

# Bronze Leadership Awards



## Future Leader EXPLORER CHALLENGE

Support others at the centre. Help out with lessons, stable management sessions or rides out over eight weeks or sessions.

Show that you are a good role model and develop your communication skills.

Log the types of sessions you have helped with in your Explorer Book.

### Examples of sessions include:

- Leading or helping with riding lessons
- Helping with stable management sessions
- Helping with rides out

### Checklist for achievement

- Help consistently at the centre over eight weeks or help with eight sessions.
- Show they are a good role model.
- Practise communication skills.

*Sessions completed and logged in explorer booklet.*

*Participant may show this by being polite, helpful, treating others with respect and acting responsibly.*

*This may include; greeting and directing customers as they arrive at the centre, speaking to customers during sessions, passing messages on to coaches and staff, speaking to both adults and children.*

### Things to consider:

- The minimum age for children to volunteer is 14 years old. For more information please visit: [www.gov.uk/volunteering/when-you-can-volunteer](http://www.gov.uk/volunteering/when-you-can-volunteer).
- The minimum age a child can work is 13 years old [www.gov.uk/child-employment](http://www.gov.uk/child-employment).
- Children under the age of 14 years old, not working at the centre, who are taking part in this challenge should be helping with organised sessions to practise and develop their communication skills and will be under the direct supervision of a coach.
- Ensure appropriate risk assessments are in place.

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## Goal Setter EXPLORER CHALLENGE

Participant are required to set a goal to develop a skill with coach guidance over eight weeks.

They should discuss the skill with the coach and use the template provided in the book write a plan of how they are going to achieve the skill.

Participants will keep a record of what they did each week and then demonstrate their skill to the coach after the 8 weeks. They can demonstrate their skill to the rest of the group after the eight weeks.

### Examples of skills include:

- Plaiting
- Clipping and trimming
- Tacking up
- Bandaging
- Mucking out (speed, efficiency, bedding types)
- Grooming
- Rider fitness and flexibility (use videos/pictures to show before and after)
- Improve riding position (could use photos/videos at start and end to measure progress)
- Complete a Challenge Award to improve general horse care or riding skills
- General yard work skills
- Office skills (greeting clients, booking lessons)
- Yard maintenance skills

### Checklist for achievement

• Suggest and set suitable goal	<i>Discussion with participant and goal recorded in book</i>
• Plan steps to achievement over 8 weeks	<i>Goal broken down in to achievable and measurable steps. Steps logged in book.</i>
• Keep a record of what was covered in each session	<i>These are most likely to be taught sessions. Evidence can include written, pictures, video clips, observation by coach, reference</i>
• Demonstrate skill developed	<i>Practical demonstration by participant but could also include video evidence, pictures, discussion</i>

### Things to consider

- Goal chosen should be suitable for the timeframe and achievable for the participant
- Skill development sessions should take place at the centre under supervision
- How will you support each participant?
- How will the participant show progress?

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## Team Player EXPLORER CHALLENGE

Plan and take part in a team activity that can be done on the yard with your fellow Explorers under the supervision of your coach. Work together to decide what task you are going to take on and how you will make it happen.

### Examples of team activities include:

- Carry out a routine task on the yard (for example turning out/tacking up for lessons/skipping out/watering/haying/poo pick paddock)
- Under supervision from your coach, look after a section of the yard.
- Tack cleaning
- Build course of jumps/dressage arenas
- Make horse friendly treats
- Paint jump poles/wings
- Rug washing
- Spring clean the stables | tack room | feed room | office | classroom
- Upcycle or Re-use old items from around the yard to make them into something new (for example make jump fillers, artwork, a mascot for yard, furniture, xc jumps, an obstacle course, planters)
- Build a shelter from items you find around the yard and have a picnic in it (items could include feed sacks, rugs, pallets)

### Checklist for achievement

• Suggest and select suitable task	<i>Take part in group discussion to suggest tasks, be involved in decision making</i>
• Demonstrate teamwork skills	<i>Willingness to take part, good communication/interaction with teammates, listening skills, positive attitude, Work together to decide how task will be completed</i>
• Complete task	<i>Task completed successfully and safely. Section in book completed</i>
• Reflect on performance	<i>Complete questions in book, discussion with coach on how well they felt they worked as part of the team</i>

### Things to consider

- Coach will act as team leader for this task to make sure everyone is involved fairly
- Be aware of dominant personalities overshadowing quieter ones
- If the group is large, split into smaller groups and separate tasks allocated
- Task can be repeated if it didn't go to plan the first time. If this happen discuss with the participants what happened and how they can improve for next time.
- Ensure appropriate risk assessment in place

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## INNOVATOR EXPLORER CHALLENGE

Come up with a charitable idea which will benefit others.

This could be to fundraise or provide something to give to your centre, a charity, the local community, or someone in need.

You will need to decide who you would like to support and then come up with ideas for what you could do. Try to be innovative and use some of the tools you have learnt about in the sessions with your coach.

### Examples of charitable ideas:

- Collect blankets/bedding/toys and donations for an animal shelter
- Collect clothing/items for charity shop
- Hold a second-hand clothing sale (riding/yard clothes)
- Put Christmas shoe boxes together
- Raise awareness of a charitable cause
- Collect for a foodbank
- Collect for a women's refuge
- Make Christmas or easter cards or get-well cards and send to children in hospital or to the elderly
- Organised dog walk
- Sponsored ride
- Car wash
- Bake sale
- Make and sell Christmas or birthday cards or other seasonal crafts
- Collect money from recycling  
<https://www.recyclingbins.co.uk/blog/recycle-equals-money/>
- Second hand book sale
- Raffle/auction
- Give your time/volunteer (minimum age 14 years old)
- Further ideas: <https://www.easyfundraising.org.uk/fundraising-ideas#animal-charity-fundraising-ideas>

### Checklist for achievement:

• Come up with ideas.	<i>Use one or all of the following to help come up with ideas; research, group discussion, mind mapping.</i>
• Put the idea into practise.	<i>Contribute towards putting the idea into practise.</i>
• Reflect on what they have done	<i>Complete the table in the Explorer booklet to reflect on what they have done</i>
• Choose an idea and choose who they would like to support.	<i>This should be to help the centre, a charity, the local community, or someone in need.</i>

### Things to consider:

- The minimum age for children to volunteer is 14 years old. For more information please visit: [www.gov.uk/volunteering/when-you-can-volunteer](http://www.gov.uk/volunteering/when-you-can-volunteer).