



JOCKEY TRAINING AND DEVELOPMENT





WELCOME AND
INTRODUCTION

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Welcome to your Jockey Training and Development folder which will play an important role as you progress in your career as a jockey.

You should use this folder to retain all your training material and personal development planning resources.

Central to your career success is the overarching curriculum which has been produced to address key areas of training and development that will enable you, as a jockey, to reach your maximum potential.

It covers a range of skills, knowledge and understanding across a variety of subject areas that will prepare you for your chosen career and continue to support you as you progress within your role.

A successful jockey should not just rely on developing the tactical and technical skills to ride winners. The additional training and skills development will support you, as an elite athlete, to perform at your best and create a sustainable future both within the role and in planning your second career.

The four key stages of a jockey's riding career have been addressed in the four following areas:



PRE-LICENCE
The skills and knowledge required for individuals working towards obtaining a licence to ride under the Rules of Racing.



LICENCE APPLICATION
The skills and knowledge required to obtain a licence to ride under the Rules of Racing.



CLAIMING
The further skills and knowledge required to progress and develop to obtain full professional jockey status.



FULL PROFESSIONAL
The developed skills and knowledge required to sustain a successful career as a professional jockey.

WELCOME AND INTRODUCTION (CONTINUED)

The curriculum covers the following subject areas:

- Technical
- Tactical
- Physical
- Nutrition
- Mental and Psychological
- Lifestyle
- Career and Finance
- Communication and Media
- Health and Safety

GOOD LUCK WITH YOUR CHOSEN CAREER



TECHNICAL

TECHNICAL



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TECHNICAL

PRE-LICENCE	LICENSING	CLAIMING	FULL PROFESSIONAL
<p>1. Maintain a balanced body position in all paces.</p> <p>2. Demonstrate good co-ordination, a balanced body position and control on simulator and horse.</p> <p>3. Demonstrate independent seat, hands and good length of stirrup as appropriate.</p> <p>4. Be able to change hands/gather a horse up while maintaining a balanced body position.</p> <p>5. Demonstrate an awareness of basic paces, leads and diagonals.</p> <p>6. Demonstrate basic whip skills for correction and motivation, and able to pull the whip through on simulator and while riding.</p> <p>7. Have experience of stalls work, and/or riding over obstacles safely and competently with awareness of other horses and riders.</p> <p>8. Ride a range of fit racehorses at all paces, safely and in control at all times.</p>	<p>1. Demonstrate consistent and effective balanced body position while riding and on simulator.</p> <p>2. Maintain balance, momentum and co-ordination while demonstrating other basic race riding skills – i.e. changing hands and basic whip skills – while riding and on simulator.</p> <p>3. Demonstrate consistency in changing hands and basic stick use while pushing out, while riding and on simulator.</p> <p>4. Demonstrate and develop a range of basic whip skills and appropriate use of the whip in line with industry policy and regulations.</p> <p>5. Show awareness of pace and distance.</p> <p>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.</p> <p>7. Demonstrate an ability to execute all start procedures; flat stalls; jump walk in and flag starts.</p> <p>8. Be able to ride a variety of horses through starting stalls/over obstacles.</p> <p>9. Demonstrate ability to perform effectively when practising in simulated race conditions.</p>	<p>1. Demonstrate refinement of consistent and effective balanced body position, control and co-ordination in all stages of a race.</p> <p>2. Develop individualisation of skills: adopt personal style.</p> <p>3. Demonstrate proficiency in basic race riding skills and the ability to perform all skills in a race riding scenario.</p> <p>4. Show refinement of all race riding skills, including correct skills for use of the whip: forehand and backhand in both hands.</p> <p>5. Develop race riding skills so that correct actions are taken in a race to avoid interference or any other breaches of the rules.</p> <p>6. Show effectiveness, awareness and assessment of pace and distance.</p> <p>7. Give detailed feedback to connections of horse when either at home, riding work or on the racecourse, including fitness, health, soundness, ability, trip, recovery, attitude and ground.</p> <p>8. Have a basic understanding of race calendar and pattern race programme.</p>	<p>1. Demonstrate complete refinement and continued development of race riding style and techniques.</p> <p>2. Be able to improve and fine-tune skills and styles as they change within the racing industry.</p> <p>3. Develop race riding skills to a standard where it will become a natural/automatic reaction to avoid interference or any other breaches of the rules.</p> <p>4. Contribute to future plans for the horse: equipment, trip, track, going etc...</p> <p>5. Confidently communicate constructive and positive feedback to connections.</p> <p>6. Have a working knowledge of race calendar and pattern race programme.</p>



TACTICAL

TACTICAL



TACTICAL			
PRE-LICENCE	LICENSING	CLAIMING	FULL PROFESSIONAL
<ol style="list-style-type: none"> 1. Be able to follow instructions effectively. 2. Watch and feed back on race recordings; observing different tactics and riding styles. 3. Have a basic understanding of types and locations of racecourses. 4. Have a basic understanding of going and distance. 5. Give feedback on horse performance. 6. Know the importance of modelling on successful jockeys and other experienced riders/athletes. 7. Understand and adapt riding to the needs of different horses: lazy, gassy, happy etc.. 	<ol style="list-style-type: none"> 1. Understand and follow instructions. 2. Be prepared to use initiative if required and when appropriate. 3. Have an awareness of all racecourse procedures relating to a licensed rider (Racecourse Procedures Video). 4. Demonstrate full awareness of rules and regulations, inside information, security and the ethics of the racing industry. 5. Demonstrate a knowledge of Licensing requirements and requirements to maintain status as licensed individual. 6. Demonstrate an awareness of banned and notifiable substances. 7. Understand the main stages of a race: jumping out, getting a position, holding a position and challenging for a better position. 8. Show consistency in performing skills: changing hands, pushing out hands and heels, and correct stick use. 9. Show positional awareness in relation to style on a horse; looking neat and balanced, and improving how the horse is performing; for example heels down, reins neatly bridged, hands down etc. Perform skills under simulated race-like conditions (simulator). 10. Be aware of key aspects of horse welfare. 	<ol style="list-style-type: none"> 1. Demonstrate tactical awareness in real race situations. 2. Demonstrate advanced knowledge and a clear understanding of the rules and ethics of the racing industry, inside information and security. 3. Have good knowledge of horse form, and how to read form accurately and follow entries. 4. Demonstrate tactical awareness of the competition and how it may affect your race plan. 5. Be able to read a race and have a clear plan, with the confidence to adapt your tactics to optimise performance as the race unfolds. 6. Be able to deal with tactical problems in the correct manner, i.e. being boxed in, being in the wrong position etc.. 7. Demonstrate awareness and promotion of horse welfare at all times. 8. Be able to plan and implement different tactics for horses ridden judging by past runs. 9. Understand different temperaments and characteristics of horses during races. 10. Demonstrate an awareness of banned and notifiable substances. 11. Demonstrate a knowledge of Licensing requirements and requirements to maintain status as licensed individual. 	<ol style="list-style-type: none"> 1. Analyse strengths, weaknesses, opportunities and threats that may develop in a race which may give you a tactical advantage. 2. Demonstrate advanced knowledge and clear understanding of the rules and ethics of the racing industry, inside information and security. 3. Demonstrate tactical awareness and mental ability to judge pace and competition in better races, ability to instantly change tactics when needed. 4. Develop effective race strategies to obtain the best possible chance of winning, i.e. making the pace, slowing the pace to exploit weaknesses in your opponents etc.. 5. Adapt/vary tactics to suit different tracks, and adapt strategies to situations. 6. Demonstrate tactical awareness and confidence to change tactics at the last minute: plan B. 7. Implement successful tactics and strategies to create the best opportunities on a horse and to exploit weaknesses of opponents. 8. Promote positive horse welfare at all times.



PHYSICAL

PHYSICAL



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PHYSICAL

PRE-LICENCE	LICENSING	CLAIMING	FULL PROFESSIONAL
<ol style="list-style-type: none"> Develop and promote own physical fitness. Demonstrate awareness of industry-standard fitness test. Continue to develop ABCs: ability, balance, co-ordination, flexibility and mobility. Recognise importance of working with fitness professionals. 	<ol style="list-style-type: none"> Plan and carry out a safe fitness regime relevant to you as a competitive rider. Pass standard fitness test. Maintain and develop fitness, core stability, endurance, co-ordination, agility, flexibility and mobility. Recognise individual physical capabilities, address strengths and weaknesses, and emphasise general and balanced physical conditioning. Understand physical requirements needed to succeed as a jockey. Use physical fitness for motivation to aid weight control, conditioning and own well-being. Use different components to balance and maintain fitness of a competitive rider: physical exercise and simulator training. Demonstrate awareness of basic fall/injury-prevention techniques. Know the importance of and implement warm-up, stretching, flexibility, mobility and core stability training. Utilise Jockeys Injury Management (JIM) Team. 	<ol style="list-style-type: none"> Use individual fitness and conditioning plan to aid weight control, and maintain physical fitness requirements of a professional rider. Continue to address own strengths and weaknesses. Recognise own individual physical capacity with a view to maximising performance and weight control. Maintain physical capacity with a view to maximising performance and controlling weight. Maintain fitness during 'downtime', i.e. when not riding and when injured. Awareness and utilisation of basic fall/injury-prevention techniques. Utilise JIM Team and develop an understanding of injury management. Awareness and utilisation of advanced fall/injury-prevention techniques. Utilise JIM Team and implement injury-management technique. 	<ol style="list-style-type: none"> Maintain and enhance physical fitness requirements of a professional rider. Use individual fitness and conditioning plan to aid weight control. Recognise own individual physical capacity with a view to maximising performance and weight control. Individualise physical capacities to address strengths and weaknesses. Maintain and improve physical capacity with a view to maximising performance and controlling weight. Maintain fitness during 'downtime', i.e. when not riding and when injured. Promote to others the benefits of adopting an active and healthy lifestyle. Awareness and utilisation of advanced fall/injury-prevention techniques. Utilise JIM Team and implement injury-management technique.

NUTRITION



NUTRITION

NUTRITION

PRE-LICENCE	LICENSING	CLAIMING	FULL PROFESSIONAL
<p>1. Understand principles of healthy eating and a balanced diet for young people.</p> <p>2. Be familiar with the groups on the 'Eatwell' plate and their individual roles in a balanced diet.</p> <p>3. Demonstrate awareness of sensible weight management.</p> <p>4. Understand good hydration practices.</p> <p>5. Complete a daily food diary for discussion during licence course.</p>	<p>1. Demonstrate an awareness of how balanced your individual diet is, and work to develop an individual diet plan.</p> <p>2. Be able to make simple changes to your own diet to improve its nutritional balance.</p> <p>3. Have a basic knowledge of the differences between the roles of carbohydrate, protein and fats in the diet, and how they affect health and weight management.</p> <p>4. Be aware of the effect of diet on bone health, and understand the role of calcium and vitamin D.</p> <p>5. Know how to manage weight using healthy, long-term strategies.</p> <p>6. Understand the dangers of extreme methods of making weight.</p> <p>7. Be able to cook simple foods and make sensible shopping choices by reading food labels.</p> <p>8. Know what to eat when travelling and at the racecourse.</p>	<p>1. Be able to follow a tailored diet to meet individual daily requirements for health and level of racing.</p> <p>2. Have access to body-fat assessments, and understand how to use this information.</p> <p>3. Demonstrate good knowledge of the macronutrients and how to make good choices to support good health and weight management.</p> <p>4. Understand the effects of diet and lifestyle on bone health.</p> <p>5. Be able to manage weight sensibly using long-term strategies.</p> <p>6. Understand the dangers of extreme methods of making weight.</p> <p>7. Be able to cook simple foods and make sensible shopping choices by reading food labels.</p> <p>8. Know what to eat when travelling and at the racecourse.</p> <p>9. Understand the importance of recovery after racing and if weight has been lost.</p> <p>10. Employ good hydration strategies and know the best drinks for this.</p> <p>11. Demonstrate a knowledge of UKAD and the effects of alcohol and recreational drugs.</p> <p>12. Know how to eat when recovering from injury.</p> <p>13. Know your own weight and the dangers of riding significantly below this weight.</p>	<p>1. Be able to follow a tailored diet to meet individual requirements for health and maximise performance.</p> <p>2. Have access to body-fat assessments, and understand how to use this information in weight management.</p> <p>3. Understand how nutrition will affect health and riding performance.</p> <p>4. Demonstrate diet to support good bone health.</p> <p>5. Be able to manage weight sensibly using long-term strategies, and know how to recover if you have had to use a short-term method.</p> <p>6. Be able to cook and shop well, and make good food choices.</p> <p>7. Be able to make good choices when travelling and at the racecourse.</p> <p>8. Understand the importance of recovery after racing and if weight has been lost.</p> <p>9. Adopt good hydration strategies.</p> <p>10. Demonstrate a knowledge of UKAD and the effects of alcohol and recreational drugs.</p> <p>11. Know how to eat when recovering from injury.</p> <p>12. Understand what to eat to aid recovery and how to control weight when injured.</p> <p>13. Know your own estimated rider weight and the dangers of riding below this weight.</p>



MENTAL AND PSYCHOLOGICAL



MENTAL AND
PSYCHOLOGICAL

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MENTAL AND PSYCHOLOGICAL

PRE-LICENCE	LICENSING	CLAIMING	FULL PROFESSIONAL
<p>1. Demonstrate a positive attitude and commitment to your sport and becoming a professional athlete.</p> <p>2. Recognise personal commitment required to be a professional jockey.</p> <p>3. Have ambition, with goals and targets you want to achieve.</p> <p>4. Demonstrate a confident outlook and willingness to develop in all areas.</p> <p>5. Be prepared to be patient.</p>	<p>1. Recognise the importance of maintaining a positive outlook in all aspects of your sport.</p> <p>2. Be able to take instructions, feedback and advice if needed.</p> <p>3. Introduce mental preparation for competitions.</p> <p>4. Set realistic (SMART) short-, medium- and long-term goals and ambitions.</p> <p>5. Be able to concentrate, be patient, and control frustration and anxiety with self-talk and verbal clues.</p> <p>6. Have a knowledge of resilience theory – ability to stay focused and maintain self-belief even when things might go wrong, continued positive reinforcement.</p> <p>7. Use imagery to practise and improve techniques to gain self-confidence.</p> <p>8. Be willing to develop self and self-awareness.</p> <p>9. Take necessary downtime – know when to relax and switch off.</p> <p>10. Demonstrate an awareness of responsibility to report injuries/ medical issues to Chief Medical Officer.</p>	<p>1. Demonstrate independent decision making if and when appropriate.</p> <p>2. Be able to take instructions, feedback and advice if needed.</p> <p>3. Set and review (SMART) short-, medium- and long-term goals.</p> <p>4. Demonstrate well-developed, refined and individualised mental skills and routines.</p> <p>5. Know, and be able to apply, resilience training and skills, refocusing skills and coping strategies.</p> <p>6. Be able to concentrate/focus and maintain drive and will to win.</p> <p>7. Demonstrate full range of mental skills (composure, concentration, confidence and commitment).</p> <p>8. Be able to deal with high-stress situations (relaxation, self-talk).</p> <p>9. Develop effective communication skills.</p> <p>10. Be willing to develop self, self-awareness and emotional intelligence.</p> <p>11. Know where to seek help with mental and psychological issues.</p> <p>12. Demonstrate an awareness of responsibility to report injuries/ medical issues to Chief Medical Officer.</p>	<p>1. Understand psychological skills in relation to excellence in sport.</p> <p>2. Understand the psychological and emotional demands of own role in the sport.</p> <p>3. Understand how an elite athlete works with coaching and other staff to identify own psychological and emotional needs in relation to the sport.</p> <p>4. Demonstrate independent decision making, and ability to take instruction, feedback and advice if needed.</p> <p>5. Implement resilience skills, ability to deal with high-stress situations, preventative techniques and strategies, refocusing plans and coping strategies.</p> <p>6. Utilise psychological and pre-competition techniques to prepare for competition.</p> <p>7. Understand the importance of setting goals for your own psychological and emotional development in the sport.</p> <p>8. Utilise psychological and pre-competition techniques to prepare before competing.</p> <p>9. Demonstrate confident and effective communication skills.</p> <p>10. Demonstrate well-developed, refined and individualised mental skills and routines.</p> <p>11. Demonstrate full range of mental skills (composure, concentration, confidence and commitment) and will to win/drive.</p> <p>12. Know where to seek help with mental and psychological issues.</p> <p>13. Demonstrate an awareness of responsibility to report injuries/medical issues to Chief Medical Officer.</p>



LIFESTYLE



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LIFESTYLE		PRE-LICENCE	LICENSING	CLAIMING	FULL PROFESSIONAL
1. Demonstrate self-management skills. 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.	1. Be aware of professional work ethic, importance of accountability, self-management and self-awareness, time-management skills. 2. Avoid and deal with social problems: alcohol, drugs, peer pressure etc.. 3. Commit to the development, awareness and utilisation of support network: PJA, IJF, Jack Berry House, Oaksey House, JLM Team, Jockey Coach, PDM etc.. 4. Adopt good planning, preparation, presentation, professionalism – 4 Ps. 5. Recognise the importance of rest and recovery. 6. Be aware of the importance of work/life balance.	1. Develop refined self-monitoring and self-awareness, ability to practise self-management and self-direction. 2. Manage hectic lifestyle, and avoid social problems. 3. Further develop and utilise support network. 4. Commit to continuous professional development (CPD) planning and dual career planning. 5. Be responsible for financial planning and management. 6. Understand injury prevention, integration of rest and recovery strategies. 7. Understand work/life balance.	1. Demonstrate increased knowledge and refinement of practice in all areas of self-management, self-direction and self-awareness. 2. Demonstrate well-developed self-monitoring, avoidance of social problems. 3. Commit to well-developed and integrated support network. 4. Undertake CPD planning and dual career planning. 5. Implement financial planning and management. 6. Integrate rest and recovery strategies. 7. Fully understand how to adopt a healthy work/life balance and how to implement it.		



CAREER AND FINANCE



CAREER
AND FINANCE

CAREER AND FINANCE

PRE-LICENCE	LICENSING	CLAIMING	FULL PROFESSIONAL
<p>1. Have basic understanding of racing and the racing industry.</p> <p>2. Understand the importance of riding and career development.</p> <p>3. Demonstrate basic budgeting and knowledge of income and expenditure.</p>	<p>1. Demonstrate good knowledge of the racing industry, organisations and structure.</p> <p>2. Know the role of all relevant industry organisations and member bodies (Professional Jockeys Association, British Horseracing Authority and Weatherbys).</p> <p>3. Know the importance of continuous personal and professional development, and the structures and organisations of the CPD support network.</p> <p>4. Understand the importance and principles of sound financial control as a jockey – budgeting, knowledge of income and expenditure – and understand importance of living within your means.</p> <p>5. Know the financial support and services for jockeys: Jockeys' Savings Plan, pension, insurance and the role of PRIS.</p> <p>6. Apply financial controls, financial planning and budgetary management, living within your means and planning for the future.</p>	<p>1. Demonstrate a knowledge and understanding of the racing industry, organisations and structure.</p> <p>2. Understand the full range of services and the role of Professional Jockeys Association, British Horseracing Authority and Weatherbys.</p> <p>3. Integrate riding, career and life goals, including dual career planning and development.</p> <p>4. Undertake continuous personal and professional development using racing organisations, and apply CPD support network: BRS, NRC, JBH, OH, PDM, JETS, IJF, Racing Welfare etc..</p> <p>5. Develop and monitor own basic financial plan.</p> <p>6. Seek help and advice when necessary.</p> <p>7. Manage and address personal finances.</p> <p>8. Understand implications of being employed and self-employed.</p> <p>9. Understand and make provision for taxation and VAT where appropriate.</p> <p>10. Apply financial controls, financial planning and budgetary management, living within your means and planning for the future.</p>	<p>1. Demonstrate full knowledge and understanding of the racing industry, organisations and structure.</p> <p>2. Understand the full range of services and the role of Professional Jockeys Association, British Horseracing Authority and Weatherbys.</p> <p>3. Demonstrate full integration and implementation of riding, career and life goals.</p> <p>4. Undertake continuous development planning in place, pursuance of further education and career development, pursuance of personal and family goals, full use of support network.</p> <p>5. Follow and monitor own basic financial plan and/or seek help and advice when necessary, update own financial plan when circumstances change, understand and make provision for taxation and VAT where appropriate.</p> <p>6. Recognise and manage record keeping responsibilities of self-employed status.</p> <p>7. Fully understand and utilise the financial support and services for jockeys: Jockeys' Savings Plan, pension, insurance and the role of PRIS, manage and address personal finances.</p> <p>8. Apply financial controls and address personal finances responsibly, accurate financial record keeping, living within your means, and plans in place for the future.</p> <p>9. Understand implications of international experiences and insurance cover when riding abroad.</p> <p>11. Understand and utilise the financial support and services for jockeys: Jockeys' Savings Plan, pension, insurance and the role of PRIS.</p>



COMMUNICATION AND MEDIA



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COMMUNICATION
AND MEDIA

BRITISH
HORSERACING
AUTHORITY

COMMUNICATION AND MEDIA

PRE-LICENCE	LICENSING	CLAIMING	FULL PROFESSIONAL
<p>1. Develop team working skills and develop working relationships.</p> <p>2. Be able to feed back to employer on horse- and work-related matters.</p> <p>3. Be aware of the importance of confidentiality and integrity within the sport.</p> <p>4. Know own responsibilities in relation to confidentiality, integrity and inside information.</p>	<p>1. Demonstrate knowledge and understanding of positive communication techniques.</p> <p>2. Demonstrate knowledge of the importance of communicating effectively with others and active listening.</p> <p>3. Know the importance of presenting a positive image of self/own organisation and sport at all times, and present self as professional sportsperson.</p> <p>4. Have full awareness and application of confidentiality and own responsibilities in relation to integrity and inside information.</p> <p>5. Demonstrate an awareness and application of confidentiality and own responsibilities in relation to integrity and inside information.</p> <p>6. Reflect on own professional image using feedback from others – importance of accepting and applying constructive advice and criticism.</p> <p>7. Recognise and appreciate social media issues, correct messaging and use of social media.</p> <p>7. Demonstrate interview technique and preparation for interviews.</p>	<p>1. Be able to apply positive communication techniques.</p> <p>2. Be able to communicate effectively with others and apply listening skills.</p> <p>3. Be able to present a positive image of self/own organisation and sport at all times, and present self as professional sportsperson – present a positive image of self, own organisation and sport at all times.</p> <p>4. Demonstrate positive self-promotion across all media, own website and social media.</p> <p>5. Be able to respond to media attention in a positive way and create self-promotion opportunities.</p> <p>6. Show good understanding of how the media works: print/broadcast, social media, online.</p> <p>7. Be able to plan, structure and deliver interviews confidently – importance of preparation.</p>	<p>1. Apply positive communication techniques at all times.</p> <p>2. Demonstrate refinement of effective communication with others and application of listening skills.</p> <p>3. Promote self as professional sportsperson – present a positive image of self, own organisation and sport at all times.</p> <p>4. Demonstrate positive self-promotion across all media, own website and social media.</p> <p>5. Demonstrate full awareness and application of confidentiality and own responsibilities in relation to integrity and inside information.</p> <p>6. Be able to respond to media attention in a positive way and create self-promotion opportunities, ability to respond effectively to challenging situations.</p> <p>7. Fully understand how the media works: print/broadcast, social media and online.</p> <p>8. Plan, structure and deliver interviews confidently – importance of preparation, messaging and self-promotion.</p> <p>9. Be able to access mentorship, utilisation of PDP, media visit.</p>



HEALTH AND SAFETY



BRITISH
HORSERACING
AUTHORITY

HEALTH AND
SAFETY

HEALTH AND SAFETY			
PRE-LICENCE	LICENSING	CLAIMING	FULL PROFESSIONAL
<p>1. Knowledge of safe working practices.</p> <p>2. Awareness of health and safety protocols in the workplace.</p> <p>3. Responsibility for personal protective and safety equipment.</p> <p>4. Responsibility to colleagues and horses.</p> <p>5. Horse awareness.</p> <p>6. Recognising own limitations and capabilities.</p> <p>7. Recognising own responsibility for health and safety.</p>	<p>1. Ability to work in a safe and healthy way at the workplace and on the racecourse.</p> <p>2. Have up-to-date information on the health and safety requirements for training and racing.</p> <p>3. Knowledge of the people responsible for health and safety.</p> <p>4. Identify health and safety hazards when they occur.</p> <p>5. Ability to respond to incidents and emergencies as appropriate.</p> <p>6. Knowledge of horse welfare and safety.</p>	<p>1. Pass on suggestions for improving health and safety to the colleagues responsible.</p> <p>2. Have up-to-date information on the health and safety requirements for training and racing.</p> <p>3. Take the appropriate action to deal with health and safety hazards according to the level of risk and own level of responsibility.</p> <p>4. Remain calm and follow correct procedures and protocols in an emergency.</p> <p>5. Report any incident as required.</p> <p>6. Detailed knowledge and application of horse welfare and safety.</p>	<p>1. Continue all levels and progression of health and safety for self and colleagues.</p> <p>2. Advise and make appropriate suggestions on health and safety issues in your working environment.</p> <p>3. Be aware of all the protocols which relate to health and safety in different work environments and racecourses.</p> <p>4. Safe and healthy work/life balance.</p> <p>5. Advanced driving skills.</p> <p>6. Detailed knowledge and application of horse welfare and safety.</p>



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