champion flat jockey in 2024?
- 3) Who won the 2025 Derby?
- 4) Where is the Derby run and what distance is it run over?
- 5) Put the following grade of races in the correct order starting with the highest grade at the top (1)

Seller	1
Group 1	2
Listed	3
Handicap	4
Claimer	5

- 6) What is a Maiden race?
- 7) What is a Hands & Heels Race?
- 8) When does a maiden officially receive a handicap mark?
- 9) Name three premier flat racecourses where Group one races are run?

Pre-Licence Assessment Criteria
<b>1 to 1 Session</b>
<p>Career/Lifestyle (combined)</p> <p>Have a basic understanding of racing and the racing industry.            Understand the importance of riding and career development.            Demonstrate a positive attitude and commitment in becoming a professional athlete.            Demonstrate self-management skills.            Know the principles of a healthy lifestyle – inclusion of physical activity in lifestyle.            Commit to the development and engagement of support network.            Goals and ambitions.</p> <p>Nutrition</p> <p>Understand the principles of healthy eating and a balanced diet.            Demonstrate awareness of sensible weight management.            Understand good hydration practices.</p> <p>Racing Knowledge</p> <ul style="list-style-type: none"> <li>○ Have a basic understanding current industry topics.</li> <li>○ Have a basic knowledge of big race meetings, venues and distances of principle races.</li> <li>○ Racecourse knowledge, sharp/stiff tracks - different going including all weather.</li> </ul> <p>Communication</p> <p>Demonstrate good communication skills.</p> <p>Be able to confidently feedback to connections on horse and work-related matters.            Be aware of the importance of confidentiality and integrity within the sport.            Know their responsibilities regarding confidentiality, integrity and inside information.</p>
<b>Riding</b>

#### General – seat, hands etc.

- Demonstrate good co-ordination, a balanced body position and control on horses and simulator.
- Demonstrate an independent seat, good hands and length of stirrup as appropriate.
- Maintain a balanced body position at all times.
- Ride a range of horses.

#### Pace Awareness

- Be aware and understand the different paces they will be asked to ride at.

#### Riding Upsides

- Riding to instruction.
- Joining upsides at the appropriate time and pace.

#### Stalls/Schooling

- Have experience in specific skills such as, jumping from starting stalls (flat), walk in flag start and schooling over obstacles (jump).

### Simulator Assessment

#### Body Position and Set Up

- Demonstrate a balanced and consistent body position at all times.
- Ride at an appropriate length of stirrup.
- Be able to change hands/gather a horse up without losing rhythm, balance and momentum.

#### Transition into push

- Demonstrate a definitive transition into the push position – lower into and behind the simulator.

#### Push technique & changing hands

- Demonstrate an effective pushing technique staying balanced, in rhythm and behind the push.
- Demonstrate that they can effectively change hands/gather a horse up without losing rhythm and balance.

#### Basic whip skills

- Be aware of all the rules surrounding use of the whip, limits and when appropriate.
- Demonstrate the basic skill set that should be used leading up to using the whip i.e. changing hands and effectively going through the gears: slap down the shoulder with both hands on the reins before waving the whip and deploying it behind the saddle.
- Demonstrate that they can effectively pull the whip through from one hand to the other in the backhand position.
- When using the whip behind the saddle, effectively wave the whip before using it in the backhand position to demonstrate whip technique (more advanced students might be asked to demonstrate their whip use using the forehand position).

## Pre-Licence Fitness Assessment Criteria

PRE-LICENCE FITNESS ASSESSMENT CRITERIA	
1) Exercise Ball Leg Repetitions and Hold	Facing away from the wall and with the gym ball sandwiched between the small of your back and the wall you will do 20 squats (so that the ball rolls up and down the wall) and then hold in a squat position with your knee bent and so that your thigh is horizontal to the ground. You will be asked to hold a 5kg weight to your chest. Continue this squat for as long as possible. You will be marked on your performance to carry out this activity between 0 to 180 seconds.
2) The Plank	Start on elbows and knees, locking hands together. Straighten legs and raise your body so that you're supported by the balls of your feet, with feet hip-distance apart. Face the floor, being careful not to arch your back or stick your bottom in the air. Hold this for as long as possible. You will be marked on your performance to carry out this activity between 0 to 240 seconds.
3) Elastic Band Push to Metronome (set at 50 bpm)	Sitting on a bench, in an upright position, with the bend in your knees at a right angle you will push the elastic so that your arm is extended fully in front of you. You will keep in time with the metronome. You will be given three warnings if you fall behind the pace required before you will be asked to stop. You will be marked on your performance to carry out this activity between 0 to 120 seconds.
4) Wobble Cushion Squats	Standing on two wobble cushions (one under each foot) you will be asked to adopt the pushing position. Your knee will need to be bent so that your thigh is horizontal to the ground. You will need to maintain this static position and if not, you will be given three warnings before you are stopped. You will be marked on your performance to carry out this activity between 0 to 240 seconds.
5) Leg Raisers to metronome (set at 50 bpm)	Lie on your back with your arms over your shoulders holding onto something solid such as a spinning bike. Following the metronome beep raise your feet so that they are pointing to the sky (keeping your ankles together and your legs straight) and return them to the start position on the next beep (so one beep is up and one beep down). Continue for as long as possible or until 240 seconds is up. You will be marked on your performance to carry out this activity between 0 to 240 seconds.
6) Press up Position and Hold	You will adopt a press up position on the ground and be asked to hold this for as long as possible. Keep a 90 degree bend in your elbow with your elbows close to your side. You will be marked on your performance to carry out this activity between 0 to 90 seconds.
7) Watt Bike Test – 3 Minute Test (cardiovascular)	<ul style="list-style-type: none"> <li>You will be required to sit this test as part of a jockeys' fitness assessment</li> <li>At the end of the 3-minute test the Watt bike will display your power to weight ratio in w.kg which is your average power divided by their body weight in kg's. This is the number/score we use as a performance standard.</li> <li>For pre licence assessments the top score is 4.2 watts per kg where you will score 100% and below 3.0 watts per kg you will score 0%</li> <li>For licence assessments the top score is 4.6 watts per kg where you will score 100% and below 3.4 watts per kg you will score 0%</li> </ul>



## The British Racing School Apprentice/Conditional Licence Course Report

Course	Date	Pre Assessment Date and School
Dual Licence Course		

Applicant	Licence	Trainer	Weight	Age	Jockeys Email	Trainers Email

Criteria	Not up to Industry Standard	Achieved Industry Standard	Surpassed Industry Standard
General Performance			
Presentation			
Commitment			
Professionalism			
Racing Knowledge			
Mental Strength			
Riding Performance			
Control			
Stalls/Schooling			
Take instruction			
Overall Riding			
Simulator Performance			
Push technique			
Whip technique			



Riding:  
 Simulator:  
 Race riding skills:  
 Use of the whip:  
 Fitness:

Name & Previous Fitness Score	WATT BIKE ACTUAL SCORE	WATT BIKE 3.4 - 4.6	Percentage	Leg Raises 0 - 240	Percentage	Exercise Ball Squats 0 - 180	Percentage	Press up hold 0 - 90	Percentage	Wobble Cushion Squats 0 - 240	Percentage	Elastic Band Push 0 - 120	Percentage	Plank 0 - 240	Percentage
Target		3.4-4.6		240		180		90		240		120		240	
Grading		1		1		1		1		1		1		1	
			0%		0%		0%		0%		0%		0%		0%

Weight and nutrition:  
 Communication:  
 Professionalism:  
 Mental strength:  
 Comments on Knowledge:  
 Coach Summaries based on the final assessment:  
 R. Perham  
**Head of Coaching BRS**  
 Kevin Darley  
 Senior Jockey Coach

Guide to Marking Practical Assessment Criteria

Surpassed Industry Standard

The applicant proved to be safe and in control at all times demonstrating the required level of skills to be allowed to ride in races under rules.

Starting stalls and schooling over fences and hurdles – demonstrate that they were confident in carrying out these specific technical skills at all times and that they are able to assist their mounts when jumping from the starting stalls or when jumping over schooling obstacles.

Simulator – demonstrate good balance, rhythm and a range of race riding skills when riding a finish and be able to use the whip correctly in both the backhand and forehand position using their favoured and unfavoured hand.

Fitness would be over 90%

Achieved Industry Standard

The applicant proved to be safe and in control at all times but would improve their overall riding technique with more practice and coaching.

Starting stalls and schooling over fences and hurdles - demonstrate that they are confident in carrying out these specific technical skills to the industry standard but would become more effective with more practical experience.

Simulator – demonstrate good balance and rhythm when riding a finish whilst incorporating other basic race riding and whip skills.

Fitness would be between 80 & 89%

Not up to Industry Standard

The applicant was unable to consistently stay in control of their mount during specific elements of their riding and technical skills assessment. This would imply that they were not ready or do not have the required level of skills to be licensed to ride under the rules of racing.

Starting stalls and schooling over fences and hurdles – was unable to demonstrate either the confidence or competence to carry out these specific technical skills to the industry standard requirements.

Simulator – was unable to demonstrate the balance, rhythm and other basic race riding skills needed to assist a horse in a race finish.

Fitness would be below 80%

Should the applicant have been referred for not reaching the industry standard requirements they will not be allowed to re-take any part or parts of this licence course for a minimum of 6 weeks.

## The British Racing School/The National Horseracing College Licence Re-Assessment Report

Course	Date

Applicant	Licence	Trainer	Weight	Age	Email

Criteria	Not up to Industry Standard	Achieved Industry Standard	Surpassed Industry Standard
----------	-----------------------------	----------------------------	-----------------------------

Riding			
Commitment			
Control			
Take instruction			
Understanding			
Schooling			
Stalls			

Simulator			
Push technique			
Whip technique			
Endurance			

Fitness			
Gym & Simulator			

**Riding comments:**  
**Schooling/Stalls:**  
**Simulator comments:**  
**Fitness:**

Overall Recommendation – Pass or Refer	
--	--

**R. Perham**  
 Head of Coaching BRS  
**K. Darley**  
 Senior Jockey Coach

<u>Guide to Marking Practical Assessment Criteria</u>	
<b>Surpassed Industry Standard</b>	
The applicant proved to be safe and in control at all times demonstrating the required level of skills to be allowed to ride in races under rules.	
Starting stalls and schooling over fences and hurdles – demonstrate that they were confident in carrying out these specific technical skills at all times and that they are able to assist their mounts when jumping from the starting stalls or when jumping over schooling obstacles.	
Simulator – demonstrate good balance, rhythm and a range of race riding skills when riding a finish and be able to use the whip correctly in both the backhand and forehand position using their favoured and unfavoured hand.	
Fitness would be over 90%	
<b>Achieved Industry Standard</b>	
The applicant proved to be safe and in control at all times but would improve their overall riding technique with more practice and coaching.	
Starting stalls and schooling over fences and hurdles - demonstrate that they are confident in carrying out these specific technical skills to the industry standard but would become more effective with more practical experience.	
Simulator – demonstrate good balance and rhythm when riding a finish whilst incorporating other basic race riding and whip skills.	
Fitness would be between 65 & 89%	
<b>Not up to Industry Standard</b>	
The applicant was unable to consistently stay in control of their mount during specific elements of their riding and technical skills assessment. This would imply that they were not ready or do not have the required level of skills to be licensed to ride under the rules of racing.	
Starting stalls and schooling over fences and hurdles – was unable to demonstrate either the confidence or competence to carry out these specific technical skills to the industry standard requirements.	
Simulator – was unable to demonstrate the balance, rhythm and other basic race riding skills needed to assist a horse in a race finish.	
Fitness would be below 65%	
Should the applicant have been referred for not reaching the industry standard requirements they will not be allowed to re-take any part or parts of this licence course for a minimum of 6 weeks.	

Jockey Licence Course  
Week 1

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	29th Sept		30th Sept		1st October		2nd October		3rd October	
08:00	Breakfast	08:00	Breakfast	08:00	Breakfast	08:00	Breakfast	08:00	Breakfast	
08:30	Health & Safety	08:30	Technical & Tactical	08:30	Communication & Media	08:30	Technical & Tactical, Health & Safety & Career	08:30	Technical, Tactical, Career, Health & Safety	
	Course introduction inc Setting up the course Richard Perham		Riding Work Lecture and Pace Awareness Richard Perham 60 mins		Media Training - Introduction (90 mins) Lydia Hislop		Welfare of the Horse(90mins) Jocelyn Habershon		Rules & Regs Session 1 (90 mins) Anthony McGlone	
		09:30		Career & Finance Weatherby's Bank Karen Smith 60 mins				10:00		Tactical
10:15	Snack Break			10:00	Snack Break		Inside information (60mins)	10:00	Snack Break	
10:30	Lifestyle, Mental & Psychological			10:30	Communication & Media		Dominique Tortice	10:30	Technical, Tactical, Career, Health & Safety	
	Motivation in Sport (90 mins) Simon Milton				Media Training Continued (90 mins) Lydia Hislop		Technical, Tactical & Health & Safety		Rules & Regs Session 2 (90 mins) Stewards Enquiry including Conduct in the Stewards Room Anthony McGlone	
		10:30	Snack Break			11:00		Ride & Video Review (120 mins) Pase Awareness		
		11:00	Technical, Tactical & Health & Safety							12:00
			Ride & Video Review (120 mins) Riding Work Richard Perham					Assessing a horse (60 mins) Richard Perham		
12:00	Lunch IJF	13:00	Lunch	13:00	Lunch	13:00	Lunch	13:00	Lunch	
13:00	Technical, Tactical & Physical	14:00	Technical, Tactical & Health & Safety	13:30	Technical & Tactical, Health & Safety & Career	13:30	Technical, Tactical, Career, Health & Safety	13:30	Nutritional	
	Safeguarding BHA Naomie McGloughlin 60 mins		Medical Issues and Injury Management Anna-Louise Mackinnon IJF 60 mins		Ride & Video Review (120 mins) Stalls Schooling William Kennedy		PPE (30 mins) Race Safe		Nutrition Oliver Whiteman 90 mins	
14:00		Technical, Tactical & Physical		15:00		Physical	14:00	Lifestyle & Career		
	Diversity Naomie McGloughlin 60 mins		Simulator (60 mins) Session 2 Push Technique		Change for fitness Physical		PJA + Senior Jockey (75 mins) Adam Mcnamara	15:00	Nutritional	
15:00		Break		16:00		Technical, Tactical & Health & Safety		15:30	Snack Break	
15:15	Physical		Racecourse Safety Kevin Jones 60 mins	16:00	IJF Jockey Profiling Glen Reed 90 mins	15:30	Physical	Depart for weekend or stay		
	Simulator Session 1 Balanced Body Position & Set Up		Physical		Finish		Simulator (60 mins) Session 3			
17:00		FINISH		18:30		Fitness session - Race Ready Circuits (60mins) IJF		17:00	Communication & Media	16:30
19:00	Evening Meal		Evening Meal	19:00	Evening Meal		Physical			
		19:30	Finish				Fitness session - Race Ready Circuits (60mins) IJF			
		19:30	Evening Meal				Finish			
							Evening Meal			

Annex E (ii)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6th October	7th October	8th October	9th October	10th October
					<b>ASSESSMENT DAY</b>
08:00	Breakfast	08:00 Breakfast	08:00 Breakfast	08:00 Breakfast	08:00 Breakfast
08:30	Technical, Tactical & Career Introduction to Week 2 Week 1 reflection	08:30 Technical, Tactical & Health & Safety Starting Procedures (60 mins) Kieran O'Shea	08:30 Physical	08:30 Technical, Tactical & Physical 1-1's	08:30 Physical
	Richard Perham		Diet and Nutrition Simulator (6) - Mock Assessment Racing Organisations - Racing2Learn		Final Fitness Assessment (90 mins) Richard Perham
09:00	Technical, Tactical & Physical Raceday Procedures (60 mins) Richard Perham	09:30 Technical, Tactical & Health & Safety Sports Science and Performance	Oliver Whiteman /Richard Perham /Admin	10:00 Career & Finance	Career & Finance
10:00	Technical, Tactical & Physical Simulator Richard Perham Session 4 (60mins)	Glen Reed IJF 60 mins		Introduction to Finance (60 mins) BRS Finance Team	Licencing lecture (60 mins) Isaac Matthews
	SNACK BREAK	11:00 Physical		11:00 Technical, Tactical & Physical	
11:00	Technical, Tactical & Health & Safety Ride & Video Review Session 4 Pace Awareness (120 mins)	Simulator (60 mins) Session 5	12:00 Lifestyle & Career BHA Drugs Stephen Watkins 60 mins	PDP's 120 mins JETS Phil Kinsella	Career Course test (60 mins) Admin
13:00	Lunch	12:30 Packed Lunch x10	13:00 Lunch	13:00 Lunch	12:30 Lunch
14:00	Lifestyle Sports Psychology (90 mins) Michael Caulfield	13:00 Technical, Tactical & career Leicester Huntingdon Richard Perham	14:00 Ride & Video Review (90 mins) Session 5 Stalls/Schooling Charlie Poste	14:00 Lifestyle & Career Social Media session (90 mins) Cathy Wood	13:30 Technical, Tactical & Health & Safety Final Riding Assessment (120 mins) Session 7 Final Assessment - Riding Work/stalls/Schooling
15:30	Lifestyle Substance Abuse and Support (60 mins) Sporting Chance	18:30 Physical Fitness session - Race Ready Circuits (60mins) IJF	16:00 Physical Fitness Glen Reed 60 mins	15:30 Technical, Tactical & career JCP & RES Richard Perham 60 mins	15:00 Snack Break
		19:30 Finish		16:30 Technical, Tactical & career	15:15 Technical, Tactical & Physical
16:30	Technical & Tactical Performance Profiling & Reflection 60min Richard Perham	19:30 Evening Meal	17:00 Finish	SEPA Alison Harper 30 mins	16:00 Technical, Tactical & Career What Happens Next (60 Mins) Richard Perham & Regional Jockey Coach
17:30	Finish		19:00 Evening Meal	17:00 Finish	
19:00	Evening Meal			19:00 Evening Meal	17:00 Depart

WEEK 2

Session name	Week	Time given in minutes	No of sessions	Outcome	Curriculum Covered
Diet & Nutrition Cook in	1	90	1	4,7	Nutritional
Diet & Nutrition inc weigh in	1	90	1	3,6,4,1,4,2,4,3,4,4,4,5,4,6,4,8,4,10,	Nutritional
Fall Training	1	90	1		
Fitness session & exercises advice	1	90	1	3,1,3,3,3,4,3,5,3,7,3,9,	Physical
Horse Assessment Lecture	1	60	1	1,6,1,6	Technical & Tactical
Inside Information	1	60	1	2,4,8,4,	Tactical
Introduction & course set up	1	60	1	5,4,9,1,9,2,9,3,9,4,	Health & Safety
Medical Issues and Injury Management	1	90	1	3,6,3,10,4,10,5,10,6,3,6,5	Lifestyle
Pace Awareness	1	30	1	1,5	Technical
Personal Protective Equipment	1	60	1		
IJF Profiling	1	60	1		
Motivation in Sport	1	90	1	5,4,5,6,6,1,6,2,6,4,6,5,6,6,8,5,	Lifestyle, Mental & Psychological
Racecourse Safety	1	60	1	2,3,2,4,9,1,9,2,9,3,9,4,9,5,9,6	Tactical, Health & Safety
Racing Organisations	1	45	1	7,1,7,2,	Career & Finance
Reading Form	1	45	1	2,1,2,2,2,3,2,7	Technical & Tactical
Review of Pre-Assessment	1	45	1		
Riding work Lecture	1	60	1		
Rules & Regulations 1	1	90	1	14,1,7,2,3,2,4,2,7,5,10,	Technical & Tactical
Rules & Regulations 2 incl Conduct in Stewards Room	1	90	1	14,1,7,2,3,2,4,2,7,5,10,	Technical & Tactical & Career
Safeguarding	1	60	1	6,1,6,2,6,5,6,6,9,1,9,2,9,3,9,4,9,5,9,6	Health & Safety & Lifestyle
Sport Science & Jockey Performance	1	75	1	1,1,1,2,3,1,3,4,3,5,	Technical, Tactical & Physical
Welfare of the horse	1	60	1	2,10,7,1,7,2,9,6,	Tactical, Career, Health & Safety
Building A Good Relationship With Trainers	2	60	1		
Equality, Diversity & Inclusion	2	60	1		
Course test	2	60	1		
Diet & Nutrition, Psychology, Simulator 1 to 1's	2	180	1	4,1,4,2,4,4,4,5,4,11,3,4,3,9,	Physical
Finance & Weatherbys	2	90	1	7,2,7,4,7,5,7,6,	Career & Finance
Fitness	2	90	1	3,1,3,4,3,5,3,9,	Physical
Fitness Assessment - Final	2	60	1	3,2,3,7,	Physical
JCP & RES	2	45	1	6,3,	Lifestyle & Career
Licensing Lecture	2	60	1	2,5,	Career & Finance
Media Training	2	180	1	8,1,8,2,8,3,8,7,	Communication & Media
PDP's	2	90	1	5,4,5,8,6,3,6,4,6,5,6,6,7,3,	Career
PJA + Senior Rider	2	75	1	6,3,6,4,6,5,7,2,7,5,8,5	Lifestyle & Career
Social Media	2	90	1	8,1,8,2,8,3,8,4,8,6,	Lifestyle
Sports Psychology	2	90	1	5,1,5,2,5,3,5,4,5,5,5,6,5,7,5,8,5,9,6,5,6,6,8,5,	Mental & Psychological
Starting Procedures	2	30	1	1,7,1,8	Technical & Tactical, H & S
Tactical Riding	2	60	1	2,1,2,2,2,7,2,9,2,10,6,4,9,1,9,5	Tactical
What Happens Next	2	60	1		
Riding out sessions, Reviews & Assessments x 8	1&2	1050	8	1,1,1,2,1,3,1,6,1,7,1,8,2,1,9,2,9,4,9,5	Career, Lifestyle, Technical & Tactical
Simulator sessions x 7 inc tests	1&2	600	7	1,1,1,2,1,3,1,4,1,9,2,8,2,9,3,7,	Technical & Tactical, H & S
<b>Total in minutes</b>		<b>4545</b>	<b>54</b>		
<b>Total in hours</b>		<b>75</b>			

Curriculum	Key
Technical	1
Tactical	2
Physical	3
Nutritional	4
Mental & Psychological	5
Lifestyle	6
Career & Finance	7
Communication & Media	8
Health & Safety	9

**Annex F Delegates Feedback Form**  
**Jockey Licence Course 29<sup>th</sup> Sept-10<sup>th</sup> Oct 2025**

Please answer the following questions about the course. This will aid us in putting on more effective courses, make any comments that you deem applicable.

**Session 1**

- **Name of Session: Course Introduction**
- **Name of Presenter: Richard Perham**

Poor                      Satisfactory                      Good                      Excellent

Comments:.....

**Session 2**

- **Name of Session: Motivation in Sport**
- **Name of Presenter: Simon Milton**

Poor                      Satisfactory                      Good                      Excellent

Comments:.....

**Session 3**

- **Name of Session: Safeguarding**
- **Name of Presenter: Naomi McGloughlin**

Poor                      Satisfactory                      Good                      Excellent

Comments:.....

**Session 4**

- **Name of Session: diversity and Inclusion**
- **Name of Presenter: Naomi McGloughlin**

Poor                      Satisfactory                      Good                      Excell

## **Numbered Licence Curriculum (Annex E (iiii))**

### **Technical**

- L 1.1 – Demonstrate consistent and effective balanced body position while riding on a simulator.
- L 1.2 – Maintain balance, momentum and co-ordination while demonstrating other basic race riding skills – i.e. changing hands and basic whips skills – while riding and on simulator.
- L 1.3 – Demonstrate consistency in changing hands and basic stick use, while pushing out, while riding on simulator.
- L 1.4 – Demonstrate and develop a range of basic whip skills and appropriate use of the whip in line with industry policy and regulations.
- L 1.5 – Show awareness of pace and distance.
- L 1.6 – Give basic feedback on a horse's performance and welfare while schooling and on the gallops, to include fitness, health, soundness, ability, ground, trip, attitude and recovery etc.
- L 1.7 – Demonstrate an ability to execute all start procedure: flat stall; jump walk in and flag starts.
- L 1.8 – Be able to ride a variety of horses through starting stalls/over obstacles.
- L 1.9 Demonstrate the ability to perform effectively while practising in simulated race conditions.

### **Tactical**

- L 2.1 – Understand and follow instructions.
- L 2.2 – Be prepared and use initiative if required and when appropriate.
- L 2.3 – Have an awareness of all racecourse procedures relating to a licensed jockey (Racecourse Procedures Videos)
- L 2.4 – Demonstrate full awareness of rules and regulations, inside information, security and the ethics of the racing industry.
- L 2.5 – Demonstrate knowledge of Licensing requirements and requirements to maintain status as licensed individual.
- L 2.6 – Demonstrate an awareness of banned and notifiable substances.
- L 2.7 – Understand the main stages of a race: jumping out, getting a position, holding a position and challenging for a better position.
- L 2.8 – Show consistency in performing skills: changing hands, pushing out, hands and heels, and correct stick use.
- L 2.9 – Show positional awareness in relation to style on a horse: looking neat and balanced, and improving how the horse is performing. Perform skills under simulated race conditions.
- L 2.10 – Be aware of key aspects of horse welfare.

### **Physical**

- L 3.1 – Plan and carry out a safe fitness regime relevant to you as a competitive rider.
- L 3.2 – Pass standard fitness test.
- L 3.3 – Maintain and develop fitness, core stability, endurance, co-ordination, agility, flexibility and mobility.
- L 3.4 – Recognise individual physical capabilities, address strengths and weaknesses and emphasise general and balanced physical conditions.
- L 3.5 – Understand physical requirements needed to succeed as a jockey.
- L 3.6 – Use physical fitness for motivation to aid weight control, conditioning and own well-being.
- L 3.7 – Use different components to balance and maintain fitness of a competitive rider: physical exercise and simulator training.
- L 3.8 – Demonstrate awareness of basic fall/injury-prevention techniques.
- L 3.9 – Know the importance of and implement warm-up, stretching, flexibility, mobility and core stability training. L 3.10 – Utilise Jockey Injury Management (JIM) Team.

### **Nutrition**

- L 4.1 – Demonstrate an awareness of how balanced your individual diet is, and work to develop an individual diet plan. L 4.2 – Be able to make simple changes to your own diet to improve its nutritional balance.
- L 4.3 – Have a basic knowledge of the differences between roles of carbohydrate, protein and fats in the diet, and how they affect health and weight management.
- L 4.4 – Be aware of the effect of diet on bone health, and understanding of the role of calcium and vitamin D. L 4.5 – Know how to manage weight using healthy, long-term strategies.

- L 4.6 – Understand the dangers of extreme methods of making weight.
- L 4.7 – Be able to cook simple foods and make sensible shopping choices by reading food labels.
- L 4.8 – Adopt good hydration practices.
- L 4.9 – Demonstrate knowledge of UKAD and the effects of alcohol and recreational drugs.
- L 4.10 – Know how to eat when recovering from injury.
- L 4.11 – Know your own weight and the dangers of riding significantly below this weight.

#### Mental and Psychological

- L 5.1 – Recognise the importance of maintaining a positive outlook in all aspects of your sport.
- L 5.2 – Be able to take instructions, feedback and advice if needed.
- L 5.3 – Introduce mental preparation for competitions.
- L 5.4 – Set realistic (SMART) short-, medium- and long-term goals and ambitions.
- L 5.5 – Be able to concentrate, be patient, and control frustration and anxiety with self-talk and verbal clues.
- L 5.6 – Have knowledge of resilience theory – ability to stay focused and maintain self-belief even when things might go wrong, continued positive reinforcement.
- L 5.7 – Use imagery to practise and improve techniques to gain self-confidence.
- L 5.8 – Be willing to develop self and self-awareness.
- L 5.9 – Take necessary downtime – know when to relax and switch off.
- L 5.10 – Demonstrate an awareness of responsibility to report injuries/medical issues to Chief Medical Officer.

#### Lifestyle

- L 6.1 – Be aware of professional work ethic, importance of accountability, self-management and self-awareness, time-management skills.
- L 6.2 – Avoid and deal with social problems: alcohol, drugs, peer pressure etc.
- L 6.3 – Commit to the development, awareness and utilisation of support network: PJA, IJF, IJF Rehabilitation Centres, JIM Team, Jockey Coach, and PDM etc.
- L 6.4 – Adopt good planning, preparation, presentation, and professionalism – 4Ps.
- L 6.5 – Recognise the importance of rest and recovery.
- L 6.6 – Be aware of the importance of work/life balance.

#### Career and Finance

- L 7.1 – Demonstrate good knowledge of the racing industry, organisations and structure.
- L 7.2 – Know the role of all relevant industry organisations and member bodies (Professional Jockeys Association, BHA and Weatherbys).
- L 7.3 – Know the importance of continuous personal and professional development, and the structures and organisations of the CPD support network.
- L 7.4 – Understand the importance and principles of sound financial control as a jockey – budgeting, knowledge of income and expenditure – and understanding importance of living within your means.
- L 7.5 – Know the finance support and services for jockeys: Jockey Saving's Plan, pension, insurance and the role of PRIS.
- L 7.6 – Apply financial controls, financial planning and budgetary management, living within your means and planning for the future.

#### Communication and Media

- L 8.1 – Demonstrate knowledge and understanding of positive communication techniques.
- L 8.2 – Demonstrate knowledge of the importance of communicating effectively with others and active listening.
- L 8.3 – Know the importance of presenting a positive image of self/own organisation and sport at all times.
- L 8.4 – Demonstrate an awareness and application of confidentiality and own responsibilities in relation to integrity and inside information.
- L 8.5 – Reflect on own professional image using feedback from others – importance of accepting and applying constructive advice and criticism.
- L 8.6 – Recognise and appreciate social media issues, correct messaging and use of social media.
- L 8.7 – Demonstrate interview techniques and preparation for interviews.

#### Health and Safety

- L 9.1 – Ability to work in a safe and health way at the workplace and on the racecourse.
- L 9.2 – Have up-to-date information on the health and safety requirements for training and racing.
- L 9.3 – Knowledge of the people responsible for health and safety.
- L 9.4 – Identify health and safety hazards when they occur.
- L 9.5 – Ability to respond to incidents and emergencies as appropriate

## **Annex F**

### **PROGRESSIVE CURRICULUM FOR CLAIMING JOCKEYS**

#### **INTRODUCTION**

The industry curriculum for the training and development of jockeys was developed and introduced in 2014. This has provided a solid and robust framework for pre-licence assessments, licence courses, jockey coaching and regional workshops for claiming jockeys. From the original recommendation, safeguarding, equine welfare, diversity and inclusion and integrity have been integrated into the programme. Comprehensive and relevant financial advice is now also being delivered effectively. The nine subject areas are as follows.

1. **Technical**
2. **Tactical**
3. **Physical**
4. **Nutrition**
5. **Mental Wellbeing**
6. **Lifestyle**
7. **Career, Finance and Industry Knowledge**
8. **Communication and Media**
9. **Wellbeing and Safety**

The review also recommended that the curriculum was progressive, which requires it to be further divided into the three claiming stages of a jockey's career. This has now progressed from 2023 to move from splitting the developmental jockey cohort into claiming bands, to splitting them into groups according to the number of years for which a licence has been held. This delivery will still aim to achieve the same outcomes and lead to a developmental learning process, clear guidelines for presenters and an inclusion of added value subjects as and when they are identified.

## Proposal for Curriculum coverage through Regional Workshops

Taking each of the subject areas, the following curriculum coverage is recommended

### 1/2.TECHNICAL/TACTICAL

#### Overview:

To ensure jockeys are equipped with the technical riding and horsemanship skills to race ride effectively and to achieve the best possible placing when riding under Rules.

To ensure jockeys develop the tactical race riding awareness, ride to achieve the best possible placing and understand and adhere to regulatory requirements.

#### Regional Workshops

Licence Period – 0-2 years	Licence Period – 2-3 years	Licence Period – 3-4 years
<ul style="list-style-type: none"> <li>• Overview of Equine Health and Welfare Strategy</li> <li>• Definition of Animal Welfare and Animal Rights</li> <li>• Organisational and individual responsibilities in relation to providing the highest standards of welfare for the racehorses</li> <li>• The four points of horse welfare (pre- racing, training, racing, after racing)</li> <li>• Anti-Doping and Medication Control including:               <ul style="list-style-type: none"> <li>➢ Sampling policies and procedures</li> <li>➢ Key rules relating to prohibited substances</li> <li>➢ Equine anti-doping rule violations/sanctions</li> <li>➢ Race straight</li> </ul> </li> <li>• <b>Raceday considerations for participants</b> <ul style="list-style-type: none"> <li>➢ Correct use of the whip</li> <li>➢ Starting procedures</li> <li>➢ Management and riding of tired horses</li> <li>➢ Managing heat stress in horses</li> </ul> </li> <li>• <b>Raceday considerations for participants</b> <ul style="list-style-type: none"> <li>➢ Update on relevant rules for licensed riders to include</li> <li>➢ BHA Rules Of Racing                   <ul style="list-style-type: none"> <li>○ Chapter D - Horse Welfare and Management</li> <li>○ Chapter E - Preparing for the race,</li> <li>○ Chapter F - The race,</li> <li>○ Chapter G - Following the race</li> </ul> </li> <li>➢ Guideline to Penalties and Procedures                   <ul style="list-style-type: none"> <li>○ Running and Riding - Rule (F)37</li> <li>○ Interference - Rules (F)34 - (F)36</li> <li>○ Whip - Rules (F)45</li> </ul> </li> </ul> </li> <li>• Understand and follow instructions.</li> </ul>	<p>Horse Welfare: Revision of previous presentations with particular emphasis on:</p> <ul style="list-style-type: none"> <li>• Animal Welfare – Current Legislation               <ul style="list-style-type: none"> <li>➢ The five freedoms/needs</li> <li>➢ Definition of Animal Welfare and Animal Rights</li> <li>➢ BHA Rules of Racing relating to horse welfare</li> </ul> </li> <li>• Update on Industry Equine Health and Welfare Strategy including:               <ul style="list-style-type: none"> <li>➢ Organisational and individual responsibilities in relation to providing the highest standards of welfare for the racehorses</li> <li>➢ Equine Welfare Assessment Tool</li> <li>➢ Aftercare of Racing Thoroughbreds</li> <li>➢ EquiBioSafe App</li> <li>➢ Shoeing and Equipment lists</li> <li>➢ Data collection and research</li> <li>➢ Suitability to race examination</li> </ul> </li> <li>• BHA Equine Health and Welfare Team including:               <ul style="list-style-type: none"> <li>➢ Personnel, roles and responsibility</li> </ul> </li> <li>• Anti-Doping and Medication Control               <ul style="list-style-type: none"> <li>➢ Sampling policies and procedures</li> <li>➢ Key rules relating to prohibited substances</li> <li>➢ Equine anti-doping rule violations/sanctions</li> <li>➢ Race straight</li> </ul> </li> <li>• Revision of Raceday considerations for participants including:               <ul style="list-style-type: none"> <li>➢ Correct use of the whip</li> <li>➢ Starting procedures</li> </ul> </li> </ul>	<p>Horse Welfare: Revision of previous presentations with particular emphasis on:</p> <ul style="list-style-type: none"> <li>• Update on Industry Equine Health and Welfare Strategy including:               <ul style="list-style-type: none"> <li>➢ Organisational and individual responsibilities in relation to providing the highest standards of welfare for the racehorses</li> <li>➢ Data collection and research</li> <li>➢ Suitability to race examination</li> </ul> </li> <li>• BHA Equine Health and Welfare Team including:               <ul style="list-style-type: none"> <li>➢ Personnel, roles and responsibility</li> </ul> </li> <li>• Anti-Doping and Medication Control               <ul style="list-style-type: none"> <li>➢ Sampling policies and procedures</li> <li>➢ Key rules relating to prohibited substances</li> <li>➢ Equine anti-doping rule violations/sanctions</li> <li>➢ Race straight</li> </ul> </li> <li>• Revision of Raceday considerations for participants including:               <ul style="list-style-type: none"> <li>➢ Correct use of the whip</li> <li>➢ Starting procedures</li> <li>➢ Management and riding of tired horses</li> </ul> </li> </ul>

<ul style="list-style-type: none"> <li>• Be prepared to use initiative if required and when appropriate.</li> <li>• Have an awareness of all racecourse procedures relating to a licensed rider (Racecourse Procedures Video).</li> <li>• Demonstrate full awareness of rules and regulations, inside information, security and the ethics of the racing industry.</li> <li>• Demonstrate a knowledge of Licensing requirements and <ul style="list-style-type: none"> <li>➤ requirements to maintain status as licensed individual.</li> <li>➤ Demonstrate an awareness of banned and notifiable substances.</li> <li>➤ Understand the main stages of a race: jumping out, getting a position, holding a position and challenging for a better position.</li> <li>➤ Show consistency in performing skills: changing hands pushing out hands and heels, and correct stick use.</li> <li>➤ Understand how to deal with tactical problems in the correct manner (i.e. boxed in, wrong position etc.)</li> <li>➤ Understand tactical awareness of the competition and how it may affect your race plan.</li> <li>➤ Understand how to plan and implement different tactics for horses ridden judging by past runs.</li> <li>➤ Understand different temperaments and characteristics of horses during races (i.e. how to settle a horse)</li> <li>➤ Understand how to develop race riding skills so that correct actions are taken in a race to avoid interference or any other breaches of the rules.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ Management and riding of tired horses</li> <li>➤ Managing heat stress in horses</li> <li>➤ Understanding horse vision</li> <li>• Demonstrate tactical awareness in real race situations.</li> <li>• Be able to read a race and have a clear plan, with the confidence to adapt your tactics to optimise performance as the race unfolds.</li> <li>• Demonstrate advanced knowledge and a clear understanding of the rules and ethics of the racing industry, inside information and security</li> <li>• Understand PJA updates in line with industry policies</li> <li>• Refresher course on BHA Integrity Education</li> </ul>	
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### 3. PHYSICAL

**Overview:** To ensure jockeys understand the importance of optimum physical fitness to undertake their role as a jockey and develop and promote their own physical fitness.

Licence Period – 0-2 years	Licence Period – 2-3 years	Licence Period – 3-4 years
<ul style="list-style-type: none"> <li>• Understand and be responsible for maintaining the level of fitness needed to compete as a professional jockey               <ul style="list-style-type: none"> <li>➤ Fit to compete</li> <li>➤ Fit to fall</li> </ul> </li> <li>• Understand the importance of using pre-race warm up and post-race cool down exercises</li> <li>• Be aware of the fitness and rehab facilities available to jockeys within the industry               <ul style="list-style-type: none"> <li>➤ Injured Jockeys Fund (IJF)</li> <li>➤ Oaksey House</li> <li>➤ Jack Berry House</li> <li>➤ Peter O'Sullivan House</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Continue to benchmark fitness and understand the importance of fitness in a professional sport</li> <li>• Demonstrate level of fitness required to compete as a professional jockey               <ul style="list-style-type: none"> <li>➤ 3-minute Watt Bike test</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Use benchmark fitness to continually measure and develop fitness               <ul style="list-style-type: none"> <li>➤ 3-minute Watt Bike test</li> </ul> </li> </ul>

### 4. NUTRITION

**Overview:** To ensure jockeys understand and adopt appropriate nutritional regimes to support their lifestyle and career.

Licence Period – 0-2 years	Licence Period – 2-3 years	Licence Period – 3-4 years
<ul style="list-style-type: none"> <li>• Be able to follow a tailored diet to meet individual daily requirements for health and level of racing.</li> <li>• Have access to body-fat assessments and understand how to use this information.</li> <li>• Demonstrate good knowledge of the macronutrients and how to make good choices to support good health and weight management.</li> <li>• Understand the effects of diet and lifestyle on bone health.</li> <li>• Be able to manage weight sensibly using long-term strategies.</li> <li>• Understand the dangers of extreme methods of making weight.</li> <li>• Be able to cook simple foods and</li> </ul>	<ul style="list-style-type: none"> <li>• Review of Claiming workshop at previous stage.</li> <li>• Be able to follow a tailored diet to meet individual daily requirements for health and level of racing.</li> <li>• Know what to eat when travelling and at the racecourse.</li> <li>• Understand the importance of recovery after racing and if weight has been lost.</li> <li>• Demonstrate a knowledge of UKAD and the effects of alcohol and recreational drugs.               <ul style="list-style-type: none"> <li>Know how to eat when recovering from injury.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Review of Claiming workshops at previous stages.</li> </ul>

<p>make sensible shopping choices by reading food labels.</p> <ul style="list-style-type: none"> <li>• Know what to eat when travelling and at the racecourse.</li> <li>• Understand the importance of recovery after racing and if weight has been lost.</li> <li>• Employ good hydration strategies and know the best drinks for this.</li> <li>• Demonstrate a knowledge of UKAD and the effects of alcohol and recreational drugs.</li> <li>• Know how to eat when recovering from injury.</li> <li>• Know own estimated rider weight and the dangers of riding below this weight.</li> </ul>		
<ul style="list-style-type: none"> <li>• Presenter notes</li> </ul>	<ul style="list-style-type: none"> <li>• Presenter notes</li> </ul>	<ul style="list-style-type: none"> <li>• Presenter notes</li> </ul>
<ul style="list-style-type: none"> <li>• Discussion with students about current diet and to revise 8 principles. Students to produce own daily plan based on food lists given (30mins)</li> <li>• PP on bone health (5 mins)</li> <li>• Group discussion on own experience and also short PP of the dangers and where to go for help (10 mins)</li> <li>• PP on hydration then look at drink samples and which make the best choice and why. Give out PJA sport bottles and electrolytes (10 mins)</li> </ul>	<ul style="list-style-type: none"> <li>• Recap session (15 mins)</li> <li>• Look at the racecourse guidelines and also planning for travel – show snacks – try some samples</li> <li>• PP on recovery after racing and also injury (15 mins)</li> <li>• Look at supplements and consider if their use is applicable in racing. UKAD</li> <li>• Look at alcohol and what is a measure – students to assess what is a measure (10 mins)</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>

## 5. PSYCHOLOGY AND MENTAL WELLBEING

**Overview:** To ensure jockeys develop the mental agility, awareness and resilience to optimise their career opportunities.

### Regional Workshops

Licence Period – 0-2 years	Licence Period – 2-3 years	Licence Period – 3-4 years
<ul style="list-style-type: none"> <li>• Be able to concentrate/focus and maintain drive and will to win.</li> <li>• Know where to seek help with mental and psychological issues.</li> <li>• Demonstrate an awareness of responsibility to report injuries/medical issues</li> <li>• Set and review (SMART) short-, medium- and long-term goals.</li> <li>• Be able to deal with high-stress situations (relaxation, self-talk).</li> <li>• Develop effective communication skills.</li> <li>• These sessions will use specific mental skills (e.g. Concentration, Relaxation, Self-Talk) and engage the group in physically acting these out.</li> <li>• Aim for jockey seeing these skills in action may encourage them to re-evaluate their own psychological approach and also foster an attitude promoting mental resilience.</li> <li>• It is important for jockeys at this level to become accountable as professional athletes and be proactive in using the support available.</li> <li>• Group action of psychological skills directed by facilitator.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate independent decision making if and when appropriate.</li> <li>• Be able to take instructions, feedback and advice if needed.</li> <li>• Be able to deal with high-stress situations (relaxation, self-talk).</li> <li>• Demonstrate well-developed, refined and individualised mental skills and routines.</li> <li>• Know where to seek help with mental and psychological issues.</li> <li>• The aim for these sessions is to introduce psychological topics (e.g. Performance Anxiety, Making Mistakes) and allow jockeys to share their own experiences of particular scenarios and how they dealt with them.</li> <li>• Jockeys may already be using such skills but not have consciously put thought to them.</li> <li>• The collaborative nature of the session would be complimented by the facilitator offering advice and feedback.</li> <li>• Insight into Mental Resilience continues by looking at coping strategies following setbacks such as injury or mistakes and also looking at topics like Clinical Depression (APA, 2015) and its associated symptoms.</li> <li>• Group discussion of pressure scenarios leading to the discussion of psychological skills.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate well-developed, refined and individualised mental skills and routines.</li> <li>• Know, and be able to apply, resilience training and skills, refocusing skills and coping strategies.</li> <li>• Demonstrate full range of mental skills (composure, concentration, confidence and commitment).</li> <li>• Be willing to develop self, self-awareness and emotional intelligence.</li> <li>• These sessions will ask jockeys to reflect on their own psychological practices as professionals.</li> <li>• Specific racing related techniques can be chosen by the group and discussed how they approach and execute these mental skills.</li> <li>• Emphasising the nearing of full professional status and its associated effects, groups will discuss their own efforts towards Mental Resilience.</li> <li>• The groups will be introduced to certain cognitive restructuring techniques facilitated by Growth Mindset Theory (Dweck, 2015).</li> <li>• The session will promote the exploration of other self-identities outside of horseracing to further increase Mental Resilience.</li> <li>• Group discussion on resilience and self-identity.</li> </ul>

## 6. LIFESTYLE

**Overview:** To ensure jockeys develop a considered life/work balance, avoiding social problems and utilising appropriate support networks.

### Regional Workshops

Licence Period – 0-2 years	Licence Period – 2-3 years	Licence Period – 3-4 years
<ul style="list-style-type: none"> <li>• Demonstrate self-management skills.</li> <li>• Know the principles of a healthy lifestyle – inclusion of physical activity in lifestyle.</li> <li>• Commit to the engagement of existing support network.</li> <li>• Commit to the development, awareness and utilisation of support network: PJA, IJF, IJF Rehab Centres, JIM Team, Jockey Coach, PDM etc.</li> <li>• Demonstrate an awareness of having a work/life balance.</li> <li>• Understand and set short, medium- and long-term SMART goals with regular review and update.</li> <li>• Be aware of professional work ethic, importance of accountability, self-management and self-awareness, time-management skills.</li> <li>• Avoid and (deal) or know how to seek help with social problems: alcohol, drugs, peer pressure etc.</li> <li>• Introduce Dual Career concept</li> </ul>	<ul style="list-style-type: none"> <li>• Develop refined self-monitoring and self-awareness, ability to practise self-management and self-direction.</li> <li>• Manage hectic lifestyle and avoid social problems.</li> <li>• Further develop and utilise support network.</li> <li>• Be aware of the importance of work/life balance and show practical application.</li> <li>• Recognise the importance of rest, recovery, injury prevention and integrate appropriately.</li> <li>• Commit to Continuous Professional Development (CPD) planning and dual career planning with the aid of SMART goals.</li> <li>• Adopt good planning, preparation, presentation, professionalism – 4 Ps.</li> <li>• Be responsible for financial planning and management.</li> <li>• Develop knowledge and awareness of Dual Career concept</li> </ul>	<ul style="list-style-type: none"> <li>• Responsible for well-developed self-monitoring and self-awareness. Showing consistent evidence of self-management and clear indication of self-direction.</li> <li>• Manage hectic lifestyle, adopt and advocate the avoidance of social problems.</li> <li>• Utilise appropriate areas of support to enhance career.</li> <li>• Demonstrate evidence of having a work/life balance.</li> <li>• Financially aware and confident with future planning.</li> <li>• Show evidence of continued SMART goal setting for the future.</li> <li>• Show commitment to CPD and exhibit evidence of Dual Career activity and planning.</li> </ul>
<p><b>Presenter notes</b></p>		
<ul style="list-style-type: none"> <li>• Re-emphasise the jockey as an athlete</li> <li>• Revisit competency analysis across all areas of the Personal Development Plan</li> </ul>	<ul style="list-style-type: none"> <li>• Be self-aware and able to present their personality traits and characteristics</li> <li>• Recognise personal strengths as a jockey and as a person</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise life and career stages to this point and understand the progression through both</li> <li>• Identify the personal and professional skills that have contributed to their success</li> <li>• Acknowledge how these skills are transferable across their personal and professional lives</li> </ul>

<ul style="list-style-type: none"> <li>• Subscribe to Personal Development Planning as a consistent exercise throughout career</li> <li>• Review and set SMART goals – short medium- and long-term goals.</li> <li>• Analyse success or otherwise of previous goals and actions</li> <li>• Commit to the process of race preparation centred around ‘controllable’ aspects</li> <li>• Recognise goal setting is not a smooth journey and appreciate setbacks as a positive experience for the future</li> <li>• Recognise the impact personal life has on professional performance</li> <li>• Encourage accountability with awareness and utilisation of industry support network</li> </ul>	<ul style="list-style-type: none"> <li>• Acknowledge the characteristics required to be successful as a jockey and understand how these may be applied to their personal life</li> <li>• Develop knowledge and awareness of dual career concept</li> <li>• Identify areas of interest for future learning</li> <li>• Understand the associated benefits of ‘adding value’ from a personal and professional point of view</li> <li>• Take responsibility for own learning and personal development with the utilisation of industry support network</li> <li>• Recognise future career possibilities and undertake necessary education to succeed</li> </ul>	<ul style="list-style-type: none"> <li>• Strengthen any areas of interest that contribute to a dual career</li> <li>• Associate the implementation of a dual career with a smooth transition</li> <li>• Encourage a positive vision and identify a plan for the future</li> <li>• Utilise industry and existing personal support throughout</li> <li>• Exhibit responsibility for own career and exhibit self-directed control over their future</li> <li>• Identify appropriate areas of support to enhance future career</li> </ul>
<p><b>What’s Too Much? Behaviours, Substances and Changing the Way We Feel</b></p> <p>An age-appropriate* introduction to the concept of problematic behaviours and substance use focusing on more phase-relevant activities such as social media use and gaming to place more adult themes like cocaine use and gambling in context. Each interactive scenario will ask participants to:</p> <ul style="list-style-type: none"> <li>• Identify different kinds of problematic behaviours and substance use within tailored scenarios</li> <li>• Determine the triggers for these behaviours (i.e. the emotional landscape that might frame an addictive disorder)</li> </ul>	<p><b>Substance Use, Compulsive Behaviours and Addiction</b></p> <p>Using a simple clinical-led model to help participants identify their user status across the range of potentially problematic substances and behaviours, this session acknowledges the increased chance of this group experimenting with substances and behaviours to change the way they feel. The session asks participants to work in groups to discuss ideas such as risk, misuse and addiction. By the end of the session, participants will:</p> <ul style="list-style-type: none"> <li>• Be able to identify a range of legal and illegal substances commonly used in a recreational context by sportspeople, many of which are prohibited by UKAD.</li> </ul>	<p><b>It Can Happen to Anyone: Substance Use, Compulsive Behaviours and Addiction</b></p> <p>This session will use testimonies from current or former sportspeople who have developed problems with substance use and addiction and encourage participants to think about emotional problems and pressures in their life now and in the future (both inside and outside of racing) and how they might relate to addictive disorders. Participants will:</p> <ul style="list-style-type: none"> <li>• Be able to identify a range of legal and illegal substances commonly used in a recreational context and the effect they have on the mind and body</li> <li>• Gain a more in depth understanding of the wide-ranging causes of addiction and how this might be applicable to them</li> </ul>

<ul style="list-style-type: none"> <li>• Explore the act of 'first use' and associated factors such as peer pressure and curiosity</li> <li>• Speculate on the possible life outcomes for those involved</li> <li>• Discuss what they as individuals, put in similar situations, might do differently (including asking for help through funded services provided by the BHA/PJA and Sporting Chance).</li> </ul> <p>*Acknowledging the possibility that each workshop may include attendees over a range of ages</p>	<ul style="list-style-type: none"> <li>• Understand the different user groups that exist within a specific presentation (substance or behaviour)</li> <li>• Identify where they sit within the above referenced groups</li> <li>• Have discussed the different factors, both generic and racing specific, that make them vulnerable to initial and prolonged use</li> <li>• Know if they should be seeking advice, support and/or an assessment as the relationship with a substance or behaviour develops</li> <li>• -Be aware of help available to them through funded services provided by the BHA/PJA and Sporting Chance.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify common behaviours and thought processes linked to each of the 5 stages that make up the cycle of substance misuse (and translate these to behavioural disorders such as gambling)</li> <li>• Know if they should be seeking advice, support and/or an assessment as their relationship with a substance or behaviour develops</li> <li>• Ascertain what services are available through the BHA/PJA in conjunction with Sporting Chance</li> <li>• Discuss their current understanding of treatment services and the learn about talking therapy as a method of treatment/positive influence on emotional wellbeing and how and why it can work in practical terms</li> <li>• Understand confidentiality of external services.</li> </ul>
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• **7. CAREER AND FINANCE**

**Overview:** To ensure jockeys optimise career opportunities, undertake continuous professional development and manage personal finances effectively.

**Regional Workshops**

Licence Period – 0-2 years	Licence Period – 2-3 years	Licence Period – 3-4 years
		<p><b>Keynote speaker: Guidance relevant to the individual speaker but for former jockeys may include the following:</b></p> <ul style="list-style-type: none"> <li>• <b>3lb Claimer</b> – where are you now?</li> <li>• <b>Connections and networking</b> <ul style="list-style-type: none"> <li>➢ riding out</li> <li>➢ loyalty</li> <li>➢ difficult situations</li> <li>➢ who to choose to ride out for</li> <li>➢ Coaches</li> </ul> </li> <li>• <b>What happens when I ride out my claim?</b> <ul style="list-style-type: none"> <li>➢ UK</li> <li>➢ All weather</li> <li>➢ Riding abroad?</li> </ul> </li> <li>• <b>Sustaining a career as a jockey</b> <ul style="list-style-type: none"> <li>➢ How do I do this</li> <li>➢ What does the future hold</li> <li>➢ Riding abroad (closed season but is it the best for my long-term career)</li> </ul> </li> </ul>

<ul style="list-style-type: none"> <li>• Demonstrate a knowledge and understanding of the racing industry, organisations, and structure.</li> <li>• Understand the full range of services and the role of Professional Jockeys Association, British Horseracing Authority and Weatherbys.</li> <li>• Manage and address personal finances.</li> <li>• Understand implications of being employed and self-employed.</li> </ul>	<ul style="list-style-type: none"> <li>• Integrate riding, career, and life goals, including dual career planning and development.</li> <li>• Undertake continuous personal and professional development using racing organisations, and apply CPD support network: BRS, NHC, JBH, OH, PDM, JETS, IJF, Racing Welfare etc.</li> <li>• Develop and monitor own basic financial plan.</li> <li>• Manage and address personal finances.</li> </ul>	<ul style="list-style-type: none"> <li>• Integrate riding, career, and life goals, including dual career planning and development.</li> <li>• Undertake continuous personal and professional development using racing organisations, and apply CPD support network: BRS, NRC, JBH, OH, PDM, JETS, IJF, Racing Welfare etc.</li> <li>• Develop and monitor own basic financial plan.</li> <li>• Understand and make provision for taxation and VAT where appropriate.</li> </ul>
<ul style="list-style-type: none"> <li>• Understand and make provision for income taxation (and VAT if applicable) where appropriate.</li> <li>• Know where to seek help and advice when necessary.</li> <li>• Regulatory guidelines regarding apprenticeship/employer agreements.</li> <li>• Understand the principles of sponsorship</li> <li>• Have an awareness of topical matters in the British horseracing industry</li> </ul>	<ul style="list-style-type: none"> <li>• Understand and make provision for income taxation (and VAT if applicable) where appropriate.</li> <li>• Understand and utilise the financial support and services for jockeys: Jockeys' Savings Plan, pension, insurance and the role of PRIS.</li> <li>• Regulatory guidelines regarding apprenticeship/employer agreements.</li> <li>• Attracting and maximising income from sponsorship</li> <li>• Have an understanding of key topical matters in the British horseracing industry</li> </ul>	<ul style="list-style-type: none"> <li>• Apply financial controls, financial planning and budgetary management, living within your means and planning for the future.</li> <li>• Planning for income variations when losing claiming status</li> <li>• Understand and utilise the financial support and services for jockeys: Jockeys' Savings Plan, pension, insurance and the role of PRIS</li> <li>• Regulatory guidelines regarding apprenticeship/employer agreements.</li> <li>• Attracting and maximising income from sponsorship</li> <li>• Have a knowledge of key topical matters in the British horseracing industry</li> </ul>

• **8. COMMUNICATION AND MEDIA**

**Overview:** To ensure jockeys develop positive communication skills, understand the importance of presenting themselves as a professional athlete and ambassador for the British horseracing industry.

**Regional Workshops**

Licence Period – 0-2 years	Licence Period – 2-3 years	Licence Period – 3-4 years
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<ul style="list-style-type: none"> <li>• Be able to apply positive communication techniques.</li> <li>• Be able to communicate effectively with others and apply listening skills.</li> <li>• Have full awareness and application of confidentiality and own responsibilities in relation to integrity and inside information.</li> <li>• Show good understanding of how the media works: print/broadcast, social media, online.</li> <li>• Understanding the importance of good communication as an athlete also working in the leisure industry.</li> <li>• Using your own words to communicate as a professional sportsperson.</li> <li>• Pitching language, content and tone appropriately in different situations.</li> <li>• Understanding how different media approach the sport in different ways.</li> <li>• Identify industry ambassadors and appreciate the importance and relevance of these to the sport</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to apply positive communication techniques.</li> <li>• Be able to communicate effectively with others and apply listening skills.</li> <li>• Be able to present a positive image of self/own organisation and sport at all times, and present self as professional sportsperson.</li> <li>• Develop ambassadorial awareness and responsibilities</li> <li>• Have full awareness and application of confidentiality and own responsibilities in relation to integrity and inside information.</li> <li>• Show good understanding of how the media works: print/broadcast, social media, online.</li> <li>• Be able to plan, structure and deliver interviews confidently – importance of preparation.</li> <li>• Staying in control of your role in the interview.</li> <li>• Speaking engagingly and judiciously about career developments.</li> <li>• Responding to criticism/ reflecting on setbacks in a professional manner.</li> <li>• Understanding how others use the media – including social media – to promote themselves as professional sportspeople.</li> <li>• Individual interviews:</li> <li>• Using career reflection to practise voicing three key points; how to bridge to what you want to say.</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to apply positive communication techniques.</li> <li>• Be able to communicate effectively with others and apply listening skills.</li> <li>• Be able to present a positive image of self/own organisation and sport at all times, and present self as professional sportsperson.</li> <li>• Promote self as a strong ambassador for the industry</li> <li>• Have full awareness and application of confidentiality and own responsibilities in relation to integrity and inside information.</li> <li>• Be able to respond to media attention in a positive way and create self-promotion opportunities.</li> <li>• Show good understanding of how the media works: print/broadcast, social media, online.</li> <li>• Be able to plan, structure and deliver interviews confidently – importance of preparation.</li> <li>• Representing yourself as an athlete, your professional network, your sponsor.</li> <li>• Utilising the media to create new opportunities.</li> <li>• Being a spokesperson on jockey, industry &amp; wider sporting issues.</li> <li>• Promoting the sport.</li> <li>• Dealing confidently with pressurised situations.</li> <li>• Knowing and being able to address/discuss your sport's current/much-debated topics.</li> </ul>
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• **9. WELLBEING AND SAFETY (formerly Health and Safety)**

**Overview:** To ensure jockeys work and live in a safe and healthy manner with due regard to safeguarding and wellbeing of themselves and others.

**Regional Workshops**

Licence Period – 0-2 years	Licence Period – 2-3 years	Licence Period – 3-4 years
<ul style="list-style-type: none"> <li>• Basic First Aid (recommended)</li> </ul>	<ul style="list-style-type: none"> <li>• Basic First Aid Refresher (recommended)</li> </ul>	<ul style="list-style-type: none"> <li>• Basic First Aid Refresher (recommended)</li> </ul>
<ul style="list-style-type: none"> <li>• Travelling safely (driving/public transport)</li> </ul>	<ul style="list-style-type: none"> <li>• Travelling safely (driving/public transport)</li> </ul>	<ul style="list-style-type: none"> <li>• Travelling safely (driving/public transport)</li> </ul>
<ul style="list-style-type: none"> <li>• Use of industry support systems including Jockey Matters videos</li> </ul>	<ul style="list-style-type: none"> <li>• Use of industry support systems including Jockey Matters videos</li> </ul>	<ul style="list-style-type: none"> <li>• Use of industry support systems including Jockey Matters videos</li> </ul>
<ul style="list-style-type: none"> <li>• Understanding how to be treated with dignity and equality and how to treat others in the same way</li> </ul>	<ul style="list-style-type: none"> <li>• Promote the treatment of others with dignity and equality</li> </ul>	<ul style="list-style-type: none"> <li>• Promote the treatment of others with dignity and equality</li> </ul>
<ul style="list-style-type: none"> <li>• Be aware of mental health issues and know when to seek help for self and others</li> </ul>	<ul style="list-style-type: none"> <li>• Understand basic mental health issues and advocate support networks for those in need</li> </ul>	<ul style="list-style-type: none"> <li>• Promote mental health awareness and know when and how support should be sought or self and others</li> </ul>
<p><b>SAFEGUARDING (this will be covered on Licence Course)</b></p> <ul style="list-style-type: none"> <li>• Code of Conduct</li> <li>• Number of cases and suspension/exclusions</li> <li>• Sharing of images</li> <li>• Communication</li> <li>• Whistle blowing /reporting – who to?</li> <li>• Importance of reputation and impact of behaviour</li> <li>• Protecting yourselves from abuse and allegations</li> <li>• Background and context for safeguarding in horseracing</li> <li>• Safeguarding the elite athlete – injuries, power relationship,</li> <li>• The responsibility of the elite athlete -</li> <li>• Social media – advice and awareness</li> <li>• Examples and scenarios</li> </ul>	<p><b>SAFEGUARDING</b> Scenario based refresh on the topics in Level 1 and 2:</p> <ul style="list-style-type: none"> <li>• Background and context for safeguarding in horseracing</li> <li>• Types of child and adult abuse</li> <li>• Key safeguarding issues in horseracing</li> <li>• Examples and scenarios</li> <li>• Receiving and managing concerns and disclosures</li> <li>• Safer recruitment</li> <li>• Refresh understanding and awareness of safeguarding and child protection</li> <li>• Update knowledge of BHA safeguarding regulations</li> <li>• Be aware of the current key issues in horseracing</li> <li>• Be able to recognise indicators of abuse for children and adults</li> </ul>	<p><b>SAFEGUARDING</b> Scenario based refresh on the topics in Level 1 and 2:</p> <ul style="list-style-type: none"> <li>• Background and context for safeguarding in horseracing</li> <li>• Types of child and adult abuse</li> <li>• Key safeguarding issues in horseracing</li> <li>• Examples and scenarios</li> <li>• Receiving and managing concerns and disclosures</li> <li>• Safer recruitment</li> <li>• Refresh understanding and awareness of safeguarding and child protection</li> <li>• Update knowledge of BHA safeguarding regulations</li> <li>• Be aware of the current key issues in horseracing</li> <li>• Be able to recognise indicators of abuse for children and adults</li> <li>• Refresh understanding of what to do when there is a safeguarding concern and how to</li> </ul>

## Framework for Observation of Jockey Coaching and Development 2026

Event	Date	Venue	Organisation/Representative
Apprentice & Conditional Licence	23 Feb – 6 Mar	BRS	
Apprentice & Conditional Licence	13-24 July	BRS	
Apprentice & Conditional Licence	28 – 9 Oct	BRS	
Apprentice & Conditional Licence	11-22 May	NHC	
Apprentice & Conditional Licence	16-27 Nov	NHC	
Cat B Conversion Course	TBC	NHC	
Cat B Course	30 Nov– 4 Dec	BRS	
Cat B Course	23 – 27 Feb	NHC	
Cat B Course	24 - 28 Aug	NHC	
Pre-licence assessment	14 Jan	BRS	
Pre-licence assessment	18 Mar	BRS	
Pre-licence assessment	27 May	BRS	
Pre-licence assessment	29 July	BRS	
Pre-licence assessment	23 Sept	BRS	
Pre-licence assessment	15 Jan	NHC	
Pre-licence assessment	17 Mar	NHC	
Pre-licence assessment	28 May	NHC	
Pre-licence assessment	4 Aug	NHC	
Pre-licence assessment	8 Oct	NHC	
Claiming Jockey Workshops (South) Conditionals	TBC		
Claiming Jockey Workshops (North) Conditionals	TBC		
Claimers Jockey Workshops (South) Apprentices	TBC		
Claimers Jockey Workshops (North) Apprentices	TBC		

## SPORTING EXCELLENCE PROFESSIONAL APPRENTICESHIP

The Sporting Excellence Professional Apprenticeship (SEPA) is a new industry recognised, and Government approved Apprenticeship Standard. Successful completion results in a national and internationally recognised qualification. It provides an extensive structure of training, coaching and education.

The Sporting Excellence Professional Standard is also available to athletes in the disciplines of cricket, football, rugby league and rugby union, bringing Jockeys in line with other top-class athletes.

This exciting and innovative programme offers each athlete the opportunity to achieve their ambition of becoming a professional Jockey, whilst at the same time providing them with the opportunity to develop wider skills suitable for all-round personal and career development.

It provides employers with a structured programme for their Jockeys with input from a wide range of industry professionals. Subjects covered include:

- Horsemanship – establish advanced race riding skills to achieve optimum performance
- Tactical race riding – plan and review races, how to ride different tracks, read a race, strengthen your finish, correct use of the whip. Use technology to review and improve performance.
- Integrity – understand anti-doping policies and industry Codes of Conduct. Exhibit inclusive, respectful, fair and ethical behaviours and be a positive role model for racing
- Horse welfare – promote high levels of horse welfare when at work and when race riding
- Physical and mental fitness – implement appropriate fitness, nutritional and psychological skills to excel at race riding. Understand injury prevention and management.
- Media and communication – develop media and communication skills across multiple stakeholders.
- Lifestyle – practice a lifestyle conducive to high levels of performance
- Career planning – implement a personal career plan that identifies secondary career option

The training programme will be agreed between the Employer, the British Racing School and the Apprentice. The majority of the training will take place in the workplace developing the horsemanship skills to become a successful Jockey.

There is also an element of off-the-job training. This averages six hours a week and may include routine jockey coaching, fitness work and time spent at the races.

Apprentices will complete a portfolio of evidence which will support the End Point Assessment, that takes place at the end of the training. The End Point Assessment comprises a short knowledge test, professional discussion and observation of performance.

The Programme is managed by the British Racing School who will provide full details of available funding and entry criteria.

## JOCKEY COACHING PROGRAMME

The British Horseracing Authority's Jockey Coaching Programme is a coaching and mentoring initiative, designed to further improve levels of horsemanship and professionalism in the sport.

The Jockey Coaching Programme (JCP) was initiated in 2011 to help bring horse racing in line with other professional sports.

The programme aims is to encourage and enhance the career development of all Apprentice and Conditional Jockeys. All elite athletes depend on a network of support professionals to enable them to have the best possible opportunity for success. In racing, the Coach is at the heart of this network and works alongside fitness coaches, sports psychologists, nutritionists, careers advisors and other industry professionals.

All Jockey Coaching Programme coaches have achieved a minimum of the UKCC Level 2 Coaching Qualification. All coaches are first aid trained and fully DBS Checked. All Jockey Coaching Programme coaches are required to complete a minimum of 1-day Continuous Professional Development every year.

The current structure of the Jockey Coaching Programme consists of a small team of employed Regional Coaches, supplemented by a team of self-employed Coaches. The team of Regional Coaches are either full-time or part time, and the self-employed coaches are paid per hour of coaching or per coaching activity.

The Jockey Coaching Programme is overseen by the British Racing School and the Jockey Training and Development Team.

The Jockey Coaching Programme is available to all UK Licensed Apprentice and Conditional riders. Once a young person, between the age of 16 and 26 has attended a Pre-Licence Assessment, the young person is therefore eligible to receive coaching through the 'Drop-In' sessions, subject to availability, facilitated at the IJF Centres by a Regional Coach prior to attending a Jockey's Licence course.

### JOCKEY COACHING PROGRAMME DELIVERY

Once a rider has received their licence, they will be allocated a Jockey Coach. They will then be entitled to:

- 6 hours coaching per month for the first three months
- 4 hours per month for the duration of their claim
- 2 hours coaching per month post claim coaching for one year

When the jockey turns 26 years old, they will not be able to access coaching through the Jockey Coaching Programme. They are strongly encouraged at this point to enter into a commercial and professional coaching relationship with a qualified Jockey Coach.

Coaching can include a variety of activities including however not limited to simulator sessions, course walks, race reviews, race preparation, phone calls and meetings.

## **JOCKEY TRAINING AND DEVELOPMENT MANAGEMENT GROUP TERMS OF REFERENCE**

### **1. VISION**

Our jockeys are recognised for their skill, athleticism, and courage, and represent the best values and conduct of British horseracing.

### **2. MISSION**

To deliver comprehensive training and development that inspires jockeys to realise their full potential throughout their careers as professional sportspeople and beyond.

### **3. OBJECTIVES**

A key objective of Jockey training and development is to ensure the safety and welfare of Jockeys and horses at all times and to ensure that, as the industry's professional sportspeople, Jockeys have an opportunity to realise their full potential and succeed in their role of maximising the potential of the equine athlete.

The Jockey Training and Development (JT&D) Strategy is also underpinned by the following:

- a. To provide a professional development programme for Jockeys that will equip them with the necessary professional skills and enhance their wider personal skills across the agreed curriculum.
- b. To provide Jockeys with the necessary knowledge and understanding about the Rules of Racing, industry policies including Safeguarding, Industry Code of Conduct, Equality, Diversity and Inclusion, Horse Welfare and all required standards of behaviour.
- c. To encourage an attitude and environment of continuous professional development amongst racing's sporting professionals.
- d. To enable Jockeys to achieve their full potential and develop them as ambassadors for sport and wider industry.
- e. To provide a framework of training and assessment and, where appropriate, nationally recognised qualifications to complement and support the training programmes.
- f. To support Jockeys in preparing for a second career, wherever possible within the racing industry, providing further education and training linked to externally recognised qualifications.

### **4. MEMBERSHIP**

The JT&D Management Group shall comprise Membership will include representatives from the following organisations:

- British Horseracing Authority (BHA)
- British Racing School (BRS)
- Injured Jockeys Fund (IJF)
- Jockeys Education and Training Scheme (JETS)
- National Trainers Federation (NTF)
- Professional Jockeys Association (PJA)
- Observers may also be invited – Consultation will take place with other stakeholders involved with, or affected by, this area of work

### **5. QUORUM**

The quorum necessary for the transaction of JT&D business will be four members.

### **6. FREQUENCY OF MEETINGS**

The JT&D Management group will meet a minimum of three times a year and more frequently if required.

### **7. MINUTES OF MEETINGS**

8. The secretariat for the Management Group will be provided by BRS. The minutes to be made of the proceedings and resolutions of all meetings, including recording the names of those

present and in attendance. Minutes are to be circulated promptly to all members.

**9. DUTIES**

JT&D Management Group meetings are to be chaired by JETS or delegated as appropriate and the Group will allocate tasks, set deadlines, and scrutinise work relating to the implementation of the overarching strategy.

**10. REPORTING RESPONSIBILITIES**

The JT&D Management Group shall make recommendations and report to the Horseracing Industry People (HIP) Board from time to time as appropriate on matters within the Board's terms of reference and on any area within its remit where action or improvement is needed.

The HIP Board reviews outcomes and recommendations, adds value where appropriate, prioritises in context of wider BHA responsibilities and areas of interest and advises HBLB/Racing Foundation with reference to resourcing.

## JOCKEY TRAINING AND DEVELOPMENT STRATEGY 2023 TO 2026 KEY PRIORITIES

1. Introduce Sporting Excellence Professional Apprenticeship through an initial pilot in 2023 and roll out in 2024. Develop an alternative qualification for jockeys not deemed suitable to complete the apprenticeship. All information sessions on SEPA is now being presented on all Jockey Licence Courses. It is anticipated that the first jockeys will complete in 2025.
2. Recruit a Head of Coaching to lead the Jockey Coaching Programme, to take a lead role and have a significant impact on jockey coaching and performance development. Working closely with the (JT&D) Programme Manager, delivery partners and stakeholders, this role will positively influence and enhance the current provision for jockeys as high-performance athletes.
3. Work with the People Board, Racing Foundation, and the Levy Board to establish a long-term sustainable funding model for the Jockey Coaching Programme and Jockey Training and Development. This work is ongoing
4. Work with The National Trainers Federation to engage with employers and gain Trainer representation on the JT&D group.  
The NTF is now represented at every JT&D management meeting and attended all three meetings in 2024.
5. Equality, Diversity, and Inclusion education integrated into all levels of JT&D. ED&I is now integrated into all levels of JT&D.  
A presentation on this topic is delivered on all Licence courses.
6. Implement a Jockey Ambassador training and development programme.  
Two Jockey Ambassador programmes have been delivered in the past two years, with up to 21 jockeys attending. It is anticipated that the next programme will be delivered in the summer of 2025.
7. Continue to develop and promote opportunities for young riders through an inclusive and progressive Talent ID programme through enhanced links with urban riding centres, The Riding a Dream Academy and The Khadijah Mellah Scholarship
8. Provide access to the Level 1 Coaching and Coaching Assistant course for young jockeys as appropriate, as a pipeline for future coaches, and to encourage female jockeys to develop as coaches.
9. Continue to work towards a target of 100% engagement for claiming jockeys on the JCP and Jockey Workshops.