

# Training Do's and Don'ts

## Do:

- **Move**
- **KISS - Keep It Simple \*\*\*\*\***
- **Content not time**
- **Flexible**
- **Lead by example**
- **Respect gets respect**
- **Admit your mistakes**
- **Give them something**
- **Talk on the chair**
- **FUN**

## **DO move the group.**

Standing around keeps very few people interested, so move! Make sure that the moving has a purpose though. Move with specific goals for doing so, not simply to continue being boring in a new location

## **DO NOT try to stuff 10lbs of manure into a 5lb bag.**

Keep it simple, and cover your topic thoroughly. You will be far more successful covering a small amount of information very well, than trying to cover everything at once. If in doubt, go for less rather than more.

## **DO train for content, NOT for time.**

The goal of your clinics should be firstly to cover a certain amount of information, not to fill a certain amount of time. Do not be afraid to finish early if you cover all your material well in less time than you had allocated, and do not rush to cram too much into your clinic if you start to run out of time. With practice you will become better at evaluating how much time you need for a certain topic, but start off by making sure the information comes first.

## **DO be flexible.**

Every clinic will be different, even if they are on the same topic. Be ready to respond to the needs and dynamics of the group, and go with the flow.

**DO lead by example.**

Your trainees will learn as much from watching how you run the clinic as from what you actually present. As with teaching, your actions will often speak louder than words so make sure you are presenting the perfect picture every time you present a clinic.

**DO NOT disrespect your trainees.**

Respect gets respect, so make sure you are respecting all of the people in your clinic and take the time to learn their goals, motivations and backgrounds.

**DO admit to your mistakes.**

Everybody is human and although we would like to think that we are perfect, we will sometimes be wrong. Trying to cover up a mistake will not help your cause at all, but admitting a mistake and being seen to make an effort to learn from it, is setting a great example.

**DO give them something.**

If people learn something in your clinics they will want to come back. So take the time in every clinic to make sure that you give the trainees something to help them ride or teach better, even if it is not related to the clinic topic.

**DO use chairlifts for talking.**

Lifts are great for groups to talk and share ideas. Use riding time for riding and focusing on movements, and try to use lift rides for discussion times as much as possible.

**DO have fun!**

Safety, FUN and Learning!!

Your clinics will be much more effective if you ensure that your trainees are having fun while they are with you.