

JOCKEY TRAINING AND DEVELOPMENT STRATEGY REPORT

Intermediary update 2023-2025



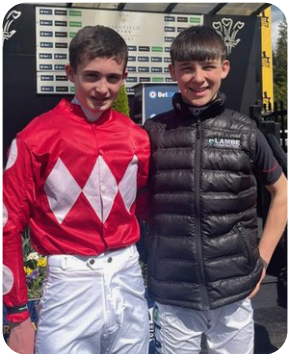
VISION

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



MISSION

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



OBJECTIVES



Physical

Provide the knowledge and understanding of physical fitness, health and nutrition requirements to perform as professional jockeys.



Emotional

Promote the positive aspects of the support network and camaraderie around and among jockeys. Build confidence, resilience, and self-belief through learning opportunities.



Intellectual

Equip and enable jockeys with appropriate knowledge, skills, experience and self-awareness giving them the opportunity to set realistic goals, ambitions, and achieve their potential. Jockeys can, as ambassadors, promote British racing and the highest standards of equine welfare.



Practical

Provide a framework to succeed by delivering training and education that is: safe, accessible, inclusive, progressive, meritocratic, bespoke and transferable.

INTRODUCTION

The Jockey Training and Development Group (encompassing the BHA, RS, IJF, JETS, NHC and PJA) has worked strategically and collaboratively over the past decade to create an overarching framework and to improve all areas of JT&D. 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 first **JT&D Strategy** was produced in 2014, and the second iteration in 2020. Key recommendations, to progress and take the overall programme of training and development forward, were set out in both documents. Progress against recommendations has been reviewed and logged.



6353

Coaching Sessions
took place in 2022

The curriculum has been developed to underpin all mandated Jockey training, covering nine subject areas across the phases of a Jockey's career pathway.

The subject areas are:

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

The curriculum is reviewed annually to ensure it meets the lifestyle and holistic needs of the **Jockey Athlete**, incorporating Safeguarding, ED&I, and Jockey Wellbeing 1-1 sessions.

99%

of Claiming Jockeys engaged
with either the JCP or
Claiming Jockey Workshops

PROGRESS SUMMARY 2020 – 2023

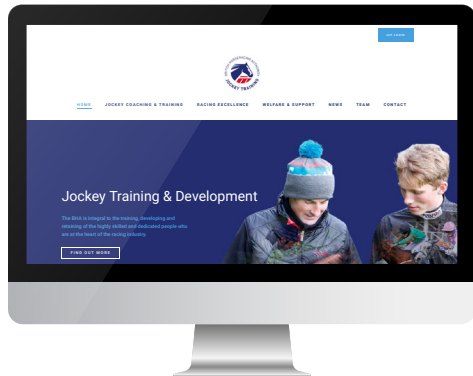
Following the list of recommendations made in the 2020 Strategy Report, a summary of key achievements and progress made is highlighted opposite.

A more detailed Progress Summary from 2014 when the first JT&D Strategy was published is listed in the Appendix at the end of this report.

- Appointment of the Jockey Development Manager
- Appointment of the Personal Development Manager
- Appointment of five employed Regional Jockey Coaches
- Introduction of Lead Talent ID Coaching role
- Weekly coaching 'Drop-in' sessions at all IJF centres, open to all professional jockeys
- Extension of coaching to all jockeys one-year post claim
- Launch of the Jockey Training & Development website: <https://jockeytraining.co.uk>
- Production of a new Jockey Matters Jockey Coaching Programme and Racing Excellence films
- Production of the Jockey Lifestyle Workbook as practical development resource

306
fixtures attended by coaches
in the past 12 months

Total of
4,215
hours of Coaching
was delivered
in 2022



KEY PRIORITIES 2023 – 2025

17

Jockeys rode
out their claim
in 2021

18

Jockeys rode
out their claim
in 2022



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.

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.

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.

Work with The National Trainers Federation to **engage with employers** and gain Trainer representation on the JT&D group.

Equality, Diversity and Inclusion education integrated into all levels of JT&D.



KEY PRIORITIES 2023 – 2025

Implement a **Jockey Ambassador** training and development programme.

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.

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.

Continue to work towards a target of **100% engagement** for claiming jockeys on the JCP and Jockey Workshops.

394

NUTRITION
SESSIONS
DELIVERED TO
PROFESSIONAL
JOCKEYS IN 2022



Develop **Specialist Jockey Coaches** in areas such as employer engagement, Talent ID and Youth Pathway, Equality, Diversity & Inclusion.

Incorporate **Jockey Profiling** and **Nutrition/Making Weight advisory sessions** into all pre-licence courses.

Implement **regional delivery of important added value subjects** such as Basic First Aid and Safe Drive Stay Alive.



56

Jockeys signposted in 2022 to Jockey Support Network organisations by the Jockey Personal Development Manager



APPENDIX – PROGRESS SUMMARY 2014 – 2020

To take the overall programme of training and development to the next level, the following recommendations were agreed by the Review Group in 2014, with a summary of progress made:

1. Identify the optimum number of apprentice/conditional jockeys to be trained per annum to support the fixture list and ensure they are able to make a fair and sustainable living.

Progress:

- Reduction in training places
- Enhanced selection criteria
- Balanced with need for sufficient, well prepared jockeys to meet needs of fixture list

2. Introduce rigorous selection criteria and with competitive application processes to ensure a finite number of training places are sought after and valued.

Progress:

- Pre-licence skills test
- Pre-licence fitness test
- Standardised assessment process

3. Formalise jockey entry pathways to enhance links with amateur and pony-racing activities and consider undertaking a talent-identification programme to support entry pathways and encourage 'home-grown' talent.

Progress:

- Closer working relationships with P2P and Pony Racing
- Standardised coaching between PRA coaches and Jockey Coaches
- Enhanced training provision for P2P riders
- Assessment for P2P riders
- Conversion course Cat B to Conditional status

4. Introduce sanctions for non-participation in mandatory components of the training Programme.

Progress:

- Closer working relationships established between Training Providers and BHA Licensing Dept.
- BHA Licensing Dept. acts on non-participation

5. Develop a holistic approach to jockey training and development through an integrated process of formal training and career coaching.

Progress:

- Clear progression links
- Regional workshops
- JCP
- PDP
- Stakeholder liaison

69%

of all Jockeys stated that as a professional jockey they would use a Jockey Coach

6. Introduce a skills-development pathway to underpin a jockey's personal development plan. Include additional study in either academic or vocational learning.

Progress:

- Professional/personal development planning
- Specialist activities advised according to individual needs

7. Incorporate central, localised and on-line learning within the overall training delivery and ensure regular curriculum review of mandatory training courses.

Progress:

- Regional training
- Detailed and progressive curriculum
- On line learning through video analysis and race reviews

8. Subject to sourcing sufficient and long term funding, consider the appointment a small team of permanently (possibly full time) employed Jockey Coaches who will work with, and oversee the work of, the existing freelance, peripatetic Coaches.

Progress:

- Panel of 23 Jockey Coaches in place
- Appointment of Coaching Development Manager

9. Introduce and promote the take-up of the Advanced Apprenticeship in Sporting Excellence (AASE) to support learning and maximise Government funding.

Progress:

- Government review of apprenticeships closed original AASE route
- Ongoing development work for replacement programme

10. Introduce a data-management system to record all training and development activity and a dedicated website devoted to jockey training and coaching.

Progress:

- Jockey Coaching App
- Presence on BHA and JETS website

11. Subject to sourcing sufficient and long term funding, consider the appointment of a Personal Development Manager, potentially aligned to JETS, to develop personal development plans for jockeys. The post-holder should consider how female jockeys could be better supported.

Progress:

- PDP Manager appointed
- Female Jockey Coaches appointed

12. In consultation with employers consider the development and introduction of an accreditation scheme for employers who meet agreed criteria to hold an apprentice/conditional licence.

Progress:

- Recommendation fed into forthcoming BHA licensing review

13. Explore exchange schemes with other racing jurisdictions.

Progress:

- International riding experiences and work placements through the International Federation of Horse Racing Academies
- Britain represented by BRS and NRC

14. A renewed and fully co-ordinated initiative should be undertaken and funded to promote and communicate the benefits of a cohesive jockey training and development strategy, including elevating the status of jockeys as elite athletes.

Progress:

- Ongoing – an amalgamation of all of the above initiatives