



Inclusive Coaching – Fairness and Fun for All

(A joint initiative between RDA and PCA)

Background

In June 2004 Riding for the Disabled Association of Australia Limited and Pony Club Australia Inc. embarked on a joint venture under the banner of and with the support of Sports CONNECT (formerly known as Project CONNECT).

Sports CONNECT is an initiative of the Australian Sports Commission. It is about creating inclusive sporting options and pathways for people with disabilities. There are currently 30 national sports organisations participating in Sports CONNECT projects.

Sports CONNECT involves a range of initiatives to increase opportunities for people with disabilities to participate in sport. Its two main focus areas are:

- creating athlete pathways for people with a disability
- breaking down the barriers within disability and non-disability specific sport structures for people with a disability.

The philosophy underpinning the RDA and PCA joint project was that both organisations would “join hands” to develop a relevant and simple disability action plan that would allow people with a disability to identify the best entry point into Equestrian Sport and participate in programs best suited to their needs.

It was recognised that some participants may start riding with RDA, move to PCA and then back to RDA allowing them to participate in all facets of regular Pony Club rally activities as well as compete at local through to International level in RDA events. Some riders with disabilities participate in Pony Club and have no initial exposure to an RDA program.

Education

Both RDA and PCA have a strong tradition of Coach Education. Both have coach education programs registered with the National Coaching Accreditation Scheme of the Australia Sports Commission.

Through Sports CONNECT and assistance from RDA Australia, Pony Club has now included Inclusive Coaching Modules as part of their NCAS Preliminary and Level 1 Pony Club Coach qualifications, and is promoting disability awareness training for Coaches, Administrators and Officials.

Specific material can be found in the following units:

NCAS Preliminary Pony Club Coach
Unit 1.8 Inclusive Coaching
Unit 1.7 Teaching Special Groups

NCAS Level 1 Pony Club Coach
Unit 1.4 Inclusive Coaching

Partnerships

RDA State Offices and NCAS qualified coaches can provide assistance to the Pony Club community in the following ways:

- Assess existing and potential pony club riders who have a disability in order to identify and manage any particular needs, allowing riders to participate more fully at rallies and competitions.
- Provide advice on the application and fitting of adaptive equipment such as modified reins
- Assist with ideas on coaching language modification and skill repetition for riders with learning difficulties
- Support the “PCA Application for Exemption by a Rider with a Disability” process with the inclusion of an RDAA Physiotherapist and an RDAA Coach on the Exemption Committee.
- Commit to the further disability awareness education of Pony Club administrators, officials, riders, coaches and parents.

PCA Application for exemption by a Rider with a Disability - How does it work?

Some Pony Club rules and regulations may prevent riders with a disability from competing on a level playing field. An Exemption System has been created which will uphold the values of fair play and safety for the rider and the horse. If a rider would like to apply for Exemption consideration they need to do the following:

1. complete a “Pony Club Australia Application for Exemption with a Disability”
2. provide supporting evidence/documentation as requested
3. return the document with \$25 administration fee to their Pony Club State/Territory office
4. Application will be forwarded to nominated Exemption Committee (see Exemption Application Guidelines and Terms of Reference)
5. Once a decision is made and application is approved an Exemption Card (valid for 2 years) is prepared and sent to the rider with a letter of explanation which can be forwarded to Organising Committees of Competitions, Pony Club DC etc to clarify the use of Exemption Card on behalf of the applicant.

NB: If the applicant is unsuccessful with their request they may make one appeal via their State/Territory Pony Club Association, as per the Pony Club Grievance process

Documents that will assist you

- Sports CONNECT brochure
- Exemption Application Guidelines and Terms of Reference
- Pony Club Australia Application for Exemption
- Sample Exemption Card

- “Getting Started” Inclusive Coaching Module

Who to contact for support?

Coaches within RDA can provide valuable support to local Pony Clubs with inclusive coaching practices and exemption application support.

Please find listed below contact details for RDA Office in your State/Territory, and locations where RDA centres are currently operational.

RDA – Australian Capital Territory

119 Drake Brockman Drive

Holt ACT 2615

Ph: 02 6254 9190 Fax: 02 6254 9190

eo@pegasusact.com.au

Centres located in: Holt

RDA Northern Territory

P O Box 1727

Palmerston NT 0831

Ph: 08 8931 0093

rdanorth@octa4.net.au

Centres located in: Palmerston and Alice Springs

RDA Queensland

P O Box 529

Burpengarry QLD 4505

Ph: 07 3888 5277 Mob: 0429 892 078

rdag@techsus.com.au

Centres located in: Coombah, Calliope, Burpengary, Greenbank, Currumbin, Griffin, Noosa Heads, Gympie, Dundowran, Kuranda, Mount Pleasant, Maryborough, Pinjarra Hills, Helensvale, Atherton, Yandina, Petrie, Parkhurst, Redcliff, Samford, Stanthorpe, Toowoomba, Kelso, Warwick

RDA South Australia

215 Portrush Road

Marylands SA 5069

Ph: 08 8331 1833 Fax: 08 8331 1188

admin@rdasa.org.au

Centres located in: Blackwood, Woodcroft, Mount Barker, Mount Gambier, Murray Bridge, Ingle Farm, Port Lincoln, Berri, Victor harbour, Whyalla, Yorke Peninsula

RDA Tasmania

P O Box 550

Gravelly Beach TAS 7276

Ph: 03 6394 3443

ljackson@southcom.com.au

Centres located in: Glen Orchy, Kingston, Gravelly Beach, Wynyard, St Helens

RDA Victoria

402 Queens Parade

Clifton Hill VIC 3068

Ph: 03 9486 5755 Fax: 03 9486 5766

admin@rdav.asn.au

Centres located in: Bairnsdale, Ballarat, Barwon, Bellarine, Benalla, Bendigo, Bundoora, Caulfield, Cobram, Colac, Daylesford, Diamond Valley, Doveton, Echuca, Hamilton, Horsham, Korumburra, Leongatha, Lysterfield, Maryborough, Melton, Mernda, Mildura, Moe, Moorabbin, Mornington, Myrtleford, Oaklands, Officer, Peninsula, Portland, Seymour, Shepparton, South Melbourne, Stawell, Swan Hill, Terang, Viewbank, Wandin, Warragul, Warrandyte, Warrnambool, Warracknabeal

RDA Western Australia

SEC Cathedral Avenue

Brigadoon WA 6069

Ph: 08 9296 4655 Fax: 08 9296 4655

eo@ridingdevelopsability.com

Centres located in: Albany, Avon Valley, Brigadoon, Capricorn, Carine, Collie, Darkan, Parkerville, Geraldton, Murray Mandurah, Nannup, Oakford, Peel, Plantagenet, Gelorup, Swan Valley

RDA New South Wales (not currently affiliated with RDA Australia)

PO Box 710

Sydney Markets NSW 2129

Ph: 02 8116 9726 Fax 02 8732 1616

stateoffice@rdansw.org.au

Centres located in: Wollondilly, Goulburn, Moss Vale, Eurobodalla, Illawarra, Nowra, Shoalhaven, Bathurst, Ryde, Central Coast, Tamworth, Gunnedah, Kendall, Kempsey, Ballina, Albury/Wodonga, Griffith-Leeton, Henty, Tumut, Wagga Wagga, Orange, Dubbo, Blue Mountains, Sutherland, Raymond Terrace, Inverell, Coonabarabran, Taree, Port Macquarie, Yass, Snowy mountains, Young, Cowra, Cootamundra, Mudgee, Nepean, Box Hill, Upper hunter, Narrabri, Wauchope, Coffs harbour, Tweed Valley

Further Information

Further information can also be obtained from the Coaching Department of National Office of RDA Australia Limited.

National Coaching Coordinator

RDA Australia Limited

PO Box 2410

Werribee VIC 3030

Ph: 03 9731 7388

Fx: 03 9731 7397

Email: coaching@rda.org.au

Web: www.rda.org.au