

WORK RIDER PROGRAMME



**FOSSILFIELD
TRAINING
CENTRE**

Fossilfield Training Centre offers a structured pathway for aspiring current stable staff to enhance their riding skills and gain industry recognised qualifications. The training is designed to provide both theoretical and practical learning, ensuring riders develop the essential competencies needed for professional success in the horse racing industry.

This programme combines the fundamental skills covered in Stage4: Riding A Racehorse for Routine Work and the advanced techniques of Stage 5: Riding to Improve Performance, equipping riders with progressive knowledge and experience.



07850227524



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www.fossilfield.co.uk

STAGE 4 - RIDING A RACEHORSE FOR ROUTINE WORK



This stage is designed for stable staff looking to improve their skills in riding racehorse for routine fitness and canter work. It provides a strong foundation for those aiming to progress towards advanced riding roles.

Key Learning Areas:

- Understanding racehorse roadwork and fitness training.
- Developing balance, control and security while riding in a group.
- Learning specialist tack use and adopting a secure two point position.
- Handling a single and double bridge effectively.
- Complying with Heath and Safety regulations
- Video review sessions and 1:1 simulator coaching.

Assessment:

- Preliminary Work Rider assessment at Fossilfield Training Centre.
- Work based gallop observation sessions with video analysis.
- Final SQA Approved Qualification in Riding a Racehorse for Routine Work.



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STAGE 5 - RIDING TO IMPROVE PERFORMANCE



This stage is designed for experience work riders who want to refine their skills and improve racehorse performance through advanced riding techniques.

Key Learning Areas:

- Developing an advanced riding position on a Thoroughbred.
- Riding work on a Thoroughbred to enhance performance.
- Providing comprehensive feedback to senior staff.
- Engaging in biomechanics training and simulator coaching.
- Developing strategic riding techniques for performance improvement.

Assessment:

- Advanced riding evaluation under the supervision of an SQA Approved Coach.
- Structured simulator coaching sessions and gallop performance reviews.
- Practical assessment focusing on rider analysis and decision making.



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LEARNING ENVIRONMENT AND TRAINING APPROACH



At Fossilfield Training Centre, students gain hands on experience through a blended training approach combining intensive residential training and work based coaching.

Training Facilities:

- Custom built woodchip gallops and enclosed training arenas.
- Access to Racing2Learn for online learning.
- Regular coaching reviews and industry networking opportunities.

Support and Guidance:

- 1:1 coaching from acclaimed Race Coaches
- Career support and mentorship from industry professionals

Application:

**For current fees and to apply for the Stage 4 or 5 Work Rider Programme,
please contact**

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