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**EAST REGION CPD TRAINING DAY**

**Horse Welfare and Rider Biomechanics**

**For coaches and volunteers at all levels**

**Sunday 26th October 2025 – 9.30am till 3.00pm**

**at**

**Barrow Farm RDA, Metsons Lane, Blackmore Road,**

**Highwood, Essex, CM1 3QR.**

**Learning Outcome:**

The day will include an insight into Horse Welfare and provide a broader understanding of Rider Biomechanics

Please note**:** This day is also for Coaches in Training who have completed Horse Care and Knowledge Module Part 1 Theory but still need to complete Part 2 Practical.

**PROGRAMME**

By the end of the morning session, you should be able to:

* Discuss the key aspects of equine behaviour that impact horses and ponies

working in RDA

* Identify signs of stress in the horse.
* Consider what coaches and volunteers can do to support horses and ponies during RDA sessions.

By the end of the afternoon session, you will be able to:

* Consider how rider biomechanics can impact on balance.
* Understand how to achieve optimal rider position for the individual rider’s with various conditions
* Apply this concept to mounting, dismounting and trotting.
* Have an awareness of how an individual rider’s biomechanics can impact on the welfare of the horse

This will be an interactive day. Please come prepared to join in with any questions and also participate in the discussions and ideas!

The cost of the day is £10. All applications to be sent directly to Kath Hatwell at: [kathhatwell@gmail.com](mailto:kathhatwell@gmail.com). When you will be sent a confirmation email with details of payment.

Application to arrive no later than **Sunday 12th October**  *Numbers are limited.*

***Please bring lunch – tea and coffee will be provided***