

CONTINUED PROFESSIONAL DEVELOPMENT (CPD) WORKSHOPS

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

CPD Workshop Dates 2019

7lb Claimer	12 Feb (BRS), 5 March (Newbury Racecourse), 11 June (Hartbury), 11 July (NRC), 25 Nov (Middleham Key Centre)
5lb Claimer	14 March (BRS), 27 June (NRC)
3lb Claimer	23 May (NRC), 20 Nov (BRS)

Curriculum

Over a two year cycle the regional CPD 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.

Programme

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

Content for 7lb Claimers Workshops

Curriculum	Session	Year 1 (2017)	Year 2 (2018)	Year 3 (2019)
Career	Course intro	15	15	15
Career and Finance	Professionalism and Career			-
Careers and Finance	Financial Management	-	60	45
Communication and Media	Communication and media	-	60	-
Health and Safety	Horse Welfare	-	-	45
Lifestyle	Safeguarding /Lifestyle	60	-	-
Lifestyle	PJA	60	-	45
Lifestyle	JCP update	-	-	-
Lifestyle	PDP's	60	60	45
Lifestyle, Mental and Psychological	Professionalism in Sport	60	-	-
Mental and Psychological	Mental & Psychological /resilience	60	60	-
Nutrition	Diet & Nutrition	60	60	-
Physical	Science behind fitness for riding	-	60	-
Physical	Physical	-	-	90
Tactical	Tactical Riding	60	-	-
Tactical	BHA update	-	-	-

Tactical	Tactical/Stewards Enquiry/Communication		-	45
Total in hours		7.15	6.15	5.30

Content for 5lb
Claimer Workshops

Curriculum	Session	Year 1 (2017)	Year 2 (2018)	Year 3 (2019)
Career	Course intro	15	15	15
Career and Finance	Finance	60	60	-
Career and Finance	Career/Professionalism	-	-	-
Communication and Media	Communication/media	-	90	60
Health and Safety	Horse Welfare	-	-	45
Lifestyle	Careers & PDP's	60	60	60
Lifestyle	Safeguarding	60	60	-
Mental and Psychological	Mental & Psychological (mental health/resilience)	60	60	45
Nutrition	Nutrition	60	-	45
Tactical	Tactical Riding	60	-	45
Tactical	BHA Rules & Regulations	60	60	-
Total in hours		7.15	6.15	6

Content for 3lb
Claimer Workshops

Curriculum	Session	Year 1 (2017)	Year 2 (2018)	Year 3 (2019)
Career	Course intro	15	15	15
Career	Motivational key note speaker	-	60	60
Career and Finance	Sponsorship/Career/Branding	-	-	45

Career and Finance	Finance	90	60	-
Communication and Media	Media Training	90	90	75
Lifestyle	Safeguarding	60	-	-
Lifestyle	Riding out your claim	90	60	45
Lifestyle	Substance Abuse/Addiction	-	-	45
Mental and Psychological	Mental & Psychological (mental health/resilience)	90	90	75
	Total in hours	7.15	6.15	6