



**EQUESTRIAN  
CANADA  
ÉQUESTRE**



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## **EQUESTRIAN CANADA COACHING PROGRAM**

Why Choose a  
Certified Coach?



## **READY TO LEARN TO RIDE?**

Equestrian Canada (EC), together with the Provincial/Territorial Sport Organizations (PTSOs), has developed several exciting programs to help new equestrians start enjoying horses in many different disciplines of equestrian sport. From fundamental equestrian programs like Learn to Ride (Drive, English and Western), to P'tit Trot and Rookie Rider, there are many opportunities to get started and safely learn how to ride or drive, and care for horses.

EC and your PTSO are dedicated to providing nationally certified coaches and instructors with the necessary tools to make the equestrian experience safe and enjoyable for all participants, horse and human, and to develop excellence in horsemanship.

## **HOW DO I FIND A CERTIFIED COACH?**

EC Certified Coaches are nationally certified through the EC Coaching Program - the only one in Canada recognized nationally and internationally. The National Coaching Certification Program (NCCP) is the recognized standard for coaching training and certification in Canada in over 65 sports. The Program is developed to give the public safe, qualified instructors and coaches at every level of sport in partnership with:

- National Coaching Certification Program (NCCP)
- Coaching Association of Canada (CAC)
- Sport Canada

To find an EC Certified Coach near you, visit <http://coach.equestrian.ca> or your PTSO website.

## **WHY RIDE WITH AN EC CERTIFIED COACH?**

EC Certified Coaches have demonstrated that they are professional and accountable individuals, adhering to established standards of ethics and the EC Code of Conduct. They demonstrate equestrian knowledge and technical competency, have completed a rigorous testing process, and continue to maintain their skill through ongoing education and training.

EC NCCP Certified Coaches and Instructors have:

- Current First Aid training
- Signed the EC Coach Code of Conduct
- Completed NCCP Ethics training and signed the EC Code of Ethics
- Completed Concussion and Return to Play training
- A current Police Background check
- PTSO and EC memberships
- Completed an evaluation of their technical and coaching skills with certified Evaluators

## **I WANT TO START RIDING, WHAT WILL I NEED?**

Once you have found the perfect coach and facility to start riding at, you'll need a few items of your own for the first lesson:

- ASTM Certified riding helmet
- Boots with ½ to 1 inch heel
- Fitted pants – jeans without an inseam or pants that do not feel slippery – you want something that won't bunch, rub or slide in the saddle
- Neat fitting clothing – nothing loose or flappy
- If you wear glasses, a secure strap will make sure they stay in place.

Become the best equestrian that you can be. Visit <http://coach.equestrian.ca> or your PTSO website to find a Coach and get started today!

## **HOW CAN WE HELP?**

Questions? Comments? Don't hesitate to contact us:

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