

NEW ZEALAND
THOROUGHBRED **RACING**



PUREI HŌIHO NĀTI O AOTEAROA

CLASS C PROBATIONER LICENSING

LICENSING PROCESS

RATIONALE

Developing an apprentice jockey's early skills with the proper support is essential to providing a pathway to acceptance on the Elite Jockey Programme, and eventually, becoming a licensed apprentice jockey. NZTR's Class C Probationary Licence is the first step, offering a probationary period that allows the rider to partake in official trials, with the aim of developing their tactical and technical riding skills as well as their confidence to make the step from trial riding to race day riding.

Additionally, Class C Probationers will be supported to develop their skills by their employer, and the regional NZTR riding mentor, who will work with the probationer towards achieving competency that aligns with the riding skills set out in the probationary booklet.

Competency riding at the trials is also a pre-requisite to be put forward for the national licensing course and acceptance onto the NZTR Elite Jockey Programme as a licensed Apprentice Jockey.

PROCESS FOR GRANTING A PROBATIONARY LICENCE

1

Application is made to the NZTR licensing department for a [Class C Probationary Licence](#), with a medical attached and licence fee paid. Probationary licensing courses are a requirement for this licence to be accepted and run regionally with dates published on the NZTR website. Applications should be made one week in advance of the regional probationary licensing course.

2

Applicant attends the regional licensing course and undergoes:

- A fitness test
- Baseline concussion test
- Assessment on the spring horse
- Induction with their employer on riding skill development
- Applicant is signed in to NZQA industry training course

3

The Employer agrees to partake in part 1 of the NZTR employer coaching support programme and signs and submits the probationary agreement to the NZTR licensing panel.

4

Upon passing the fitness test and assessment on the spring horse, the regional riding mentor will arrange with the employer to view the applicant riding three different horses at the jumpouts.

5

Should the regional riding mentor be satisfied of the applicants competency at the jumpouts they will send a recommendation to the NZTR licensing panel.

6

When the NZTR licensing panel is satisfied that the applicant has the necessary skills to become a Class C Probationer and the employer is willing to support their development, a Class C Probationer Licence will be issued.

PROCESS FOR PROBATIONARY PERIOD

1

Probationer begins riding at official trials with the aim of completing a minimum of 30 satisfactory trial rides in a 12-month period.

2

It is the Employers responsibility to provide or secure trial rides for the probationer that align with the opportunity for the probationer to display the riding skills set out in trial booklet.

3

Probationer has an individual performance plan created for them by the training and development team and actively works on achieving the goals set out in this plan to improve their skill sets.

4

Probationer attends all scheduled training days and works through the content of their NZQA industry training course. Employer completes part one of the Employer support programme.

5

The NZTR regional riding mentor will monitor the skill development of the probationer and will put through a recommendation for selection at the scheduled national licensing course for the Elite Jockey Programme.

6

Probationer attends the national licensing course for the Elite Jockey Programme and if accepted is granted a Class B Apprentice Jockey licence and a place on the Elite Jockey Programme.

7

Should the Probationer not be accepted for that intake of the Elite Jockey Programme they will be issued with an updated performance plan. They can continue to ride at the trials and work on their individual improvement plan with the help of the regional riding mentor and their employer.

8

The regional riding mentor will put through a recommendation for selection at the next intake for the Elite Jockey Programme if they are satisfied the probationer has achieved the outcomes of their individual performance plan.

FITNESS TEST

A high level of fitness is integral to the overall health and success of Jockeys. Before being issued a licence to ride in a trial or a race from NZTR all applicants for a Probationary or Apprentice licence must pass the below fitness test. Fitness tests show areas of strengths and weakness and form the foundation for the physical aspect of your individual performance plan.

The assessment is conducted in three parts – a beep test to check aerobic endurance fitness, six exercises targeting different muscle groups, and two exercises testing riding specific fitness. Jockey should have a minimum of three minutes rest between tests.

Each element of the assessment is marked to give you an overall percentage of jockey fitness.

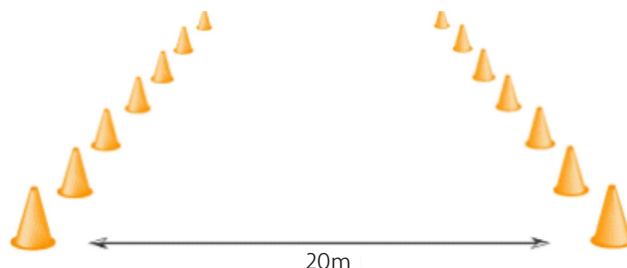
- **To obtain your Probationers licence, you will be expected to achieve 60% (in each exercise) to pass.**
- **To obtain your Apprentice licence, or be declared fit to ride in a race, you will be expected to achieve 70-75% (in each exercise) to pass.**

AEROBIC FITNESS

Beep Test

This test should be conducted FIRST.

A shuttle run test, conducted between two lines 20 meters apart. The participants run continuously between the lines at a pace which increases every minute.



The jockey scores:

100% for achieving level 10 on the test. Each level below 10 will score 10% less, so level 9 will score 90%, 8 at 80%, 7 at 70% etc.

Alternative to beep test – Rower 1500m test

The jockey rows 1500m on the rowing ergometer, with resistance set at 5. The participant should aim for a 2 minute split time.

The jockey scores:

- 360 s (6 mins) 100%
- 390 s (6:30 mins) 75%
- 420 s (7 mins) 50%
- 450 s (7:30 mins) 25%



*Tests modified from the BRS Jockey Fitness Tests

FITNESS TEST

LOWER BODY

Exercise ball leg repetitions and hold (Quads)

Facing away from the wall, and with the gym ball sandwiched between the small of your back and the wall, you will do 20 squats (so that the ball rolls up and down the wall) and then hold a squat position with your knees bent and so that your thigh is horizontal to the ground. You will be asked to hold a 5kg weight to your chest.

Continue this squat for as long as possible up to a maximum of 120 seconds. Please see the scoring guide below.

- 30 seconds 25%
- 60 seconds 50%
- 90 seconds 75%
- 120 seconds 100%



Wobble cushion squats (Hamstrings)

Standing on two wobble cushions (one under each foot) you will be asked to adopt the pushing position. Your knees will need to be bent so that your thigh is horizontal to the ground. You will need to maintain this static position up to a maximum of 240 seconds.

You will score a percentage based on the time you correctly maintain the exercise. Please see the scoring guide below.

- 60 seconds 25%
- 120 seconds 50%
- 180 seconds 75%
- 240 seconds 100%



*Tests modified from the BRS Jockey Fitness Tests

FITNESS TEST

UPPER BODY

Press up Position and Hold

You will adopt a press up position on the ground and be asked to hold this for as long as possible. Keep a 90 degree bend in your elbow with your elbows close to your side.

You will need to maintain this static position up to a maximum of 90 seconds. You will score a percentage based on the time you correctly maintain the exercise. Please see the scoring guide below.

- 23 seconds 25%
- 45 seconds 50%
- 68 seconds 75%
- 90 seconds 100%



Elastic Band Push to Metronome (50 bpm)

Sitting on a bench, in an upright position, with the bend in your knees at a right angle, you will start with your hands at your sides and a light band tension (no slack). You will push the elastic so that your arm is extended fully in front of you whilst keeping in time with the metronome (push your hands forward for every beat of the metronome). You will need to maintain this exercise for up to a maximum of 120 seconds.

You will score a percentage based on the time you correctly maintain the exercise. Please see the scoring guide below.

- 30 seconds 25%
- 60 seconds 50%
- 90 seconds 75%
- 120 seconds 100%



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FITNESS TEST

CORE STRENGTH

Leg raises to metronome (set at 50bpm)

Lie on your back with your arms placed flat down at your sides. Following the metronome beep, raise your feet so that they are pointing to the sky (keeping your ankles together and your legs straight) and return them to the start position on the next beep (lightly touch the ground). So one beep is up and one beep is down. You will need to continue this exercise up to a maximum of 240 seconds.

You will score a percentage based on the time you correctly maintain the exercise. Please see the scoring guide below.

- 60 seconds 25%
- 120 seconds 50%
- 180 seconds 75%
- 240 seconds 100%



The Plank

Start on elbows and knees, locking hands together. Straighten legs and raise your body so that you're supported by the balls of your feet, with feet hip-distance apart. Face the floor, being careful not to arch your back or stick your bottom in the air. You will need to maintain this static position up to a maximum of 240 seconds.

You will score a percentage based on the time you correctly maintain the exercise. Please see the scoring guide below.

- 60 seconds 25%
- 120 seconds 50%
- 180 seconds 75%
- 240 seconds 100%



*Tests modified from the BRS Jockey Fitness Tests

FITNESS TEST

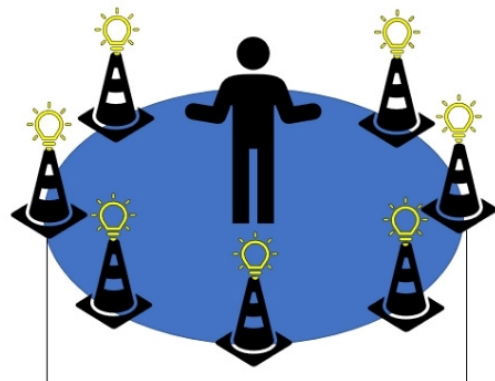
SPORT SPECIFIC

Reaction Time

You will start in the middle of a semi-circle of 8 lights mounted on tripods at ~1m in height. The lights will light up in a random pattern, with a 0.1s delay between the flashes. You must wave your hand over the light, before the next light will flash, as quickly as possible for a duration of 30 seconds.

You will score a percentage based on the number of lights you touch during the 30 second time limit. Please see the scoring guide below. (Every hit above 15 is worth 5%)

- 20 hits 25%
- 25 hits 50%
- 30 hits 75%
- 35 hits 100%



Riding Simulator

Jockeys are required to ride a finish on a riding simulator for up to a maximum of 2 minutes. You will push to the beat of a metronome set at 120bpm. You will be expected to maintain a tidy, balanced and vigorous manner and be able to hold the stick effectively in both hands.

You will score a percentage based on the time you ride. Please see the scoring guide below.

- 30 seconds 25%
- 60 seconds 50%
- 90 seconds 75%
- 120 seconds 100%



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New Zealand Thoroughbred Racing Inc
18 Dick Street, Cambridge, 3434
e: careers@nztr.co.nz | careers.loveracing.nz

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