

APPRENTICE AND CONDITIONAL LICENCE COURSES

All Apprentice and Conditional 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 a competency based, objective assessment to be made in order for BHA Licensing Department to consider the granting of a licence.

Curriculum

The curriculum for the licence courses is shown at Annex D which has been cross referenced to the sample programme and timetable shown at 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.

Licence Course Curriculum

Week 1 Licence Course Example

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
08:00	Breakfast	08:00	Breakfast	08:00	Breakfast	08:00	Breakfast	08:00	Breakfast
08:30	Health & Safety	08:30	Communication & Media	08:30	Tactical	08:30	Lifestyle	08:30	Lifestyle, Mental & Psychological
	Course introduction inc Setting up the course (75 mins)		The Horse Comes First (60 mins)		Inside information (60 mins)		JIM Team (90 mins)		Professionalism in Sport (90 mins)
		09:30	Technical & Tactical	09:30	Technical & Tactical				
			Riding Work lecture (30 mins)		Reading Form (60 mins)				
09:45	Lifestyle, Career & Health & Safety								
	Safeguarding (60 mins)	10:00	Snack Break			10:00	Snack Break	10:00	Snack Break
		10:30	Technical, Tactical & Physical	10:30	Snack Break	10:30	Career & Finance	10:30	Technical, Tactical & Physical
			Sport Science & Jockeys Performance (90 mins)	11:00	Technical & Tactical		Licencing Lecture (60 mins)		Final Simulator Assessment - Cat B's (30 mins)
10:45	Snack Break/Change for Fitness				Horse Assessment lecture				
11:00	Physical					11:30	Technical, Tactical, Career, Health & Safety	11:00	Technical & Tactical
	Initial Fitness Assessment (90 mins)						Raceday Procedures (30 mins)		Racing Organisations (60 mins)
12:30	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch
13:00	Technical, Tactical & Health & Safety	13:00	Technical, Tactical & Health & Safety	13:00	Technical & Tactical	13:00	Technical, Tactical, Career, Health & Safety	13:00	Technical, Tactical & Health & Safety
	Racecourse Safety (60 minutes)		Ride & Video Review (150 mins) Schooling or Stalls		Pace Awareness Lecture (30 mins)		Rules & Regs Session 1 (90 mins)		Riding (Assessment for cat B's) (150 mins)
				13:30	Technical, Tactical & Health & Safety				
14:00	Technical, Tactical & Physical				Ride & Video Review (120 mins)				
	Simulator (60 mins)								
15:00	Snack Break	15:30	Snack Break	15:30	Snack Break	14:30	Snack Break	15:30	Snack Break
15:30	Nutritional	16:00	Technical, Tactical & Physical	16:00	Technical, Tactical & Physical	15:00	Technical, Tactical, Career, Health & Safety	16:00	Technical, Tactical & career
	Diet & Nutrition inc including weigh in (90 mins)		Simulator (60 mins)		Simulator (60 mins)		Rules & Regs Session 2 (120 mins) Stewards Enquiry including Conduct in the Stewards Room		Review of week - Cond Course Test - Cat B (60 mins) Inc - Homework and reflection
17:00	Finish	17:00	Finish	17:00	Finish	17:00	Finish	17:00	Finish
TBC	Break	TBC	Evening Meal	TBC	Evening Meal	TBC	Evening Meal		Depart
18:00	Nutritional	18:00	Physical	18:00	Lifestyle	18:00	Tactical, Career, Health & Safety		
	Cook in & Eat Dinner (90 mins)		Fitness session inc types of exercises & advice for am sessions (90 mins)		Substance abuse (60 mins)		Welfare of the Horse (60 mins)		
19:30	Finish	19:30	Finish	19:00	Finish	19:00	Finish		

Week 2 Licence Course Example

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
08:00	Breakfast	08:00	Breakfast	08:00	Breakfast	08:00	Breakfast	08:00	Breakfast		
08:30	Technical, Tactical & Career	08:30	Communication & Media	08:30	Physical	08:30	Technical, Tactical & Health & Safety	08:30	Lifestyle & Career		
	Review of Performance Profile (inc Cond & Cat B) (90 mins)		Media Training - Introduction (60 mins)		Simulator - 1 to 1 Richard Perham		Final Riding Assessment (120 mins)		PJA (60 mins)		
			09:30	Break					09:30	Career	
			09:45	Communication & Media				Nutritional Advice - 1 to 1		PDP's (120 mins)	
10:00	Snack Break		Media Training Continued (60 mins)								
10:30	Mental & Psychological					10:30	Snack Break		10:30		Snack Break
	Sports Psychology (90 mins)				Fitness Feedback - 1 to 1		Final Fitness Assessment (60 mins)		PDP's continued		
			10:45	Communication & Media						11:00	
			11:00	Media Training Continued (60 mins)							
12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch		
13:00	Technical, Tactical & Health & Safety	13:00	Technical, Tactical & Health & Safety	13:00	Technical, Tactical, Health & Safety & Career	13:00	Technical, Tactical & Physical	13:00	Career		
	Ride & Video Review (150 mins)		Starting Procedures (30 mins) Ride & Video Review (120 mins)		Racecourse visit (240 mins) Inc course walk, starting, Weighing in and out, Stewards Room		Final Simulator Assessment (60 mins)		Course test and debrief (60 mins)		
										14:00	Career
										14:30	Lifestyle & Career
15:30	Snack Break	15:30	Snack Break				JCP & RES (60 mins)				
16:00	Technical, Tactical & Physical	16:00	Technical, Tactical & Health & Safety			15:30	Snack Break	15:00	Depart		
	Simulator (60 mins)		Saddling for Racing/Fitting tongue straps			16:00	Career & Finance				
									Introduction to Finance inc Weatherby's (60 mins)		
17:00	Finish	17:00	Finish	17:00	Finish	17:00	Finish				
TBC	Evening Meal	TBC	Evening Meal	TBC	Evening Meal	TBC	Evening Meal				
18:00	Physical	18:00	Lifestyle	18:00	Communication & Media	18:00	Communication & Media				
	Fitness session (90 mins)		Social Media session (60 mins)		Tactical Riding (60 mins)		Communication Skills talk from local trainer (60 mins)				
19:30	Finish	19:00	Finish	19:00	Finish	19:00	Finish				

Session name	Week	Time given in minutes	No of sessions	Outcome	Curriculum Covered
Diet & Nutrition Cook in	1	90	1	4.7,	Nutritional
Diet & Nutrition inc weigh in	1	90	1	3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.8, 4.10,	Nutritional
Fitness Assessment - Initial	1	90	1	3.2, 3.5, 3.7,	Physical & Safety & Career
Fitness session & exercises advice	1	90	1	3.1, 3.3, 3.4, 3.5, 3.7, 3.9,	Physical
Horse Assessment Lecture	1	60	1	1.6,1.6	Technical & Tactical
Inside Information	1	60	1	2.4, 8.4,	Tactical
Introduction & course set up	1	75	1	5.4, 9.1, 9.2, 9.3, 9.4,	Health & Safety
JIM Team	1	90	1	3.6, 3.10, 4.10, 5.10, 6.3, 6.5	Lifestyle
Licencing Lecture	1	60	1	2.5,	Career & Finance
Pace Awareness	1	30	1	1.5	Technical
Professionalism in Sport	1	90	1	5.4, 5.6, 6.1, 6.2, 6.4, 6.5, 6.6, 8.5,	Lifestyle, Mental & Psychological
Racecourse Safety	1	60	2	2.3, 2.4, 9.1, 9.2, 9.3, 9.4, 9.5, 9.6	Tactical, Health & Safety
Racing Organisations	1	60	1	7.1, 7.2,	Career & Finance
Reading Form	1	60	1	2.1, 2.2, 2.3, 2.7	Technical & Tactical
Review of week 1 + Cat B Course Test	1	60	1		Technical & Tactical & Career
Riding work Lecture	1	30	1		Technical & Tactical
Rules & Regulations 1	1	90	1	1.4, 1.7, 2.3, 2.4, 2.7, 5.10,	Technical & Tactical & Career
Rules & Regulations 2 incl Conduct in Stewards Room	1	180	1	1.4, 1.7, 2.3, 2.4, 2.7, 5.10,	Technical & Tactical & Career
Safeguarding	1	60	1	6.1, 6.2, 6.5, 6.6, 9.1, 9.2, 9.3, 9.4, 9.5, 9.6	Health & Safety & Lifestyle
Sport Science	1	90	1	1.1, 1.2, 3.1, 3.4, 3.5,	Technical, Tactical & Physical
Starting Procedures	1	30	1	1.7, 1.8	Technical & Tactical, H & S
Substance Abuse Lecture	1	60	1	2.4, 2.6, 3.5, 4.9, 6.2	Lifestyle
Tactical Riding	1	60	1	2.1, 2.2, 2.7, 2.9, 2.10, 6.4, 9.1, 9.5	Tactical
The Horse Comes First lecture	1	60	1	2.10, 9.6,	Welfare, Communication & Media
Welfare of the horse	1	60	1	2.10, 7.1, 7.2, 9.6,	Tactical, Career, Health & Safety
Communication skills talk from trainer	2	60	1	8.1, 8.2, 8.3, 8.5	Communication & Media
Course test	2	60	1		Career
Diet & Nutrition, Fitness, Simulator 1 to 1's	2	180	1	4.1, 4.2,4.4, 4.5, 4.11, 3.4, 3.9,	Physical
Finance	2	60	1	7.2, 7.4, 7.5, 7.6,	Career & Finance
Fitness Assessment - Final	2	60	1	3.2, 3.7,	Physical
Fitness feedback & plans	2	30	1	3.1, 3.4, 3.5, 3.9,	Physical
JCP & RES	2	60	1	6.3,	Lifestyle & Career
Media Training	2	180	1	8.1, 8.2, 8.3, 8.7,	Communication & Media
PDP's	2	120	1	5.4, 5.8, 6.3, 6.4, 6.5, 6.6, 7.3,	Career
PJA	2	60	1	6.3, 6.4, 6.5, 7.2, 7.5, 8.5	Lifestyle & Career
Raceday Procedures inc Racecourse visit	2	240	1	1.7, 2.1, 2.3, 2.6, 2.7, 9.1,9.2, 9.3, 9.4, 9.5,	Technical & Tactical, Health & Safety & Career
Reports and recommendations	2	60	1		Career, Lifestyle, Technical & Tactical
Re-Saddling, Tongue Strap	2	60	1	1.7, 2.2, 2.4, 2.10, 9.2, 9.4, 9.5	Technical & Tactical, H & S

Review of Performance Profile (inc Cat B)	2	90	1	5.4, 9.1, 9.2, 9.3, 9.4,	Health & Safety
Social Media	2	60	1	8.1, 8.2, 8.3, 8.4, 8.6,	Lifestyle
Sports Psychology	2	90	1	5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 5.8, 5.9, 6.5, 6.6, 8.5,	Mental & Psychological
Riding out sessions, Reviews & Assessments x 6	1 & 2	930	6	1.1, 1.2, 1.3, 1.6, 1.7, 1.8, 2.1, 9.2, 9.4, 9.5	Technical & Tactical, H & S
Simulator sessions x 6 inc tests	1 & 2	320	7	1.1, 1.2, 1.3, 1.4, 1.9, 2.8, 2.9, 3.7,	Technical, Tactical & Physical
Total in minutes		4505	55		
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 and Psychological

L 5.1 – Recognise the importance of maintaining a positive outlook in all aspects of your sport.

L 5.2 – Be able to take instructions, feedback and advice if needed.

L 5.3 – Introduce mental preparation for competitions.

L 5.4 – Set realistic (SMART) short-, medium- and long-term goals and ambitions.

L 5.5 – Be able to concentrate, be patient, and control frustration and anxiety with self-talk and verbal clues.

L 5.6 – Have knowledge of resilience theory – ability to stay focused and maintain self-belief even when things might go wrong, continued positive reinforcement.

L 5.7 – Use imagery to practise and improve techniques to gain self-confidence.

L 5.8 – Be willing to develop self and self-awareness.

L 5.9 – Take necessary downtime – know when to relax and switch off.

L 5.10 – Demonstrate an awareness of responsibility to report injuries/medical issues to Chief Medical Officer.

Lifestyle

L 6.1 – Be aware of professional work ethic, importance of accountability, self-management and self-awareness, time-management skills.

L 6.2 – Avoid and deal with social problems: alcohol, drugs, peer pressure etc.

L 6.3 – Commit to the development, awareness and utilisation of support network: PJA, IJF, Jack Berry House, Oaksey House, 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, British Horseracing Authority and Weatherbys).

L 7.3 – Know the importance of continuous personal and professional development, and the structures and organisations of the CPD support network.

L 7.4 – Understand the importance and principles of sound financial control as a jockey – budgeting, knowledge of income and expenditure – and understanding importance of living within your means.

L 7.5 – Know the finance support and services for jockeys: Jockey Saving's Plan, pension, insurance and the role of PRIS.

L 7.6 – Apply financial controls, financial planning and budgetary management, living within your means and planning for the future.

Communication and Media

L 8.1 – Demonstrate knowledge and understanding of positive communication techniques.

L 8.2 – Demonstrate knowledge of the importance of communicating effectively with others and active listening.

L 8.3 – Know the importance of presenting a positive image of self/own organisation and sport at all times.

L 8.4 – Demonstrate an awareness and application of confidentiality and own responsibilities in relation to integrity and inside information.

L 8.5 – Reflect on own professional image using feedback from others – importance of accepting and applying constructive advice and criticism.

L 8.6 – Recognise and appreciate social media issues, correct messaging and use of social media.

L 8.7 – Demonstrate interview techniques and preparation for interviews.

Health and Safety

L 9.1 – Ability to work in a safe and health way at the workplace and on the racecourse.

L 9.2 – Have up-to-date information on the health and safety requirements for training and racing.

L 9.3 – Knowledge of the people responsible for health and safety.

L 9.4 – Identify health and safety hazards when they occur.

L 9.5 – Ability to respond to incidents and emergencies as appropriate.

L 9.6 – Knowledge of horse welfare and safety.