



BRITISH HORSERACING AUTHORITY

Training and Delivery of Mandatory Jockey Licence and Professional Development Courses



From 1st January to 31st December 2024

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BACKGROUND

Formal and mandated Jockey training was introduced into the horseracing industry in the early 1990s. 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 sportspeople 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 includes key recommendations and priorities for 2023-2025, 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 a 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. 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:

- 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.

ROLE AND RESPONSIBILITIES

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. The stages of training are:

- a. Pre-licence
- b. Professional and Amateur Licence application
- c. Claiming
- d. Full professional

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:

- a. 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.
- b. Confirming course dates with the training providers.
- c. Overseeing the pre-licence assessment administration process, check suitability of candidates and liaising with training providers.
- d. Booking applicants onto licence courses.
- e. 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.

Professional Jockeys Association (PJA)

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

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 2024, each applicant will also have an assessment of hydrated weight and body composition, with a member of the PJA Nutrition Team. There will be one Senior Jockey Coach and one Jockey Coach in attendance to administer the day.

The purpose of this requirement is to:

- a. Confirm that the applicant has the required level of skill 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 level 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.

SKILLS PRE-ASSESSMENT

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

Skills Assessment Administration

During 2024 the pre-assessment cost will be met by central funds, this will be reviewed on an ongoing basis. However, the applicant or their employer must meet the cost of re-assessment. 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.

The initial application for a Pre-licence Skills 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. This must be made on a standard application form, available via the following link:

<https://www.cognitoforms.com/BritishHorseracingAuthority/PreLicenceSkillsAndFitnessAssessment2023>

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 underpinning knowledge, the Jockey Coach will complete the report form shown at Annex B.

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.

All applicants who meet the minimum performance standard (and satisfy all other licensing requirements) will be considered for upcoming licence courses. Places will, however, be offered based on applicant performance at the pre-licence assessment and only the top eight candidates will be selected (even if more than that have met the minimum standards). 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), however may not attend more than two assessments within a six-month period.

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. The one exception to this would be when an applicant has scored 9 or more (out of 12) on the skills assessment criteria, and failed their fitness assessment by up to a maximum of 3% (72%). In this case they would only be required to complete the fitness assessment element again. All unsuccessful applicants can attempt the Pre-Licence Assessment a maximum of twice 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 14).

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 Jockeys Coaches. For full details of the 'Drop-In Sessions' please contact the Head of Jockey Coaching or 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 Schools will advise the BHA of the coaches who have undertaken standardisation activities and are therefore able to conduct a Pre-assessment.

Skills Assessment Criteria

The criteria upon which the Pre-Licence Skills assessment is based is found at Annex C (i).

Skills Assessment Costs

The cost of a one-day Pre-Licence Skills and Fitness Assessment conducted at one or other of the Racing Schools is £157.50 (to be reviewed in April 2024) inclusive, employers will pay for a re-assessment. 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 and fitness test.

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

FITNESS ASSESSMENTS

Alongside a 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.

Fitness Assessment Administration

As with the skills assessment, initial applications must be made to the British Horseracing Authority. Where permission has been granted the fitness assessments can be completed at the BRS, NHC or at an IJF Rehabilitation Centre at the discretion of the Licensing Department. The Racing Schools will make the necessary administrative arrangements.

The following structure for the Fitness Re-Assessment will apply for 2024:

- British Racing School All Licence Categories
- Oaksey House Professional, Apprentice and Conditional Licences
- National Horseracing College All Licence Categories
- Jack Berry House Professional, Apprentice and Conditional Licences

Amateurs will be allowed to participate at OH and JBH only if there are spaces available.

Fitness Assessment Criteria

The Industry Standard Fitness Assessment consists of six gym-based exercises to measure strength, and a WattBike 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 exercise is properly completed the higher the percentage score will be. These exercises can be found in full on the BRS/NHC websites:

<https://brs.org.uk/course/apprentice-licence/> or <https://brs.org.uk/course/conditional-licence/>

<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	75%
Apprentice/Conditional Licence Course	80%
Professional Flat/Jump	80%

Pre-licence fitness assessments will be conducted by a BRS/NHC appointed fitness assessor or Jockey Coach. The pass mark for a pre-assessment for an apprentice or conditional licence course is set at 75%. 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 65%, 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 twelve 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. The Fitness Test Assessment Criteria is shown at Annex C (i)
The Fitness Test Report Form is shown at Annex C (ii).

Fitness and Simulator Assessment Dates:

Assessment Days			
28-Feb-24	JBH	24-Jan-24	BRS
25-Apr-24	NHC	06-Mar-24	OH
25-Jun-24	JBH	09-May-24	BRS
23-Aug-24	NHC	17-Jul-24	OH
30-Nov-24	JBH	10-Sept-24	BRS
13-Dec-24	NHC	13-Nov-24	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 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 / Skills / Simulator Assessment Only - £90

Riding Assessment Only - £100

Full Assessment - £190

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 is 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 assessment:

- | | |
|---------------------|---|
| 1 x 60cm Swiss ball | 1 x 5KG flat weight |
| 2 x wobble cushions | 1 x wooden pole |
| 1 x gym mat | 1 x medium strength elastic |
| Wattbike | 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 |
| c. 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	Health and Safety
Mental Wellbeing	Jockey Wellbeing (1 – 1)

Each stage is supported by a series of training programmes or assessment shown on the framework below:

Pre-licence	Licence Application		Claiming (Coaching)	Claiming (Training)	Full Professional
	App/Cond	Cat B			
Initial application to the BHA.	Attend 2wk course	Attend 1wk course	Participation on JCP	Attend annual 1 day CPD workshop according to number of years licence held	1 year transitional JCP support post-claim
Pre-licence skills and fitness assessment					

JOCKEY LICENCE COURSES

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 in Annex D which has been cross referenced to the sample programme and timetable shown in Annex E. 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.

Course Numbers

The total number of places available for 2024 is shown below.

	Total places available	2024	
		BRS	NHC
Licence App & Cond	40	3 courses	2 courses
Cat B Licence	24	1 course	2 courses
Cat B Conversion	8		1 course
Cat A	120	9 courses	6 courses

From January 2024, licence courses will no longer be code specific. All licence courses will be open to Apprentice and Conditional jockey applicants.

Course Costs

The cost per attendee for the two-week Apprentice and Conditional courses is £1,680 (to be reviewed in April 2024). Fees will be paid per individual not per course. Courses will run with a **minimum of six** and maximum of eight attendees. The only exception to this is when a Cat B jockey wants to upgrade to Conditional jockey status, in which case they will need to complete the second week of the two-week programme. This cost of this will be £872 (to be reviewed in April 2024).

Assessment

In 2024 the Jockey Training and Development group will review and standardise the external tests for licence courses which will align with the curriculum. 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.

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 120 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 COURSES

Category B (Cat B) Licence courses will run over one week and are separate to Conditional courses. There will be 24 places for 2024, 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 course.

For Cat B Licensed Jockeys who wish to advance to Conditional status, they will have to attend Week 2 of the Conditional course according to availability of places.

The cost of the Week 2 attendance will be met from central funds.

The BHA Licensing Department will allocate places for Cat B applicants.

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).

Administration

The regional workshops will be organised and managed by the BRS. In 2024 there will be 8 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:

Jockeys licensed in 2023	Workshop A
Jockeys licensed in 2021 & 2022	Workshop B
Jockeys licensed in 2020	Workshop C
Jockeys licensed in 2019	Workshop D

Curriculum

Over the cycle the workshops will aim to cover all nine subject areas of the curriculum, with an agreed focus for each subject. This will be cross-referenced between the workshop programmes and the curriculum to avoid the potential for gaps or duplication. Speakers should be briefed in advance as to the specific coverage and any course documentation should carry the BHA logo where appropriate

2024 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
	Total in hours: 6.5

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
	Total in hours: 6

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

Curriculum	Session
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
	Total in hours: 5.75

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 2024 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.

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 at the earliest opportunity 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 Racing School 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 2024

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

	2019		2020		2021		2022		2023	
	Places	Take up	Places	Take up	Places	Take up	Places	Take up	Places	Take up
Apprentice Licence	40	31	40	25	40	30	32	24	32	12
Conditional Licence	16	11	16	4 + 4 conversions	16	15	16	13	16	9
Additional Cat B Conversion		9	8	6	8	0	8	7	8	3
Cat B Licence	32	28	32	15	24	17	24	18	24	0
Cat A Licence	120	111	120	56	120	87	120	104	120	89

The 2024 dates have been agreed as follows:

Licence Courses

2024	BRS	NHC
Jockey Licence Courses	19 Feb – 1 Mar	13 May – 24 May
	15 July – 26 July	18 Nov – 29 Nov
	30 Sept – 11 Oct	
Cat B Conversion		TBC
Cat B only	2 Dec – 6 Dec	19 Feb – 23 Feb
		5 Aug – 9 Aug

Claiming Seminars 2024 (PROVISIONAL DATES)

Jockey Cohort A	2023 licensed riders
Jockey Cohort B	2022-2021 licensed riders
Jockey Cohort C	2020 licensed riders
Jockey Cohort D	2019 licensed riders

Region/ Licence	Location	Date
South (Apprentice)	British Racing School	5 th September
South (Apprentice)	British Racing School	8 th September
South (Conditional)	Hartpury College	16 th July
South (Conditional)	Hartpury College	19 th July
North (Apprentice)	York Racecourse	23 rd October
North (Apprentice)	York Racecourse	30 th October
North (Conditional)	Wetherby Racecourse	24 th July
North (Conditional)	Wetherby Racecourse	25 th July

Pre-Licence Assessment Dates

BRS	Course Date	NHC	Course Date
03 Jan 24	19 Feb – 01 Mar (BRS)	09 Jan 24	19 Feb – 01 Mar (BRS)
20 Mar 24	13 May – 24 May (NHC)	22 Mar 24	13 May – 24 May (NHC)
08 May 24	15 Jul – 26 Jul (BRS)	02 May 24	01 Jul – 12 Jul (BRS)
31 Jul 24	30 Sept – 11 Oct (BRS)	25 Jul 24	30 Sept – 11 Oct (BRS)
25 Sept 24	18 Nov – 29 Nov (NHC)	24 Sept 24	18 Nov – 29 Nov (NHC)



Annex A



The British Racing School /
National Horseracing College
Pre-Licence Assessment Course Report

Pre-Licence Assessment	Date:
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Applicant	Trainer	Weight	Age	Trainers Email

Pre-Licence Assessment Criteria		
	1:1 Session	
	Yes	No
• Career/Lifestyle		
• Nutrition		
• Racing Knowledge		
• Communication		
Riding		
• General - Seat, Hands etc.		
• Pace Awareness		
• Riding Upsides		
• Stalls/Schooling		

Simulator Assessment			
• Body position and set up			
• Transition into push			
• Push technique & changing hands			
• Basic whip skills			
Total Assessment Points		/ 12	

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.

Fitness Assessment

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%

Assessor name:

<u>Pass, Fail, Refer</u>	
<u>Coaches comments on any areas where the applicant did not meet the required standard and recommended coaching plan:</u>	

Annex B (i) Pre-Licence Skills Assessment Criteria

Pre-Licence Assessment Criteria	
1:1 Session	
Career/Lifestyle (combined)	
○	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.
Nutrition	
○	Understand the principles of healthy eating and a balanced diet.
○	Demonstrate awareness of sensible weight management.
○	Understand good hydration practices.
Racing Knowledge	
○	Have a basic understanding current industry topics.
○	Have a basic knowledge of big race meetings, venues and distances of major races.
○	Racecourse knowledge, sharp/stiff tracks - different going including all weather.
Communication	
○	Demonstrate good communication skills.
○	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.
Riding	
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).

Annex B (ii) Pre-Licence Fitness Assessment Criteria

Pre-licence fitness criteria is shown below.

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)

- You will be required to sit this test as part of a jockeys fitness assessment
- At the end of the 3 minute test the Wattbike will display your power to weight ratio in w.kg which is your average power divided by your body weight in kg's. This is the number/score we use as a performance standard.
- For pre 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%
- 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%

Annex B (iii) LICENCE COURSE AND FITNESS REPORT



**The British Racing School
/National Horseracing College**
Apprentice/Conditional Licence Course Report

Course	Date	Pre- Assessment Date and School
Apprentice/Conditional		

Applicant	Trainer	Weight	Age	Jockeys Email	Trainers Email

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

Endurance			
Overall Simulator			

Overall Fitness			
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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	Simulator Endurance 0 - 210	Percentage	Final Percentage
Target		3.4-4.6		240		180		90		240		120		240		210		
Grading		1		1		1		1		1		1		1		1		
			0%		0%		0%		0%		0%		0%		0%		0%	0%

Weight and nutrition:
Communication:
Professionalism:
Comments on Knowledge:

Coach Summaries:

Overall Recommendation – Pass or Refer	
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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, and demonstrated that they would be capable of competing competitively against professional jockeys upon achieving a licence.

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 demonstrating the required level of skills to ride in races under rules however 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 70 & 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 70%

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.

Annex C

Provisional Licence Course Programmes

Week 1

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Day 1		Day 2		Day 3		Day 4		Day 5	
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	Technical, Tactical, Career, Health & Safety	08:30	Health & Safety & Lifestyle	08:30	Technical & Tactical
	Course introduction inc Setting up the course (60 mins) Richard Perham		Riding Work Lecture (60 mins) Richard Perham		Rules & Regs Session 1 (90 mins) Anthony McGlone		Safeguarding (60 mins) BHA		Pace Awareness Lecture (30 mins) Richard Perham
09:30	Physical					09:30	Technical & Tactical	09:00	Tactical
	Simulator (90 Mins) Session 1 Balanced Body Position & Set Up	09:30	Physical	10:00	Snack Break		Assessing a horse (60 mins) Richard Perham		Inside information (60 mins) Mark Beercroft
			IJF Jockey Profiling Glen Reed	10:30	Technical, Tactical, Career, Health & Safety				
11:00	Tactical, Career, Health & Safety				Rules & Regs Session 2 (90 mins) Stewards Enquiry including Conduct in the Stewards Room Anthony McGlone			10:00	Technical, Tactical & Health & Safety
	Welfare of the Horse (60 mins) Jocelyn Harbershon-Butcher	10:30	Technical, Tactical & Physical			10:30	Snack Break		Ride & Video Review (120 mins) Pase Awareness Al Bahathri
			Fall Training (90 mins) IJF			10:45	Lifestyle & Career		
12:00	Lunch	12:00	Lunch with IJF	12:00	Lunch				
13:00	Technical, Tactical & Health & Safety	12:45	Technical, Tactical & Physical	13:00	Technical, Tactical & Health & Safety	13:00	Technical, Tactical & Health & Safety		
	Ride & Video Review (120 mins) Richard Perham		Sport Science & Jockeys Performance (75 mins) IJF		Ride & Video Review (120 mins) Riding Work		Ride & Video Review (120 mins) Stalls Schooling	12:00	Lunch
				15:00	Physical			13:00	Lifestyle, Mental & Psychological
		14:00	Snack Break		Simulator (60 mins) Session 2 Push Technique		Racecourse Safety (60 minutes) Nick Carlise		Motivation in Sport (90 mins) Simont Milton
15:00	Break	14:15	Lifestyle			15:00	Technical, Tactical & Health & Safety	14:30	Snack Break
15:30	Nutritional		Medical Issues and Injury Management (60 mins) IJF	16:00	PPE (45 mins) James How (Gordon Richards Room - BRS)	16:00	Physical	15:00	Career
	Diet & Nutrition (90 mins) Oliver Whiteman	15:15	Change For Fitness			16:00	Simulator (60 mins) Session 3 Push Techniques Incorporating Other Basic Whip Skills		Reading Form (60 mins) Richard Perham
		16:00	Physical	17:45	Finish	17:00	Break/Change	16:00	Physical
17:00	Break		Fitness session inc types of exercises (90 mins) IJF	19:00	Evening Meal	17:30	Physical		Simulator Session 4 Intro to Basic Whip Skills
17:30	Nutritional					18:30	Fitness session - Race Ready Circuits (60mins) IJF	17:00	Depart
	Cook in & Eat Dinner (90 mins) Oliver Whiteman	17:30	Finish						
19:00	Finish	19:00	Evening Meal			19:30	Evening Meal		
					Racing Organisations (45 mins) Richard Perham Racing 2 Learn Mod				

Annex D

Licence Course Curriculum

Session name	Week	Time given in minutes	No of sessions	Outcome
Diet & Nutrition Cook in	1	90	1	4.7,
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,
Fall Training	1	90	1	3.3, 3.5, 3.7, 3.8, 9.2, 9.4.
Fitness session & exercises advice	1	90	1	3.1, 3.3, 3.4, 3.5, 3.7, 3.9,
Horse Assessment Lecture	1	60	1	1.6,1.6
Inside Information	1	60	1	2.4, 8.4,
Introduction & course set up	1	60	1	5.4, 9.1, 9.2, 9.3, 9.4,
Medical Issues and Injury Management	1	90	1	3.6, 3.10, 4.10, 5.10, 6.3, 6.5
Pace Awareness	1	30	1	1.5
Personal Protective Equipment	1	60	1	9.2, 9.4.
IJF Profiling	1	60	1	3.3, 3.4, 3.5, 3.6.
Motivation in Sport	1	90	1	5.4, 5.6, 6.1, 6.2, 6.4, 6.5, 6.6, 8.5,
Racecourse Safety	1	60	1	2.3, 2.4, 9.1, 9.2, 9.3, 9.4, 9.5, 9.6
Racing Organisations	1	45	1	7.1, 7.2,
Reading Form	1	60	1	2.1, 2.2, 2.3, 2.7
Review of Pre-Assessment	1	45	1	
Riding work Lecture	1	60	1	1.5, 1.6, 2.9.
Rules & Regulations 1	1	90	1	1.4, 1.7, 2.3, 2.4, 2.7, 5.10,
Rules & Regulations 2 incl Conduct in Stewards Room	1	90	1	1.4, 1.7, 2.3, 2.4, 2.7, 5.10,
Safeguarding	1	60	1	6.1, 6.2, 6.5, 6.6, 9.1, 9.2, 9.3, 9.4, 9.5, 9.6
Sport Science & Jockey Performance	1	75	1	1.1, 1.2, 3.1, 3.4, 3.5,
Welfare of the horse	1	60	1	2.10, 7.1, 7.2, 9.6,
Building A Good Relationship With Trainers	2	60	1	1.6, 2.1, 2.5, 2.9, 6.1, 6.4, 8.2, 8.3, 8.4, 8.5.
Equality, Diversity & Inclusion	2	60	1	6.1, 6.2, 6.4, 8.1, 8.3, 8.6.
Course test	2	60	1	All

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,
Finance & Weatherbys	2	90	1	7.2, 7.4, 7.5, 7.6,
Fitness	2	90	1	3.1, 3.4, 3.5, 3.9,
Fitness Assessment - Final	2	60	1	3.2, 3.7,
JCP & RES	2	45	1	6.3,
Licencing Lecture	2	60	1	2.5,
Media Training	2	180	1	8.1, 8.2, 8.3, 8.7,
PDP's	2	90	1	5.4, 5.8, 6.3, 6.4, 6.5, 6.6, 7.3,
PJA + Senior Rider	2	75	1	6.3, 6.4, 6.5, 7.2, 7.5, 8.5
Social Media	2	90	1	8.1, 8.2, 8.3, 8.4, 8.6,
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,
Starting Procedures	2	30	1	1.7, 1.8
Tactical Riding	2	60	1	2.1, 2.2, 2.7, 2.9, 2.10, 6.4, 9.1, 9.5
What Happens Next	2	60	1	6.1, 6.4, 8.2
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
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,
Total in minutes		4545	54	
Total in hours		75		

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

Numbered Licence Curriculum

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 Wellbeing

- 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.

Wellbeing 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
- L 9.6 – Knowledge of horse welfare and safe

Annex E

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 and integrity have been integrated into the programme. Comprehensive and relevant financial advice is now also being delivered effectively. The ten 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**
10. **Jockey Wellbeing**

The review also recommended that the curriculum was progressive, which requires it to be further divided into the three claiming stages of a jockeys 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"> • Overview of Equine Health and Welfare Strategy • Definition of Animal Welfare and Animal Rights • Organisational and individual responsibilities in relation to providing the highest standards of welfare for the racehorses • The four points of horse welfare (pre-racing, training, racing, after racing) • Anti-Doping and Medication Control including: <ul style="list-style-type: none"> ➢ Sampling policies and procedures ➢ Key rules relating to prohibited substances ➢ Equine anti-doping rule violations/sanctions ➢ Race straight • Raceday considerations for participants <ul style="list-style-type: none"> ➢ Correct use of the whip 	<p>Horse Welfare: Revision of previous presentations with particular emphasis on:</p> <ul style="list-style-type: none"> • Animal Welfare – Current Legislation <ul style="list-style-type: none"> ➢ The five freedoms/needs ➢ Definition of Animal Welfare and Animal Rights ➢ BHA Rules of Racing relating to horse welfare • Update on Industry Equine Health and Welfare Strategy including: <ul style="list-style-type: none"> ➢ Organisational and individual responsibilities in relation to providing the highest standards of welfare for the racehorses ➢ Equine Welfare Assessment Tool ➢ Aftercare of Racing Thoroughbreds ➢ EquiBioSafe App ➢ Shoeing and Equipment lists ➢ Data collection and research ➢ Suitability to race examination • BHA Equine Health and Welfare Team including: 	<p>Horse Welfare: Revision of previous presentations with particular emphasis on:</p> <ul style="list-style-type: none"> • Update on Industry Equine Health and Welfare Strategy including: <ul style="list-style-type: none"> ➢ Organisational and individual responsibilities in relation to providing the highest standards of welfare for the racehorses ➢ Data collection and research ➢ Suitability to race examination • BHA Equine Health and Welfare Team including: <ul style="list-style-type: none"> ➢ Personnel, roles and responsibility • Anti-Doping and Medication Control <ul style="list-style-type: none"> ➢ Sampling policies and procedures ➢ Key rules relating to prohibited substances ➢ Equine anti-doping rule violations/sanctions ➢ Race straight • Revision of Raceday considerations for participants including: <ul style="list-style-type: none"> ➢ Correct use of the whip

<ul style="list-style-type: none"> ➤ Starting procedures ➤ Management and riding of tired horses ➤ Managing heat stress in horses • Raceday considerations for participants <ul style="list-style-type: none"> ➤ Update on relevant rules for licensed riders to include ➤ BHA Rules Of Racing <ul style="list-style-type: none"> ○ Chapter D - Horse Welfare and Management ○ Chapter E - Preparing for the race, ○ Chapter F - The race, ○ Chapter G - Following the race ➤ Guideline to Penalties and Procedures <ul style="list-style-type: none"> ○ Running and Riding - Rule (F)37 ○ Interference - Rules (F)34 - (F)36 ○ Whip - Rules (F)45 • Understand and follow instructions. • Be prepared to use initiative if required and when appropriate. • Have an awareness of all racecourse procedures relating to a licensed rider (Racecourse Procedures Video). • Demonstrate full awareness of rules and regulations, inside information, security and the ethics of the racing industry. • Demonstrate a knowledge of Licensing requirements and requirements to maintain status as licensed individual. 	<ul style="list-style-type: none"> ➤ Personnel, roles and responsibility • Anti-Doping and Medication Control <ul style="list-style-type: none"> ➤ Sampling policies and procedures ➤ Key rules relating to prohibited substances ➤ Equine anti-doping rule violations/sanctions ➤ Race straight • Revision of Raceday considerations for participants including: <ul style="list-style-type: none"> ➤ Correct use of the whip ➤ Starting procedures ➤ Management and riding of tired horses ➤ Managing heat stress in horses ➤ Understanding horse vision • Demonstrate tactical awareness in real race situations. • 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. • Demonstrate advanced knowledge and a clear understanding of the rules and ethics of the racing industry, inside information and security • Understand PJA updates in line with industry policies • Refresher course on BHA Integrity Education 	<ul style="list-style-type: none"> ➤ Starting procedures ➤ Management and riding of tired horses
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- Demonstrate an awareness of banned and notifiable substances.
- Understand the main stages of a race: jumping out, getting a position, holding a position and challenging for a better position.
- Show consistency in performing skills: changing hands, pushing out hands and heels, and correct stick use.
- Understand how to deal with tactical problems in the correct manner (i.e. boxed in, wrong position etc.)
- Understand tactical awareness of the competition and how it may affect your race plan.
- Understand how to plan and implement different tactics for horses ridden judging by past runs.
- Understand different temperaments and characteristics of horses during races (i.e. how to settle a horse)
- 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.

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.

Regional Workshops

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

4. **NUTRITION**

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

Regional Workshops

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

<ul style="list-style-type: none"> • Know own estimated rider weight and the dangers of riding below this weight. 		
<p>Presenter notes</p>	<p>Presenter notes</p>	<p>Presenter notes</p>
<ul style="list-style-type: none"> • Discussion with students about current diet and to revise 8 principles. Students to produce own daily plan based on food lists given (30mins) • PP on bone health (5 mins) • Group discussion on own experience and also short PP of the dangers and where to go for help (10 mins) • 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) 	<ul style="list-style-type: none"> • Recap session (15 mins) • Look at the racecourse guidelines and also planning for travel – show snacks – try some samples • PP on recovery after racing and also injury (15 mins) • Look at supplements and consider if their use is applicable in racing. UKAD • Look at alcohol and what is a measure – students to assess what is a measure (10 mins) 	

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

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

<ul style="list-style-type: none"> • Subscribe to Personal Development Planning as a consistent exercise throughout career • Review and set SMART goals – short medium- and long-term goals. • Analyse success or otherwise of previous goals and actions • Commit to the process of race preparation centred around ‘controllable’ aspects • Recognise goal setting is not a smooth journey and appreciate setbacks as a positive experience for the future • Recognise the impact personal life has on professional performance • Encourage accountability with awareness and utilisation of industry support network 	<ul style="list-style-type: none"> • Acknowledge the characteristics required to be successful as a jockey and understand how these may be applied to their personal life • Develop knowledge and awareness of dual career concept • Identify areas of interest for future learning • Understand the associated benefits of ‘adding value’ from a personal and professional point of view • Take responsibility for own learning and personal development with the utilisation of industry support network • Recognise future career possibilities and undertake necessary education to succeed 	<ul style="list-style-type: none"> • Strengthen any areas of interest that contribute to a dual career • Associate the implementation of a dual career with a smooth transition • Encourage a positive vision and identify a plan for the future • Utilise industry and existing personal support throughout • Exhibit responsibility for own career and exhibit self-directed control over their future • Identify appropriate areas of support to enhance future career
<p>What’s Too Much? Behaviours, Substances and Changing the Way We Feel</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 to ask participants to:</p> <ul style="list-style-type: none"> • Identify different kinds of problematic behaviours and substance use within tailored scenarios • Determine the triggers for these behaviours (i.e. the emotional landscape that might frame an addictive disorder) 	<p>Substance Use, Compulsive Behaviours and Addiction</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"> • 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. 	<p>It Can Happen to Anyone: Substance Use, Compulsive Behaviours and Addiction</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"> • 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 • Gain a more in depth understanding of the wide-ranging causes of addiction and how this might be applicable to them

<ul style="list-style-type: none"> • Explore the act of 'first use' and associated factors such as peer pressure and curiosity • Speculate on the possible life outcomes for those involved • 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). <p>*acknowledging the possibility that each workshop may include attendees over a range of ages</p>	<ul style="list-style-type: none"> • Understand the different user groups that exist within a specific presentation (substance or behaviour) • Identify where they sit within the above referenced groups • Have discussed the different factors, both generic and racing specific, that make them vulnerable to initial and prolonged use • Know if they should be seeking advice, support and/or an assessment as the relationship with a substance or behaviour develops • -Be aware of help available to them through funded services provided by the BHA/PJA and Sporting Chance. 	<ul style="list-style-type: none"> • 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) • Know if they should be seeking advice, support and/or an assessment as their relationship with a substance or behaviour develops • Ascertain what services are available through the BHA/PJA in conjunction with Sporting Chance • 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 • Understand confidentiality of external services.
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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>Key note speaker: Guidance relevant to the individual speaker but for former jockeys may include the following:</p> <ul style="list-style-type: none"> • 3lb Claimer – where are you now? • Connections and networking <ul style="list-style-type: none"> ➢ riding out ➢ loyalty ➢ difficult situations ➢ who to choose to ride out for ➢ Coaches • What happens when I ride out my claim? <ul style="list-style-type: none"> ➢ UK ➢ All weather ➢ Riding abroad? • Sustaining a career as a jockey <ul style="list-style-type: none"> ➢ How do I do this ➢ What does the future hold ➢ Riding abroad (closed season but is it the best for my long-term career)
<ul style="list-style-type: none"> • Demonstrate a knowledge and understanding of the racing industry, organisations, and structure. • Understand the full range of services and the role of Professional Jockeys Association, British Horseracing Authority and Weatherbys. • Manage and address personal finances. • Understand implications of being employed and self-employed. 	<p>Integrate riding, career, and life goals, including dual career planning and development.</p> <ul style="list-style-type: none"> • Undertake continuous personal and professional development using racing organisations, and apply CPD support network: BRS, NHC, JBH, OH, PDM, JETS, IJF, Racing Welfare etc. • Develop and monitor own basic financial plan. • Manage and address personal finances. 	<ul style="list-style-type: none"> • Integrate riding, career, and life goals, including dual career planning and development. • Undertake continuous personal and professional development using racing organisations, and apply CPD support network: BRS, NRC, JBH, OH, PDM, JETS, IJF, Racing Welfare etc. • Develop and monitor own basic financial plan. • Understand and make provision for taxation and VAT where appropriate.

<ul style="list-style-type: none"> • Understand and make provision for income taxation (and VAT if applicable) where appropriate. • Know where to seek help and advice when necessary. • Regulatory guidelines regarding apprenticeship/employer agreements. • Understand the principles of sponsorship • Have an awareness of topical matters in the British horseracing industry 	<ul style="list-style-type: none"> • Understand and make provision for income taxation (and VAT if applicable) where appropriate. • Understand and utilise the financial support and services for jockeys: Jockeys' Savings Plan, pension, insurance and the role of PRIS. • Regulatory guidelines regarding apprenticeship/employer agreements. • Attracting and maximising income from sponsorship • Have an understanding of key topical matters in the British horseracing industry 	<ul style="list-style-type: none"> • Apply financial controls, financial planning and budgetary management, living within your means and planning for the future. • Planning for income variations when losing claiming status • Understand and utilise the financial support and services for jockeys: Jockeys' Savings Plan, pension, insurance and the role of PRIS • • Regulatory guidelines regarding apprenticeship/employer agreements. • Attracting and maximising income from sponsorship • Have an knowledge of key topical matters in the British horseracing industry
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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
<ul style="list-style-type: none"> • Be able to apply positive communication techniques. • Be able to communicate effectively with others and apply listening skills. • Have full awareness and application of confidentiality and own responsibilities in relation to integrity and inside information. • Show good understanding of how the media works: print/broadcast, social media, online. • Understanding the importance of good communication as an athlete also working in the leisure industry. • Using your own words to communicate as a professional sportsperson. • Pitching language, content and tone appropriately in different situations. • Understanding how different media approach the sport in different ways. • Identify industry ambassadors and appreciate the importance and relevance of these to the sport 	<ul style="list-style-type: none"> • Be able to apply positive communication techniques. • Be able to communicate effectively with others and apply listening skills. • Be able to present a positive image of self/own organisation and sport at all times, and present self as professional sportsperson. • Develop ambassadorial awareness and responsibilities • Have full awareness and application of confidentiality and own responsibilities in relation to integrity and inside information. • Show good understanding of how the media works: print/broadcast, social media, online. • Be able to plan, structure and deliver interviews confidently – importance of preparation. • Staying in control of your role in the interview. • Speaking engagingly and judiciously about career developments. • Responding to criticism/ reflecting on setbacks in a professional manner. • Understanding how others use the media – including social media – to promote themselves as professional sportspeople. • Individual interviews: • Using career reflection to practise voicing three key points; how to bridge to what you want to say. 	<ul style="list-style-type: none"> • Be able to apply positive communication techniques. • Be able to communicate effectively with others and apply listening skills. • Be able to present a positive image of self/own organisation and sport at all times, and present self as professional sportsperson. • Promote self as a strong ambassador for the industry • Have full awareness and application of confidentiality and own responsibilities in relation to integrity and inside information. • Be able to respond to media attention in a positive way and create self-promotion opportunities. • Show good understanding of how the media works: print/broadcast, social media, online. • Be able to plan, structure and deliver interviews confidently – importance of preparation. • Representing yourself as an athlete, your professional network, your sponsor. • Utilising the media to create new opportunities. • Being a spokesperson on jockey, industry & wider sporting issues. • Promoting the sport. • Dealing confidently with pressurised situations. • Knowing and being able to address/discuss your sport's current/much-debated topics.

	<ul style="list-style-type: none"> Responding to a difficult or unexpected question; practising how to give yourself thinking time. 	
PRESENTERS' NOTES	PRESENTERS' NOTES	PRESENTERS' NOTES
<ul style="list-style-type: none"> Using ITV/SKY/RTV content to identify the differences in presentation, scenario, content & language. Group role-play of likely scenarios: e.g. comparing ITV/RTV walk-back weighing-room interview, ITV/SKY/RTV studio-guest roles. 	<ul style="list-style-type: none"> Fill in practice Racing Post Q&A interview. Video/social media examples of successful media communicators with group discussion. 	<ul style="list-style-type: none"> Communicating career milestones and ambitions in a one-to-one interview. Various media examples of jockeys in spokesperson roles with linked group discussion/role play. Various media examples of adverse-scenario stories/interviews with group discussion; practical session on how to respond. TV-style debate on a current or much-debated topic, with playback discussion.

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

<ul style="list-style-type: none"> Reiterate reporting process and support available 	<ul style="list-style-type: none"> Refresh understand what to do when there is a safeguarding concern and how to refer the information on to the appropriate agencies 	<p>refer the information on to the appropriate agencies</p>
	<p><u>Hot Topics for consideration:</u> Bullying, Domestic violence, Legal Highs, Sexual abuse, Social media, Eating disorder awareness, Self-harm awareness, Suicide, Mental Health, Prevent</p>	

Framework for Observation of Jockey Coaching and Development 2024

Event	Date	Venue	Organisation/Representative
Apprentice & Conditional Licence	19 Feb – 1 Mar	BRS	
Apprentice & Conditional Licence	15-26 July	BRS	
Apprentice & Conditional Licence	30 – 11 Oct	BRS	
Apprentice & Conditional Licence	13-24 May	NHC	
Apprentice & Conditional Licence	18-29 Nov	NHC	
Cat B Conversion Course	TBC	NHC	
Cat B Course	2– 6 Dec	BRS	
Cat B Course	19-23 Feb	NHC	
Cat B Course	5 - 9 Aug	NHC	
Pre-licence assessment	3 Jan	BRS	
Pre-licence assessment	20 Mar	BRS	
Pre-licence assessment	8 May	BRS	
Pre-licence assessment	31 July	BRS	
Pre-licence assessment	25 Sept	BRS	
Pre-licence assessment	2 May	NHC	
Pre-licence assessment	24 Sept	NHC	
Claiming Jockey Workshops (South)	5 Sept 8 Sept 16 July 19 July	BRS BRS Hartpury Hartpury	
Claiming Jockey Workshops (North)	23 Oct 30 Oct 24-25 July	York York Wetherby	

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 TRAINING AND DEVELOPMENT STRATEGY 2023 TO 2025 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.
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.
4. Work with The National Trainers Federation to engage with employers and gain Trainer representation on the JT&D group.
5. Equality, Diversity, and Inclusion education integrated into all levels of JT&D.
6. Implement a Jockey Ambassador training and development programme.
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.

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 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.