

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/NRC qualified Jockey Coach and undertake a fitness assessment prior to being offered a place on a licence course. The Coaching Development Manager will be present for the assessments, if not available a second appointed Jockey Coach will be in attendance.

The purpose of this requirement is to:

- a. Confirm that the applicant has the required level of basic skills to enable them, by the end of the 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 NRC or, BRS.

Skills Assessment Administration

During 2019 the pre-assessment cost will be met by central funds, this will be reviewed on an ongoing basis. However, the cost of re-assessment must be met by the applicant or their employer.

The initial application for a Pre-licence Skills Assessment should be made directly to the BHA Licensing Departments. Training Providers will publish available assessment dates at the beginning of the year. An assessment day would normally take place up to six-weeks prior to a course start date. This must be made on a standard application form (see Annex A). The applicant will be required to attend a day at one of the Racing Schools and will be assessed 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 and offer a place on a forthcoming licence course, subject to availability. **A copy of the report will also be supplied to the employer and the applicant by the BHA.** They will then be offered a place on a forthcoming Licence Course based on their overall performance on the Pre-assessment, availability and satisfaction of other licensing requirements.

If the employer does not agree with the assessment, an appeal can be made following the agreed appeal process.

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 assessment is based is as follows:

PRE-LICENCE ASSESSMENT CRITERIA
Technical
<ol style="list-style-type: none"> 1. Maintain a balanced body position in all paces. 2. Demonstrate good co-ordination, a balanced body position when riding. 3. Demonstrate independent seat, hands and good length of stirrup as appropriate on a simulator and on a horse. 4. Be able to change hands/gather a horse up while maintaining a balanced body position. 5. Demonstrate an awareness of basic paces, leads and diagonals. 6. Demonstrate basic whip skills for correction and motivation, and able to pull the whip through on simulator and whilst riding. 7. Have experience of stalls work, and/or riding over obstacles safely and competently with awareness of other horses and riders. 8. Ride a range of fit racehorses at all paces, safely and in control at all times.
Tactical
<ol style="list-style-type: none"> 1. Be able to follow instructions effectively. 2. Have a basic understanding of types and locations of racecourses. 3. Have a basic understanding of going and distance. 4. Give feedback on horse performance. 5. Know the importance of modelling on successful jockeys and other experienced riders/athletes. 6. Understand and adapt riding to the needs of different horses: lazy, gassy, nappy etc.
Physical - covered during Pre-licence Fitness Test
<ol style="list-style-type: none"> 1. Develop and promote own physical fitness. 2. Demonstrate awareness of industry-standard fitness test. 3. Understand the importance of continuing to develop ABCs: ability, balance, co-ordination, flexibility and mobility. 4. Recognise importance of working with fitness professionals.
Nutrition
<ol style="list-style-type: none"> 1. Understand principles of healthy eating and a balanced diet for young people. 2. Be familiar with the groups on the 'Eatwell' plate and their individual roles in a balanced diet. 3. Demonstrate an awareness of sensible weight management. 4. Understand good hydration practices. 5. Complete a daily food diary for discussion during the licence course.
Mental and Psychological
<ol style="list-style-type: none"> 1. Demonstrate a positive attitude and commitment to the sport and becoming a professional athlete. 2. Recognise the personal commitment required to be a professional Jockey. 3. Consider own ambitions, with realistic goals and targets. 4. Demonstrate a confident outlook and willingness to develop in all areas.
Lifestyle
<ol style="list-style-type: none"> 1. Demonstrate self-management skills.

<ol style="list-style-type: none"> 2. Know the principles of a healthy lifestyle – inclusion of physical activity in lifestyle. 3. Commit to the development and engagement of support network. 4. Demonstrate an awareness of the concept of work/life balance.
Career and Finance
<ol style="list-style-type: none"> 1. Have a basic understanding of racing and the racing industry. 2. Understand the importance of riding and career development. 3. Demonstrate basic budgeting and knowledge of income and expenditure.
Communication and Media
<ol style="list-style-type: none"> 1. Understand the importance of developing team working skills and positive working relationships. 2. Be able to feed back to employer on horse and work-related matters. 3. Be aware of the importance of confidentiality and integrity within the sport. 4. Know of own responsibilities in relation to confidentiality, integrity and inside information.
Health and Safety
<ol style="list-style-type: none"> 1. Knowledge of safe working practices. 2. Awareness of health and safety protocols in the workplace. 3. Responsibility for personal protective and safety equipment. 4. Responsibility to colleagues and horses. 5. Horse awareness. 6. Recognising own limitations and capabilities. 7. Recognising own responsibility for health and safety.

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 £125 inclusive, employers will pay for a re-assessment. 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 skills assessment, the applicant must also complete a fitness assessment 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 Racing Schools who will normally conduct the fitness assessment alongside the skills assessment. Where permission has been granted the fitness assessments can be completed at the BRS, NRC or at an IJF Rehabilitation Centre at the discretion of the Licensing Department. The Racing Schools will make the necessary administrative arrangements.

Fitness Assessment Criteria

The Pre-licence Fitness Assessment (outlined below) consists of six gym based exercises to measure strength, and a Bleep 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 result will be. These exercises can be found in full on the BRS/NRC websites <https://brs.org.uk/course/apprentice-licence/> or <https://brs.org.uk/course/conditional-licence/> or <http://www.northernracingcollege.com/apprentice-licence>

The assessment will be conducted by a BRS/NRC appointed fitness assessor, the Jockey Coaches will normally be attendance. The pass mark is set at 70% and any applicant who does not pass the fitness assessment will not secure a place on the next available licence course and must apply for re-assessment. If an applicant demonstrates a fitness level of less than 60%, they will not be able to proceed to the practical riding element of the skills test due to potential horse and rider welfare, health and safety implications

Re-assessment will normally be available after twelve weeks of the initial fitness assessment if the applicant has scored below 60%, otherwise the applicant can apply to be re-assessed after six weeks and must be re-taken at the original test centre.

Pre- licence fitness criteria is shown below.

PRE-LICENCE FITNESS ASSESSMENT CRITERIA
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 120 seconds.
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.
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.
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.
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.
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.

Bleep Test (cardiovascular)

You will be required to take part in a Multi Stage Fitness test (bleep test). This test will take part outside, between 2 markers 20 meters apart and you will be scored from levels 0 to 13.

