

# IC ASSESSMENT SLIP 2 – Theory Paper

## Assessment Guidelines

**Time allowed:** 1 hour

**Exam Supervision:** This paper must be completed under the supervision of a current EA Coach Educator.

### Candidate information:

- Read each question carefully and use the marking criteria as a guide when answering questions.
- You are advised to research answers and discuss all questions with your EA Coach Educator, prior to completing answers.
- All candidates should be aiming for 100%. However the satisfactory pass mark is 80%.
- EA Coach Educator will discuss any incorrect answers with you at the time of marking.

**Resitting Exam:** Candidates may re-sit this theory paper if needed. The re-sit of the theory paper cannot be attempted within one week of the original attempt. Should candidates fail a second time they must be referred to the National Office.

### Exam Marking:

- The supervising EA Coach Educator is also responsible for the marking of this paper.
- This theory paper is broken into three sections to assist the marking and collation of scores only.

A Coach Educator may assess this task in its entirety, however a Coach Educator may **sign no more than THREE (whole) IC Activities** for any candidate.

***Please ensure that EA Coach Educator who supervised you during this assessment task completes the below declaration.***

## Section 1

### 1 Mark Questions

This section contains a maximum of 20 marks

**Q1.** Circle correct answer:  
(1 mark)

Should you allow a rider to participate if they are not wearing an approved safety helmet?

**YES / NO**

**Q2.** What is the role of the Australian Sports Commission in the NCAS system?  
(1 mark)

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**Q3.** How does a coach maintain their annual accreditation?  
(1 mark)

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**Q4.** Describe a reason why horses should be kept separate from spectators/pedestrians  
(1 mark)

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**Q5.** How might a coach adapt a training session if the riders were less experienced than first expected?  
(1 mark)

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**Q6.** Circle the item a coach should NEVER do in the event of an accident:  
(1 mark)

1. Stay calm, halt the ride and dismount if necessary
2. Calmly attend the injured person and send someone after any loose horses
3. Follow first aid procedures such as DRABC and RICE
4. Phone for medical and/or veterinary assistance if required
5. Admit liability

**Q7.** Circle the item that is NOT a safety threat in a lesson:  
(1 mark)

1. Inappropriately matched horses and riders
2. Poorly fitted or maintained tack
3. Ride spaced apart on large track
4. Inappropriate rider attire and footwear
5. Poorly fitted or non-compliant safety helmets (or lack of helmet)

**Q8.** Circle the best safety strategy for a lesson with an ex-racehorse:  
(1 mark)

1. Ride in an open paddock
2. Ride in an enclosed arena
3. Ride in an unenclosed arena
4. Ride on the road

**Q9.** Why should a coach analyse the cause of any accident (incident analysis)?  
(1 mark)

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**Q10.** Why should a coach report all accidents to their insurance broker?  
(1 mark)

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**Q11.** Why would poorly maintained, cracking leather in the girth, reins or stirrup leathers be a safety risk?  
(1 mark)

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**Q12.** Circle the correct answer: The current code for an Australian safety approved riding Helmet is?  
(1 mark)

- A** AS/NZS 3838
- B** ASSA 4040
- C** AS/NZS 3938

**Q13.** What is the correct fit for a stirrup iron for the rider's boot?  
(1mark)

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**Q14.** Circle the TWO types of acceptable footwear for riding:  
(1 mark)

1. Smooth-soled shoes with a small heel
2. Thongs
3. Running shoes
4. Riding boots
5. Boots with a ridged sole

**Q15.** During a training session, excessive fluid loss can lead to:  
(1 mark)

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**Q16.** Circle the correct answer: Coaches use 'positive reinforcement' because it...?  
(1 mark)

- A** makes the coach look good in the eyes of the rider
- B** encourages the development of self-esteem in the rider
- C** shows the parents that the coach is doing his/her job properly

**Q17.** Circle the correct answer: Effective communication techniques rely on which combination of factors...?  
(1 mark)

- A** being simple and direct in getting the message across
- B** delivering a message in the proper context at the right time
- C** being consistent and providing feedback
- D** all of the above (i.e. A, B, and C are all correct)

**Q18.** Circle the correct answer: An EA Coach Educator is permitted to sign and verify a maximum of how many

Activities for the Introductory Coach (IC) Candidate?  
(1 mark)

- A** 1
- B** 2
- C** 3
- D** 4

**Q19.** Circle the correct answer: Where should the IC Candidate forward the post-course evaluation form?  
(1 mark)

- A** Their EA Branch Office
- B** The course presenter
- C** The course venue facility owner
- D** EA National Office

**Q20.** Circle the correct answer: By completing EA NCAS Introductory Coach course, a candidate is required to...?  
(1 mark)

- A** Coach in accordance to EA Coaches Code of Conduct
- B** Coach in accordance to the skills and knowledge taught within the course
- C** Coach in an environment that promotes safety as the highest priority, for horse and rider
- D** Remain EA NCAS accredited (and insured at all times)
- E** All of the above

**Coach Educator Use Only**

Total Marks for *Section 1* - \_\_\_\_\_ out of 20  
Total possible mark of 20 - **Pass Mark 16 (80%)**

**Section 2**  
**2 Mark Questions**

This section contains a maximum of 20 marks

**Q21.** List TWO benefits a coach receives from EA NCAS accreditation  
(2 marks)

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**Q22.** List TWO benefits to the public from using EA NCAS accredited coaches  
(2 marks)

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**Q23.** List TWO aspects of a venue a coach should check for suitability before each lesson:  
(2 marks)

**1:** \_\_\_\_\_ **2:** \_\_\_\_\_

**Q24.** List two types of harassment.  
(2 marks)

**1:** \_\_\_\_\_ **2:** \_\_\_\_\_

**Q25.** Describe in 2 stages, the appropriate way to command the class to trot.  
(2 marks)

**1:** \_\_\_\_\_

**2:** \_\_\_\_\_

**Q26.** What is the difference between teaching and coaching?  
(2 marks)

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**Q27.** List TWO characteristics of effective goals  
(2 marks)

**1:** \_\_\_\_\_

**2:** \_\_\_\_\_

**Q28.** List TWO reasons for lungeing a horse and rider  
(2 marks)

**1:** \_\_\_\_\_

**2:** \_\_\_\_\_

**Q29.** Refer to the picture below and circle the correct answers:  
(2 marks)

A: The rider is on the correct rising trot diagonal for a left circle

**YES / NO**

B: The rider has the correct line from the bit to the elbow:

**YES / NO**



**Q30.** Using the arena outlines below, draw the following school figures and mark the tangent (turning) points in meters:  
(2 marks)

A: 3-loop serpentine

B: Change of rein across the long diagonal

A:

B:

**Coach Educator Use Only**

Total Marks for *Section 2* - \_\_\_\_\_ out of 20  
Total possible mark of 20 - **Pass Mark 16 (80%)**

## Section 3

### 3+ Mark Questions

This section contains a maximum of 45 marks

**Q31.** Name the three phases of "skill learning".  
(3 marks)

**1:** \_\_\_\_\_

**2:** \_\_\_\_\_

**3:** \_\_\_\_\_

**Q32.** Terminology - Briefly explain the following terms used in Equestrian Coaching.  
(8 marks)

**Gear check:** \_\_\_\_\_

\_\_\_\_\_

**Trot diagonal:** \_\_\_\_\_

\_\_\_\_\_

**Single file:** \_\_\_\_\_

\_\_\_\_\_

**3-loop serpentine:** \_\_\_\_\_

\_\_\_\_\_

**Leg aid:** \_\_\_\_\_

\_\_\_\_\_

**Centreline:** \_\_\_\_\_

\_\_\_\_\_

**Canter lead:** \_\_\_\_\_

\_\_\_\_\_

**Open order:** \_\_\_\_\_

\_\_\_\_\_

**Q33.** As a coach you have ten legal responsibilities, list 5 of them.  
(5 marks)

**1:** \_\_\_\_\_

**2:** \_\_\_\_\_

**3:** \_\_\_\_\_

**4:** \_\_\_\_\_

**5:** \_\_\_\_\_

**Q34.** Define the following THREE types of insurance.  
(3 marks)

Errors & Omissions  
(Professional Indemnity):

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Public Liability:

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Personal Accident:

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**Q35.** Circle correct answer: The arena traffic rules state:  
(3 marks)

A rider should always check that the entrance or gate to the arena is clear before entering **YES / NO**

A horse in a slower pace has right of way on the track. **YES / NO**

Mounting, dismounting and adjusting gear should be done off the track. **YES / NO**

**Q36.** Circle correct answer: For safety reasons would you let a pupil ride in the lesson if:  
(8 marks)

They are wearing running shoes **YES / NO**

They are wearing jeans **YES / NO**

Their AS/NZS approved safety helmet tips over their eyes **YES / NO**

Their boots only just fit into the stirrups **YES / NO**

Their cavesson noseband is loosely fitted **YES / NO**

Their riding boots are muddy **YES / NO**

Their AS/NZS approved safety helmet has a chin-strap done up at all times **YES / NO**

The horse is missing a shoe for a lesson in the sand arena **YES / NO**

**Coach Educator Use Only**

Total Marks for *Section 3* - \_\_\_\_\_ out of 30  
Total possible mark of 30 - **Pass Mark 24 (80%)**



# IC ASSESSMENT SLIP 1 – Theory Paper

## Assessment Summary & Declaration of Competence

<input type="checkbox"/> <b>COMPETENT</b>	Has demonstrated competence in all the tasks for Assessment Slip 1 “Theory Paper” according to the assessment criteria in the Introductory Coach Certificate through
<input type="checkbox"/> <b>NOT YET COMPETENT</b>	Is not yet competent in all the tasks for Assessment Slip 1 – “Theory Paper” according to the assessment criteria in the Introductory Coach Certificate through
<b>Comments</b>  <b>If NYC what needs improvement before re-sitting assessment</b>	
<b>Candidate Name:</b> _____ CE/SSTA Name: _____ Level: _____ Assessment Venue: _____ Signature: _____	

NOTE: CEs/SSTA’s are advised to maintain own records / results of Candidates whom they have assessed

If **Competent** sign summary on page 78.

If **Not Yet Competent** (NYC) please

- arrange further training and/or another assessment
- download additional assessment slips from [www.equestrian.org.au](http://www.equestrian.org.au)