

TRAINING PROGRAMME OVERVIEW

The stages of training for a Jockey are:

- a. Pre-licence
- b. Licence application
- c. Claiming
- d. Full professional

Each stage is made up of the following skills, knowledge and understanding:

- Technical
- Tactical
- Physical
- Nutrition
- Mental and Psychological
- Lifestyle
- Career and finance
- Communication and media
- Health and safety
- **New to 2019 is the inclusion of Horse Welfare, Safeguarding Assessment and 'added value subjects such as Safe Driving Techniques.**

Each stage is supported by a series of training programmes or assessment shown on the framework below:

Pre-licence	Licence Application		Claiming (Coaching)	Claiming (Training)	Full Professional
	App/Cond	Cat B			
Initial application to the BHA.	Attend 2wk course	Attend 1 wk course	Participation on JCP	Attend annual 1 day CPD workshop according to level of claim	Three month transitional JCP support Bi-Annual attendance at BHA mandatory seminar
Pre-licence skills and fitness assessment					

COURSE DATES 2019

Licence Courses

2019	BRS	NRC
Apprentice Licence	18 – 29 Mar	14 - 25 Jan
	20 – 31 May	
	12 – 23 Aug	18 – 29 Nov
Conditional	25 Feb - 08 Mar	05 - 16 Aug
Cat B only	13 – 17 May	04 – 08 Feb
	02 – 06 Dec	23 – 29 Sep

CPD Workshops

7lb Claimer	12 Feb (BRS), 5 March (TBC), 11 June (TBC), 11 July (NRC), 25 Nov (Key C)
5lb Claimer	14 March (BRS), 27 June (NRC)
3lb Claimer	23 May (NRC), 20 Nov (BRS)

Pre-Assessment Dates

BRS	Course Date	NRC	Course Date
n/a	14 -25 Jan (NRC App)	18 Dec 18	14 -25 Jan (NRC App)
10 Jan 19	25 – 08 Mar (BRS Cond)	09 Jan 19	25 – 08 Mar (BRS Cond)
5 Feb 19	18 – 29 Mar (BRS App)	31 Jan 19	18 – 29 Mar (BRS App)
9 April 19	20-31 May (BRS App)	11 Apr 19	20-31 May (BRS App)
18 Jun 19	05 - 16 Aug (NRC Cond)	27 Jun 19	05 - 16 Aug (NRC Cond)
20 Jun 19	12 - 23 Aug (BRS App)	04 Jul 19	12 - 23 Aug (BRS App)
8 Oct 19	18 - 29 Nov (NRC App)	10 Oct 19	18 - 29 Nov (NRC App)