

**PONY  
CLUB**



# **RULEBOOK 2024**



**ENDURANCE**

[pcuk.org](http://pcuk.org)

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# OBJECTIVES

Endurance riding is for all Pony Club Branch/Centre Members aged five years and over.

Level 1 & 2 are training rides. If you are capable of riding for two hours or more, and you ride at least three times a week including some canter work, then you and your horse/pony should be able to manage a Level 3 ride. When you and your horse/pony become fitter there are further distances at Levels 4 & 5 that are well within the capability of the average Pony Club Member.

All Pony Club Branches/Centres are encouraged to have a go at running their own rides – even if just a short distance training ride. Should you need assistance or advice please contact The Pony Club Office. Further information is available on the Endurance pages of The Pony Club website.

*“As a Member of The Pony Club, I stand for the best in sportsmanship as well as in horsemanship.*

*I shall compete for the enjoyment of the game well played and take winning or losing in my stride, remembering that without good manners and good temper, sport loses its cause for being. I shall at all times treat my horse with due consideration.”*

# RULES

These Rules are made by the Pony Club Endurance Committee in conjunction with other Pony Club Committees.

The Pony Club Office provides administrative support. Queries relating to these rules should be directed to the Endurance Chairman at [endurancechairman@pcuk.org](mailto:endurancechairman@pcuk.org) and copied to the Office at [endurance@pcuk.org](mailto:endurance@pcuk.org).

Every eventuality cannot be provided for in these Rules. In any unforeseen or exceptional circumstances or any other issue in connection with Pony Club Endurance it is the duty of the relevant Officials to make a decision in a sporting spirit and to approach as nearly as possible the intention of these Rules. It is the competitors' responsibility to ensure that they are complying with the Rules of the competition.

**NOTE: Rules which differ from those of 2022 appear in bold type and sidelined (as this note).**

# THE PONY CLUB ENDURANCE COMMITTEE

## **Chairman**

- ▶ Robert Blane  
endurancechairman@pcuk.org

## **Members**

- ▶ Amanda Barton
- ▶ Rachael Chapple
- ▶ Tom Eaton Evans
- ▶ Fiona Williams
- ▶ Rosemary Attfield (co-opted)
- ▶ Ann Featherstone (co-opted)
- ▶ Lee Sterrey (co-opted)
- ▶ Deborah Custance-Baker (Area Representative)
- ▶ Andrea Hurley (Area Representative)

**Sports Development Officer** - [endurance@pcuk.org](mailto:endurance@pcuk.org)

## **The Pony Club**

Lowlands Equestrian Centre, Old Warwick Road, Warwick, CV35 7AX

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# PART 1 GENERAL RULES FOR PONY CLUB ENDURANCE

## GENERAL

Although our rules are based on those of the appropriate governing body (England and Wales – Endurance GB; Scotland - SERC, Northern Ireland - ILDRA), many have been changed slightly to make them more Pony Club friendly. The rides will become more competitive by using a scoring system with less emphasis on the horse's heart rate, and more attention paid to the speed and distance travelled.

### 1. AGE

All members aged 5 or older are eligible to compete in Pony Club Endurance Rides. In order to compete at an EGB competition (including an EGB qualification ride for the Championships and the Championships themselves) riders must be 8 years old and older on the day of competition.

- ▶ Junior: Members are classed as aged 12 or below on the 1st January of the current year.
- ▶ Senior: Members are classed as aged 13 or above on the 1st January of the current year.

Juniors on 1st January but have reached their 13th birthday before the date of the ride may elect to ride as a Junior or Senior.

### 2. ADULT SUPERVISION

With the exception of Levels 1 & 2 (when supervisors may be dismounted), all Members under the age of 13 on the day of the ride must be escorted by a mounted adult (aged 18 or over) – with a maximum of 2 children to one adult. Even if Juniors are riding in pairs they must be supervised. Escorting adults may be asked to pay an entry fee depending on who is organising the ride.

At the Championships all Seniors MAY compete with adult supervision if required.

	Level 1	Level 2	Level 3	Level 4	Level 5
Senior Members (13+)	Seniors MAY compete with adult supervision.				

Junior Members (under 13)	Riders must be supervised by an adult at all times	Riders must be supervised by an adult at all times	Members must be escorted by a mounted adult at all times	Members must be escorted by a mounted adult at all times	Members must be escorted by a mounted adult at all times
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**Note:** For horse welfare reasons all escort horses at levels 3-5 will be subject to a soundness inspection, with a vetting at the start and finish, as a minimum.

### 3. HORSES

- a) No horse under five years of age is eligible. A horse or pony shall be deemed to reach the age of 1 on the 1st January following the date on which it is foaled and shall be deemed to become a year older on each successive 1st January.
- b) There is no height limit.
- c) Stallions can only be ridden by Members if they have obtained written permission from their District Commissioner/Centre Proprietor and must wear identifying discs on their bridles in the interests of safety.

#### Vaccinations

A valid passport and vaccination record:

- ▶ must accompany the horse/pony to all events
- ▶ must be available for inspection by the event officials
- ▶ must be produced on request at any other time during the event

All ponies/horses must be compliant with the current Pony Club minimum vaccination requirements - please see the website for the current rule.

Note: Events that are held at other venues may be subject to additional specific rules. For example, any horse/pony entering a Licensed Racecourse Property must comply with the Vaccination requirements as set by the British Horseracing Authority. Similar restrictions apply in the cases of certain polo venues. If you are intending to compete under FEI Rules you will need to ensure you are compliant with those Rules.

### 4. DRESS

New equipment is not expected, but what is worn must be clean, neat, tidy







and safe. It is the competitor's responsibility to ensure their dress complies with the Rules. Contravention may incur disqualification.

**a) Hat and Hair Rule**

**Hair:** Must be tied back securely, in a safe manner to reduce the risk of hair being caught and to prevent scalp injuries.

**Hats:** Members must always wear a protective hat when mounted. Only hats to the following specifications are acceptable at any Pony Club activity. The Pony Club is consistent with fellow BEF (British Equestrian) Member bodies in its Standards for Riding Hats. Individual sports may have additional requirements with regard to colour and type. It is strongly recommended that secondhand hats are not purchased.

**The hat standards accepted as of 1st January 2024 are detailed in the table below:**

Hat Standard	Safety Mark
Snell E2016 & 2021 with the official Snell label and number	
PAS 015: 2011 with BSI Kitemark or Inspec IC Mark	
(BS) EN 1384:2023 with BSI Kitemark or Inspec IC Mark	
VG1 with BSI Kitemark or Inspec IC Mark	
ASTM-F1163 2015 & 2023 with the SEI mark	
AS/NZS 3838, 2006 with SAI Global Mark	

**Note: Some hats are dual-badged with different standards. If a hat**

**contains at least one compliant hat standard it is deemed suitable to competition, even if it is additionally labelled with an older standard.**

- ▶ For cross-country riding **(at all levels)** including Eventing, Arena Eventing, Tetrathlon and Hunter Trials, together with Pony Racing (whether it be tests, rallies, competition or training) and Mounted Games competitions, a jockey skull cap must be worn with no fixed peak, peak type extensions or noticeable protuberances above the eyes or to the front, and should have an even round or elliptical shape with a smooth or slightly abrasive surface, having no peak or peak type extensions. Noticeable protuberances above the eyes or to the front not greater than 5mm, smooth and rounded in nature are permitted. A removable hat cover with a light flexible peak may be used if required.
- ▶ No recording device is permitted (e.g. hat cameras) as they may have a negative effect on the performance of the hat in the event of a fall.
- ▶ The fit of the hat and the adjustment of the harness are as crucial as the quality. Members are advised to try several makes to find the best fit. The hat should not move on the head when the head is tipped forward. The Pony Club recommends you visit a qualified BETA (British Equestrian Trade Association) fitter.
- ▶ Hats must be replaced after a severe impact as subsequent protection will be significantly reduced. Hats deteriorate with age and should be replaced after three to five years depending upon the amount of use.
- ▶ Hats must be worn at all times (including at prize-giving) when mounted with a chinstrap fastened and adjusted so as to prevent movement of the hat in the event of a fall.
- ▶ For Show Jumping: hat covers, if applicable, shall be dark blue, black or brown only. Branch/Centre team colours are permitted for team competitions.
- ▶ For Dressage: hats and hat covers must be predominately black, navy blue or a conservative dark colour that matches the rider's jacket for Area competitions or above. The Pony Club Hat silk is also acceptable.
- ▶ For Mounted Games: hat covers, if applicable, shall be dark blue, black or brown only.
- ▶ The Official Steward / Organiser may, at their discretion, eliminate a competitor riding in the area of the competition without a hat or with the chinstrap unfastened or with a hat that does not comply with these standards.



## Hat Checks and Tagging

The Pony Club and its Branches and Centres will appoint Officials, who are familiar with The Pony Club hat rule, to carry out hat checks and tag each hat that complies with the requirements set out in the hat rule with an Pony Club hat tag. Hats fitted with a Pony Club, British Eventing (BE) or British Riding Club (BRC) hat tag will not need to be checked on subsequent occasions. However, the Pony Club reserves the right to randomly spot check any hat regardless of whether it is already tagged.

**Tagging is an external verification of the internal label and indicates that a hat meets the accepted standards. The tag does NOT imply any check of the fit and condition of the hat has been undertaken.** It is considered to be the responsibility of the Member's parent(s) / guardian(s) to ensure that their hat complies with the required standards and is tagged before they go to any Pony Club event. Also, they are responsible for ensuring that the manufacturer's guidelines with regard to fit and replacement are followed.

For further information on hat standards, testing and fitting, please refer to the British Equestrian Trade Association (BETA) website: [British Equestrian Trade Association - Safety and your head \(beta-uk.org\)](http://beta-uk.org)

### b) Body Protector Rule

A body protector is compulsory for **all** Pony Club Cross Country riding (including Arena Eventing) and Pony Racing activities whether it be training or competition. A body protector for these activities must meet BETA 2018 Level 3 Standard (blue and black label).

For general use, the responsibility for choosing body protectors and the decision as to their use must rest with Members and their parents. It is recommended that a rider's body protector should not be more than 2% of their body weight. When worn, body protectors must fit correctly, be comfortable and must not restrict movement. BETA recommends body protectors are replaced at least every three to five years, after which the impact absorption properties of the foam may have started to decline.



### Air Jackets

If a rider chooses to wear an air jacket in Cross country or Pony Racing, it must only be used in addition with a normal body protector which meets BETA 2018 Level 3 standard (blue and black label). Parents and Members

must be aware that riders may be permitted to continue after a fall in both competitions and training rides for Cross Country and / or Pony Racing if the First Aid provider has no concerns about their welfare. In the event of a fall, an air jacket must be fully deflated or removed before continuing, the conventional body protector must continue to be worn. Air jackets must not be worn under a jacket. Number bibs should be fitted over the air jacket loosely or with elasticised fastenings.

**c) Jewellery:** the wearing of any sort of jewellery when handling or riding a horse/pony is not recommended and if done at any Pony Club activity, is done at the risk of the member/their parent/guardian. However, to stop any risk of injury, necklaces and bracelets (other than medical bracelets) must be removed, as must larger and more pendulous pieces of jewellery (including those attached to piercings) which create a risk of injury to the body part through which they are secured. For the avoidance of doubt a wristwatch, wedding ring, stock pin worn horizontally and/or a tie clip are permitted. It is recommended that stock pins are removed for cross country.

**d) Jerseys/Shirts:** Shirts with long sleeves and collars are recommended. As a minimum shoulders must be covered.

**e) Jodhpurs/Breeches:** Any plain/coloured breeches or jodhpurs are allowed.

**f) Footwear:** Only standard riding or jodhpur boots with a well-defined square cut heel may be worn. Plain black or brown half chaps may be worn with jodhpur boots of the same colour. Tassels and fringes are not allowed. No other footwear will be permitted, including wellington boots, yard boots, country boots, "muckers" or trainers. Boots with interlocking treads are not permitted, nor are the boots or treads individually.

Stirrups should be of the correct size to suit the rider's boots (see the Stirrup rule). Laces on boots must be taped for Mounted Games only.

If boots without heels or trainers are worn for comfort reasons are used, then caged stirrups MUST be used.

**g) Spurs:** Are not permitted in Pony Club Endurance.

**h) Whips:** No rider may carry, use or permit to be used a whip greater than 75cm.

At all times, the whip must only be used:

- ▶ For a good reason, as an aid to encourage the horse forward.

- ▶ At an appropriate time, namely when the horse is reluctant to go forward under normal aids of seat and legs.
- ▶ In the right place, namely down the shoulder or behind the leg but never overarm.
- ▶ With appropriate severity.
- ▶ No more than twice for any one incident.

Excessive use of the whip anywhere at the event will result in disqualification:

- ▶ Use of the whip to vent a competitor's anger is always excessive.
- ▶ Use of a whip which causes injury e.g.. Broken skin or a weal, is always excessive.
- ▶ Use after elimination or retirement is always excessive.
- ▶ Use on a horse's head, neck etc. is always excessive.
- ▶ Using the whip from the ground after a rider fall or dismount is always excessive.
- ▶ If the rider's arm comes above the shoulder when using the whip, this is always excessive.

**i) Electronic devices:**

- i. Not allowed whilst the rider is competing (e.g. headphones etc. enabling another person to communicate with the rider). No recording device is permitted (e.g. head / bridle/ body cameras etc.).
- ii. Permitted items are a mobile phone, for use in case of an emergency. GPS systems are also permitted, this may be through systems such as Equilab or What Three Words.

**j) Medical Arm/ Leg bands:** It is compulsory for all Pony Club Members to wear a medical band when participating in an Endurance Ride. Any Pony Club Member seen riding without one will be disqualified. It must contain the rider's details where indicated on the card.

**k) Map Case:** A map of the ride route, in a suitable protective cover, must be carried at all endurance rides.

## **5. SADDLERY**

**a) Saddles:** Type optional. If stirrup leathers are attached permanently to the tree, which is often the case in specialised Endurance saddles, then caged stirrups must be used.

**b) Stirrups:** Stirrups should be of the correct size to suit the rider's boots. They must have 7mm (¼") clearance on either side of the boot. To

find this measurement, tack checkers should move the foot across to one side of the stirrup, with the widest part of the foot on the tread. From the side of the boot to the edge of the stirrup should not be less than 14mm.

There are now many types of stirrups marketed as 'safety stirrups'. All riders must ensure that their stirrups are suitable for the type of footwear they are wearing and the activities in which they are taking part and that the stirrup leathers are in good condition.

There are no prescribed weight limits on metal stirrups, however with the advent of stirrups of other materials, weight limits are frequently given by manufacturers. Any person buying these stirrups, should comply with weight limits defined on the box or attached information leaflets. Neither the feet nor the stirrup leathers or irons, may be attached to the girth, nor the feet attached to the stirrup irons.

It is strongly recommended that the design of the stirrup chosen allows the foot to be released easily in the event of a rider fall. Specific rules for individual sports can be found in the respective sports rulebooks.

Particular focus should be on ensuring that the boot and stirrup are the correct size for the rider taking part and used in line with the manufacturer's guidance.

For the avoidance of doubt, at Pony Club events:

- ▶ stirrups which connect the boot and the stirrup magnetically are not allowed
- ▶ Interlocking boot soles and stirrup treads are not allowed

If boots without heels or trainers are used for comfort reasons, stirrup cages MUST be used.

**c) Numnahs/Saddle Cloths:** Any solid colour is permitted.

Contrasting piping is permitted. Branch logos are allowed when competing for the Branch; logos must not exceed 200 sq. cm. This does not preclude the wearing of clothing for horses or riders that has been presented by sponsors of the Championships in the current or previous years.

**d) Bridles:** Black, brown or coloured bridles can be used and may be leather or synthetic.

**e) Nosebands:** Only one may be worn unless using a standing martingale with a combination, Kineton, drop noseband or similar in which case the addition of a cavesson is allowed. Nosebands must be correctly fitted and should not cause discomfort. Must not incorporate chain or rope.

Sheepskin nosebands are permitted.

**f) Fly hoods, nose nets and ear covers:** Are permitted for all competitions, and may also provide noise reduction. The ear cover/ fly fringe must not cover the horse's eyes.

Ear plugs are not permitted and spot checks may be carried out. Nose nets are permitted. Nose nets must cover the nose only leaving the mouth and bit visible.

**g) Bit guards:** Only entirely rubber and smooth on both sides are permitted.

**h) Martingales:** The only martingales permitted are Irish, Standing, Running or Bib only one of which may be worn at the same time. Standing Martingales may be attached only to the cavesson portion of the noseband fitted above the bit.

**i) Reins:** Market Harboroughs, running, draw or check reins of any kind are forbidden.

**j) Blinkers:** Blinkers or any attachment to the horse/pony or bridle, which may affect the animal's field of vision are prohibited. Sheepskin may be used on the cheek pieces of the bridle providing the sheepskin does not exceed 3cms in diameter measured from the horses face.

The following are NOT allowed/permitted:

- ▶ The use of string, twine or cord in or round the horse's mouth is forbidden.
- ▶ Ernest Dillon reins, Split reins and Bridge reins.
- ▶ Tongue Straps and Tongue Grids.
- ▶ Weighted Boots.
- ▶ Humane Girths (having non-independent straps that will loosen if one of the straps were to break). Humane girths pose an increased risk as many common designs may have complete girth failure if a single strap was to break. Humane girths are not permitted in any Sport, whether during training or competition.

It is the competitors' responsibility to ensure that their tack is in accordance with the rules and that they present themselves for inspection. Any competitor who presents to compete in the wrong saddlery/equipment will not be allowed to compete until they decide to re-present in the correct saddlery/equipment.

Any competitor who then changes their tack after the Tack Inspection will

be disqualified from the competition. The Official Steward has absolute discretion to forbid the use of any bit, gadget, spur or boot which he considers cruel or misused. Saddlery and equipment used during the Tack and Turnout Competition must be the same as that worn throughout the competition, except by permission of the Official Steward/Organiser.

Any equipment not covered in these Rules must be referred at least two weeks in advance of the competition to The Pony Club Office to allow time for the Chairman of the Endurance Committee to be consulted. All tack must be correctly fitted. Disabled riders are welcome to apply to The Pony Club Office to use special equipment.

## **6. ACTION AFTER A FALL**

Any competitor who has a fall on the course MUST report this to the next steward they pass. The competitor should be allowed to continue unless the steward feels they are unfit to do so, in which case the competitor must remain at the stewarding area until passed to go on by a medical authority.

## **7. HEAD INJURY AND CONCUSSION**

There are strict procedures around the response to concussion.

### **a) General Advice**

Head injuries and concussion can be life changing and fatal. Serious head injuries are usually obvious, but concussion can be very subtle. It may not be immediately apparent but should be taken very seriously.

Members may be asked not to ride by an Official (including a first aider) who believes they may have sustained a concussion either at the time of injury or from a previous injury (which may not have been sustained whilst riding). Concussion is difficult to diagnose, and practitioners of all grades must err on the side of caution. Thus, any decision must be respected, and professional medical support is advised to avoid further harm. Ignoring an official's advice about concussion would breach The Pony Club's Code of Conduct.

### **b) Accidents that could cause head injuries or concussion**

Any Member who suffers an incident that could cause head injury or concussion at a Pony Club activity (for example, a fall from their horse/pony) should be assessed by the first aid provider in attendance.

Dependent on the level of first aid cover, the exact process of diagnosing will vary depending/based on whether the Member has suffered:

- ▶ No head injury/concussion
- ▶ Suspected head injury/concussion
- ▶ Confirmed head injury/concussion

The process for diagnosing each option is talked through in more detail below.

From the assessment being carried out it may be immediately obvious that there is no cause for concern. Reasonable care should be taken to ensure Members have not sustained a serious head injury or concussion.

### **c) Unconsciousness**

If a Member is unconscious following an incident they should be treated as if they are suffering with a confirmed concussion and the steps in point vii should be followed.

### **d) Who can diagnose head injury or concussion?**

Diagnosis of a head injury or concussion can be carried out by Trained First Aiders, Qualified First Aiders or Medical Professionals officiating at a Pony Club activity. If there is any doubt as to the diagnosis, the Member should see the highest level of first aid cover that is present, and they should make the diagnosis. If unable to reach a definite diagnosis or the first aider is the highest level of cover at the activity, then the Member should be referred to a hospital or a doctor off site for a professional diagnosis.

The member must not ride again until they have been seen by a doctor/hospital.

### **e) Actions to be taken in the event of a suspected head injury or suspected concussion diagnosis**

If a diagnosis of a suspected head injury or concussion is made by a first aider, the parents/guardians should be advised to take the member to hospital.

Any Member who has been diagnosed with a suspected or confirmed head injury/concussion should not be left alone and must be returned to the care of their parents/guardians where appropriate.

If a Member has a suspected head injury/concussion at an activity/competition, organisers should inform the DC/Proprietor to ensure that the rider follows these guidelines.

Once a diagnosis of suspected head injury or concussion is made by the first aid cover present at the activity, then that decision is final. If a Member

is advised to see a doctor because of suspected head injury/concussion and the parents/guardians decide not to allow the member to be examined (either at the activity or in hospital), the Member will not be allowed to ride again on the day and should be treated as if they have sustained a confirmed head injury/concussion. Depending on the circumstances, the decision not to allow further examination may be considered a safeguarding issue.

Where a doctor subsequently certifies that a Member does not have or did not suffer a head injury/concussion, and provides evidence that they are satisfied the Member is well enough to continue, that Member will be treated as if they did not sustain a concussion and may continue. Officials will endeavour to assess members in a timely way; however, head injuries can evolve over time, which may lead an official or professional to perform a series of assessments. A Member may miss a phase or part of an event during the assessment process and the Sport Rules for missing that phase or part will apply.

#### **f) Actions to be taken in the event of a confirmed head injury or confirmed concussion**

In the event of a confirmed head injury or confirmed concussion diagnosis, the doctor will advise the Member not to ride or take part in any activity that potentially involves hard contact for three weeks. The member may be advised that they could request a review of any ongoing concussion problems by a doctor (with experience in assessing concussion) after 10 days. If that doctor is happy to certify that the Member is not suffering with a concussion, the Member may ride again. Evidence regarding this decision is required, e.g. in the form of a medical letter. If no evidence is provided, the Member should not take part in any Pony Club activity that involves horses/ponies, whether mounted or unmounted, for at least three weeks after the initial injury.

#### **g) Actions to be taken in the event of a diagnosis of a confirmed or suspected head injuries/concussions outside of Pony Club activities**

Ultimately, it is the parents/guardians responsibility to make a decision about the welfare of their child.

If a Pony Club Official becomes aware that a member has sustained a suspected or confirmed head injury/concussion and has been advised not to take part in any potentially hard contact activities, the Member must not be allowed to take part in any Pony Club activities that involves horses/ponies, whether mounted or unmounted for three weeks, unless appropriate medical evidence of fitness to ride can be provided by parents/



guardians dated at least 10 days after the initial injury.

Please see Appendix C for the Head Injury and Concussion Flowchart.

## **8. MEDICAL SUSPENSION**

If a Member has been suspended from taking part in any activity/competition/sport for medical reasons, this suspension must apply to all Pony Club activities until such time the Member is passed fit by a medical professional to take part. It is the Member and parent/guardian's responsibility to ensure this rule is adhered to.

Medical letters are required, following a suspension for medical reasons, to allow a Member to take part in any activity again. The letter should be issued by either the hospital or specialist(s) involved in treating the injury, where appropriate.

## **9. UNSEEMLY BEHAVIOUR**

Unseemly behaviour on the part of riders, team officials, or team supporters will be reported as soon as possible by the Official to The Pony Club Office, and they may be penalised by disqualification of the Branch or Branches concerned for a period up to three years.

Any competitor who in the opinion of the Official Steward, or Organiser, has been extremely rude or aggressive towards any officials at a competition or who has behaved in an aggressive or unfair manner to their horse may be disqualified.

## **10. PERFORMANCE-ENHANCING DRUGS**

All performance-enhancing drugs are strictly forbidden and The Pony Club supports 100% clean sport.

### **a) Equine – Controlled Medication**

It is essential for the welfare of a horse/pony that appropriate veterinary treatment is given if and when required. Some medication, however, may mask an underlying health problem so horses and ponies should not take part in training or competition when taking such medication and any Therapeutic Use Exemptions (TUE) should be confirmed in writing by a Vet.

For more information, please refer to the Welfare of Horses and Ponies at Pony Club Activities Policy, available on The Pony Club website.

## **b) Human**

Performance-enhancing drugs are forbidden. The Pony Club supports the approach taken by the UK Anti-Doping Agency in providing clean sport. The Pony Club disciplinary procedures would be used in cases where doping may be suspected including reporting to the UK Anti-Doping Agency.

### **Testing**

All competitors should be aware that random samples may be taken for testing from both themselves and/or their horse/pony. The protocol used will be that of the relevant adult discipline.

Competitors and their horses/ponies at national or international level may be subject to blood tests in line with the Sports Council Policy on illegal and prescribed substances. All young people competing at these levels should be made aware of this.

### **Reporting**

i) Anyone who has reasonable grounds for suspecting that a Member is using or selling an illegal substance must report their concerns to the District Commissioner/Centre Proprietor as soon as practicable. If there is an immediate risk to the health, safety or welfare of one or more Members then the Police must be informed as soon as possible. The person reporting their concerns must ensure that any material evidence is retained and should not influence any police investigation.

ii) Upon receiving a report of suspected use or selling of an illegal substance, the District Commissioner/Centre Proprietor should carry out an immediate investigation of the incident and the circumstances in which it occurred, and then decide upon the appropriate action to be taken. This will include:

- ▶ Informing the Member's parents/guardians
- ▶ Informing The Pony Club Area Representative who in turn will inform The Pony Club Office
- ▶ Informing the Police
- ▶ Suspending the Member concerned while investigations are completed
- ▶ Awaiting the completion of Police investigations and actions

### **Disciplinary Action**

The normal disciplinary procedure should be followed in cases relating to alcohol or drugs, which can be found in The Pony Club Handbook.

## **11. DISQUALIFICATION**

The Official Steward may disqualify a competitor at any stage of the competition for:

- ▶ Dangerous riding.
- ▶ If, in their option, the horse is lame, sick or exhausted.
- ▶ Misuse of whip, bit, or ill-treatment of the horse.
- ▶ Breach of the rules.
- ▶ Unseemly behaviour, including bad language.

## **12. SPONSORSHIP**

In the case of the competitors and horses, no form of advertising, and this includes a sponsor's name, may appear on the competitor's or horse's clothing and equipment at any Pony Club competition. This does not preclude the wearing of clothing for horses or riders that has been presented by sponsors of the Championships in the current or previous years. Any advertising material that is used by sponsors, whether it is in the form of display banners or programme material, must be tasteful, and not inappropriate to the image of The Pony Club.

## **13. INSURANCE**

The Pony Club 'Public and Products Liability Insurance' Policy includes cover for all the official Area Competitions and the Championships. Details of this insurance are available on The Pony Club website.

In the event of any accident, loss or damage occurring to a third party or to the property of a third party (including the general public and competitors) no liability should be admitted, and full details should be sent at once to The Pony Club Office.

# PART 2 - ADMINISTRATIVE RULES FOR PONY CLUB ENDURANCE

The Health and Safety/Legal Liability statements should be included in all event schedules

## 14. HEALTH AND SAFETY

Organisers of this event have taken reasonable precautions to ensure the health and safety of everyone present. For these measures to be effective, everyone must take all reasonable precautions to avoid and prevent accidents occurring and must obey the instructions of the organisers and all the officials and stewards.

## 15. LEGAL LIABILITY

Save for the death or personal injury caused by the negligence of the organisers, or anyone for whom they are in law responsible, neither the organisers of this event or The Pony Club nor any agent, employee or representative of these bodies, nor the landlord or his tenant, accepts any liability for any accident, loss, damage, injury or illness to horses, owners, riders, spectators, land, cars, their contents and accessories, or any other person or property whatsoever. Entries are only accepted on this basis.

## 16. ROAD RIDER TEST

As Endurance Rides commonly include riding on the public highway it is strongly recommended that members take The Pony Club Road Rider Test and/or BHS Road Safety Test as soon as they are old enough to do so. Younger members who are still being escorted by adults will benefit from taking the Mini Road Rider and Road Rider Achievement badges.

## 17. MEDICAL AND VETERINARY

- a) **Medical:** Please refer to the Health and Safety Rule Book and The Pony Club website for more information.
- b) **Veterinary Cover:** Please refer to the Health and Safety Rulebook and The Pony Club Website for further information
  - i. **Branch Rides** - Arrangements should be made for a Veterinary Surgeon to be 'on call' and to be able to attend the site in a reasonable time. The telephone number should be noted in the Secretary's tent.

- ii. **At affiliated rides and the Championships** there will be vets on site. The Veterinary Surgeon and medical personnel and the Ambulance are best situated near Control/the ring.

## **18. FIRST AID**

A tarpaulin should be available to cover a horse should one be killed, and the contact details for the local disposal should be readily available; the Secretary's Tent is recommended. See the Health and Safety Rule Book for further information.

It is recommended that Members carry a small first aid kit on their person (if you do have a fall and your first aid kit is attached to your saddle it may be unavailable just when you need it most). At the very least you should carry a wound dressing in your pocket. Your emergency kit could contain the following:-

- ▶ A triangular bandage
- ▶ A wound dressing
- ▶ Vet wrap or similar
- ▶ Space blanket, the foil ones will fold into a tiny package
- ▶ Glucose sweets
- ▶ Whistle
- ▶ A small length of string - baler twine will do, a leather shoelace is unbeatable
- ▶ Some riders like to include a small or folding hoof pick
- ▶ It is also a good idea to have a mobile phone with you

## **19. MASTERCARDS**

Mastercards are the only form of acceptable proof of previous distance/qualification. You must keep it safe and present it to the Ride Secretary at the start of every ride. Mastercards are available free on the website to download, members changing pony will need a new one. Mastercards are individual to the pony and rider combination.

## **20. ENTERING EGB, SERC OR ILDRA RIDES**

Log on to Endurance GB website ([endurancegb.co.uk](http://endurancegb.co.uk)) or the SERC website ([scottishendurance.com](http://scottishendurance.com)) or the ILDRA website ([ildra.co.uk](http://ildra.co.uk)) where this year's venues and schedules can be found.

Pony Club members doing an EGB ride need to become an Endurance GB Club Member (free of charge). This will allow you to enter online and be automatically entered for The Pony Club Endurance Points League. For further details check The Endurance GB website.

## 21. RIDES AVAILABLE

**a) Ride Levels:** We continue to work closely with the governing bodies but please note that EGB/SERC/ILDRA rules will differ slightly from those of The Pony Club. Should you be competing in one of their rides, their rules must be obeyed at all times.

	Level 1	Level 2 Grassroots	Level 3 Novice	Level 4 / Intermediate	Level 5/ Open
Distance	Under 10km	10-19km	20-29km	30-39km	40+ km
Allowance	There is a +/-5% allowance on distance for rider organisers, to permit safe route to be created (for example a level 4 ride could be 41km if required) Please see Performance Formula				
Speed	12kmph or under	12kmph or under	8-12kmph	8-13kmph	10-15kmph
Optimum Speed	<b>Competitors who go over the optimum speed will not be disqualified but will only have the maximum speed used in the Performance Formula. Competitors who complete slower than the optimum will be disqualified.</b>				<b>Competitors going either faster or slower than the speed specified will be disqualified</b>
Scoring	Results will be achieved by using The Pony Club Performance Formula				
Eligibility (Ages are of the 1st January)	5 years and over	5 years and over	8-12 years (Juniors)  13 years and over (Seniors)	8-12 years (Juniors)  13 years and over (Seniors)	11-12 years (Juniors)  13 years and over (Seniors)

Note: If you are delayed on the course for any appropriate reason then a time allowance may be given.

**b) Vetting:** Horses taking part in a Level 3 - 5 ride (and in Levels 1 - 2 rides if required) need to have their heart rate taken and to be trotted up for soundness before the ride and within 30 minutes of finishing. This will be in front of the Official Vet approved Pony Club Official. Lameness before or after the ride will result in disqualification, as will a heart rate of over 64bpm. No representation will be allowed at the final vet's inspection. Level 5 rides

may also include a midway vet hold/ gate. The Championships at this level WILL include a vet hold/gate.

**c) Vet Gates:** Riders have 20 minutes to present to the vet after entering the vet hold. The vetting will be conducted in the same manner as a start or finish vetting. Should a vet gate be failed due to an elevated heart rate, the competitor will be allowed to re-present, provided that this is still within the initial 20 minutes allowed. Only one re-presentation is allowed. The ride time does not stop until the horse has been successfully presented to the vet. Once the horse has passed the vetting, it enters the hold period which will be 30 minutes. Riders should start the final section of the ride after this time.

Note: The ride time will recommence from 30 minutes after the horse has successfully presented to the vet - whether the rider is ready to depart or not.

Bridles must be worn at all trot ups and the handler must wear a suitable riding hat and gloves.

Any horse who fails the vetting at any point must be passed fit to travel before leaving the venue.

# PART 3 - RULES FOR PONY CLUB ENDURANCE

## 22. QUALIFYING FOR THE CHAMPIONSHIPS

At Open and Intermediate level; To qualify for the championships, horse and rider must have successfully completed two rides of the appropriate distance and speed. This does not have to be the combination of horse and rider as long as each has completed two qualification rides.

At all qualification rides horses must have their heart rates taken and be trotted up for soundness by a vet, an EGB official or a PC official, with the results recorded on their Pony Club Endurance Mastercard.

**At Novice level; to qualify for the championships, horse and rider must have EITHER:**

- ▶ **successfully completed two rides of the appropriate distance and speed (this does not have to be the combination of horse and rider as long as each has completed two qualification rides); or**
- ▶ **gained a 100 mile achievement on the Pony Club Hacking Challenge as a combination**

At Grassroots level no qualifying ride needs to be completed prior to entering the Grassroots class at the Endurance Championships. All riders at the Pony Club Endurance Championships must be 8 years old and older on the day of competition.

These rides must have been achieved since 1st September 2021 and at least two of them completed in the current year and one of them at an EGB national ride.

- a) To qualify for the Novice Championships (Level 3) horse and rider must have successfully completed two rides of 20k or over at a speed between 8 and 12kph.
- b) To qualify for the Intermediate Championships (Level 4) horse and rider must have successfully completed two rides of 30km or over at a speed of between 8 and 13kph.
- c) To qualify for the Open Championships (Level 5) horse and rider must have successfully completed two rides of 40km or over at a speed of between 10 and 15kph.



## 23. CHAMPIONSHIP ELIGIBILITY

- a) All competitors must be Members of The Pony Club at the closing date for entries to the competition.
- b) Please also refer back to General Rule 1 regarding Members Age at Championships.

## 24. CHAMPIONSHIP SECTIONS AND INFORMATION

The Championships will be run with the following classes using these speeds, Open 10 to 15 kph, Intermediate 8 to 13 kph, Novice 8 to 12 kph and Grassroots 12 kph and below. If there are sufficient entries classes will be divided between Senior and Junior competitors.

- a) Teams:** Teams made up of 4 Members from all levels (Novice, Intermediate or Open) and ages. The best 3 scores to count.

If there are insufficient members to make up a Branch team then Area teams may be formed. A similar team competition will be available for the Grassroots class. Team members will also be eligible for the individual awards. All Juniors must be escorted by an Adult.

### b) Substitutions

Any substitution must have correctly fulfilled the qualifying criteria. Please ensure the Ride Secretary is informed on any substitutions in order to be confirmed.

- c) Speed and Distances** (Approx- will be confirmed on the day) for the Championships.

Level	Speed	Distance for Championships (KM)
Grassroots	12 kph and below	15 - 25 (+/- 5%)
Novice	8 to 12 kph	30 - 40 (+/- 5%)
Intermediate	8 to 13 kph	40 - 50 (+/- 5%)
Open	10 to 15 kph	50 - 60 (+/- 5%)

### d) Rosettes:

- ▶ All riders successfully completing the ride and passing the vet will receive a Completion rosette.
- ▶ Individuals will be placed 1st-6th in all sections.
- ▶ Teams will be awarded 1st-4th.

- ▶ Additional awards and prizes may be given dependent on entry numbers.

**e) Medals (Bronze/Silver/Gold):**

These will be awarded to riders in the Championship, in addition to any placing, provided that riders have successfully completed the ride, passed the vet and achieved the appropriate speed.

Speed Averaged (km/hour)	Medal
10+	Bronze
11+	Silver
12+	Gold (Open and Intermediate Only)

**f) Prizegivings:** Mounted or dismounted, competitors must be correctly dressed in their competition riding clothes. Only tack that falls within the rules of the competition will be allowed.

## 25. ENTRIES

Preliminary entries must be made online through The Pony Club website up to 3 weeks before the Championships.

For Open, Intermediate, Novice and Grassroots: Competitors must submit a copy of their Pony Club Mastercard to show the sufficient rides of the correct distance and speed have been achieved.

A further full entry will need to be completed nearer to the date of the competition. Details of this will published when available. If members wish to compete in longer distance rides before the Championship this will not affect their original submitted qualification.

## 26. WITHDRAWALS (for all Competitions)

If a Branch or Centre withdraws a team or individual prior to the closing date for a competition, a full refund of entry and stabling fees will be made, less an administration charge. Withdrawals after the closing date for a competition will not be refunded.

Where rides are run in conjunction/ partnership with other organisations and entries made via their booking systems alternative refund guidance may apply, please see the schedules for full information.

## 27. ABANDONMENT (for all Competitions)

In the event of a competition being abandoned, for whatever reason, a refund of 50% of the entry fee will be given. In such an instance the refund process will be communicated and must be followed.

Where rides are run in conjunction/partnership with other organisations and entries made via their booking systems alternative refund guidance may apply, please see the schedules for full information.

## 28. ADDITIONAL AWARDS

Awards and qualifications may be awarded when the full distance has been completed at the required speed and the horse has passed the vetting stage.

**a) Rosettes:** To be ordered by ride organisers from The Pony Club Office, at a cost of £2.00 per rosette for Branches and Centres. Completion rosettes of the appropriate Levels 1 - 5 will be presented to those who have completed a ride successfully.

If you complete a ride successfully at an event run by another organising body you may also receive a completion rosette or other award from them.

**b) Mileage badges:** To be sewn on to the arm of your Pony Club sweatshirt. For Members accomplishing accumulative distances of 100km, 250km, 500km, 1000km and every 1000km thereafter. A copy of the Mastercard/s should be submitted and the badges purchased by branch officials from The Pony Club online shop.

**Note:** Distance applies to rider and can therefore be accumulated on more than one pony. Members achieving these levels will be included on The Pony Club Endurance roll of honour.

**c) Endurance Competition Badges:** The Pony Club Endurance Competition and Intro to Competition Badges have been designed to highlight the important issues in competitive Endurance and encourage good training of horses and ponies. They offer Branches and Members a straightforward syllabus to practise the skills required for beginning Endurance riding.

- ▶ Intro to Endurance Competition Badge – for younger or less experienced Members who are just starting out in the sport. This badge helps Members to understand the basics to help them get ready to compete.
- ▶ Endurance Competition Badge – for slightly older or more experienced

Members who are ready to or have already started to compete in the sport. It will help you to understand the rules of the sport and what is expected of the pony and rider in order to be successful in a Novice competition.

## **29. ADDITIONAL REQUIREMENTS**

The Pony Club realises that some Members may have additional requirements for taking part in Endurance and that some barriers do exist. Therefore, The Pony Club, when appropriate, will consider positive action to ensure that the sport is accessible to everyone. Members, or their parents, who have concerns are encouraged to contact Pony Club Office.

# APPENDICES

## APPENDIX A – PONY CLUB PERFORMANCE FORMULA

The Performance Formula should be worked out as Points:

$$\text{POINTS} = \frac{(2 \times \text{Speed} - 5) \times 100}{\text{Heart Rate}}$$

## APPENDIX B – FAQs ABOUT THE PONY CLUB ENDURANCE RIDES

### What is an Endurance ride?

It is a ride, usually over open country, along a specified route for a set distance with specific speed requirements. You will be issued with a map of the route a few days before the competition which you will need to study carefully and measure, in order to plan your ride pace and finish in time. There will be checkpoints along the route at which you must ensure the steward records your competitor number. Most competitive rides also require the horse or pony to be vetted before and after the ride.

The main body for overseeing Endurance Riding in England and Wales is Endurance GB (E.G.B), in Scotland it is SERC and in Ireland it is ILDRA The Pony Club are working closely with these bodies to ensure that Pony Club Members will have access to rides run by all these bodies as well as those run by Pony Club Branches, Centres and Areas.

### What is a Level 1/2 training ride?

Level 1-2 is the name given by The Pony Club to the shortest of their recognised ride levels. It is intended primarily as an introductory training level and is most likely to be organised within your Branch or Centre.

The ride of under 10km that needs to be completed at a pace of no more than 12kmph. Merlin is a ride of 10-19km that needs to be completed at a pace of no more than 12kmph. There is no minimum speed but if you are intending to progress to the longer rides then it would be good practice to aim for the level 3 minimum speed of 8kmph. Vetting is not compulsory at this level but if offered can give you a much better idea of how your pony has coped.

### What are the Level 3-5 rides?

These rides are the three different competitive levels within Pony Club

Endurance. The distance of the route you are required to ride will increase as you move up the levels (min 20km – max 50km). It is not necessary to have completed any Level 1/2 rides before entering Level 3 but many Members prefer to do so. Members who wish to progress to Levels 4 and 5 will need to have completed a minimum of 2 rides at the previous level.

### **How are results achieved in these rides?**

Graded rides and Pleasure rides run by the governing bodies EGB/SERC/ILDRA are non-competitive but you need to complete between the speeds stated in the current rules. Going too fast or too slow will result in elimination. Rides at these levels will require the pony to be vetted before and after the ride. Failing the vetting will result in elimination so it is important that you prepare your pony properly.

All combinations who successfully complete the course and pass the vet will receive a Completion award. At a Graded ride your Grade will be worked out based on the speed you rode at and the final heart rate of your pony. The idea is that fitter ponies will do better.

At Pony Club events all Levels can be run as non-competitive Training rides but Level 3-5 rides can also be run as a competition. In this case the result is achieved by using The Pony Club Performance Formula.

### **Who can participate and how do I know which class to enter?**

Pony Club Endurance is designed for all Branch and Centre Members aged five years and over. Anyone with a sound pony/horse can participate in Endurance at Pony Club level, you do not need a particular breed or type of pony or specialist equipment.

Riders may begin at Levels 1-3 – there is no restriction against older members competing at the novice levels. However, if you or your pony have never competed in Endurance before it would not be advisable to begin higher than the Merlin level. First time riders are frequently surprised by the speed required in order to complete within the time allowed at Levels 3 and above and it is easier to practise this on the shorter distances to begin with.

### **What do I do when I get to the ride?**

- ▶ Take your Mastercard to the Ride Secretary
- ▶ Check for any route changes
- ▶ Collect your number and sticky ID labels
- ▶ Walk out and relax your horse
- ▶ Have shoes checked by farrier if present. Have him sign your vet sheet
- ▶ Take horse (with vet sheet) to vets inspection

- ▶ Present fully tacked up horse and yourself in riding gear to Tack Check Steward if present
- ▶ Start Ride

### **What does the vetting entail?**

At most Endurance rides competitors will be required to trot their horse up for the vet both before they start and within 30 minutes of completing.

Failure to do so can result in disqualification. The handler must wear a hard hat and gloves and horses must be trotted up in a bridle, so that the horse is under control. They should not be saddled nor have boots, bandages or hoof oil on. The leader need not be the rider but must wear the competitor's number bib for identification. The trot up is over 20m - 30m and must be done with a loose rein. The vet will observe the trot up for signs of lameness and pick up the feet. He may also look into the mouth and examine the horse for signs of external injury and dehydration. It is a good idea to ensure that your pony is used to having these things done by a stranger. At Levels 3-5 and sometimes at Level 2 the vet will also take the heart rate. In general a heart rate of over 64bpm will result in disqualification and the lower the heart rate the better in rides where it is used to determine points or qualification.

Note: At rides run by Pony Club Branches/Centres the vet check may be carried out by a senior Pony Club Official with the aid of an electronic heart rate monitor or stethoscope.

### **What other checks are carried out?**

At The Pony Club Endurance National Championships and most EGB/SERC/ILDRA national rides there will be a Farriery check. Horses should have good, new shoes or, if barefoot, have had their feet trimmed recently - especially for longer distances.

Pony Club Rides will also include a tack check after vetting and immediately prior to starting. Failure to present in correct tack and riding gear will result in you not being allowed to start so it is important that you check the rules carefully. This is one area where Pony Club rules do differ from those of the governing bodies.

### **What happens at a vet gate/hold?**

In Pony Club rides you will only have a vet gate/hold in Level 5 rides. In EGB/SERC/ILDRA rides they usually only incorporate them for distances of 50km or greater, but rules do vary depending on the governing body, so you are advised to check if you are competing at this level.

The vet gate is essentially just a midway vet check to ensure that the horse is coping well and is fit to continue. (See rules for full details on timing/presentation etc.) There will usually be a specially designated “hold” area for competitors and their crews near to the vetting lanes but it is not always at the start venue – it is sensible to familiarise yourself with the location before the ride and set up as much as possible of what you will need. Find out where the toilets are, and where the timekeepers and vet gate timekeepers are situated, where the water is if any. Get everything ready for horse and rider. On arrival you need to work quickly and quietly. Remove saddle and pour water all over horse including the rear end. Wash and walk the horse in a figure of 8, wash between back legs, check pulse and keep an eye on rugs. Know what is normal for your horse. You will need to be quick, quiet, confident and organised. At the vet gate the rider should rest, eat and drink, and after the vetting the horse should do the same. Make sure the rider is cool and drinks plenty of liquids even if they say they are not thirsty. Crews must remember to eat and drink also. Keep an eye on time and be ready to leave the vet hold at the correct time, as the clock will start even if you are not ready to set off.

### **How will I know the route?**

All competitors will be given a photocopied map on which the route is marked, and sometimes a written description of the main route features. The route is partially marked (usually with spray chalk or fluorescent ribbons) – generally only at major changes of direction.

Part of the challenge and enjoyment of Endurance riding is to use your map to navigate the route successfully. You should also always check at the secretaries' caravan for any last minute route changes.

### **What's to stop me from taking a short cut?**

The route will be stewarded at certain checkpoints, at which your number is recorded and relayed back to the secretary. This also helps the Organiser keep track of riders in the event of an emergency. Please note that it is YOUR responsibility to ensure that your number is recorded – if it isn't you could be eliminated!

### **Can I ride with my friends?**

If you have friends that are entered in the same class as you and you want to ride together then it is usually possible to do so. Just ask the ride secretary when you enter and they will make sure that your vet/start times are similar. It is quite common at Endurance rides to see groups of two to five riders going round together. Larger groups are not generally started together.



## **What's to stop me simply following the rider in front?**

Each small group of riders will generally be started a few minutes apart, this will mean that riders are less likely to bunch up and will also stop the ponies from thinking it is a race. It is possible that you will catch up with other groups around the route but you should beware of following them blindly – they might be lost, or riding a different route!

## **Can I overtake riders who are going slower than me?**

Yes. First ask their permission and then pass slowly, leaving sufficient room and always say thank you.

## **How fast do I have to ride?**

8-12kmph (Novice) 8-13 kmph (Intermediate) 10-15kmph (Open) requires that you do most of the route at a strong working trot, with some canter. This will give you enough time to walk or stop to get your bearings. You will be able to canter on some parts of the route if you are running late, however remember finishing too early is as bad as finishing too late, as this suggests that your pony has had to run too fast, and will also lead to a higher finishing heart rate. As a benchmark all riders and ponies should be in a fit state to complete 50% of the ride distance again after they have completed the set ride.

## **How do I know how fast I am riding?**

Checkpoints will be marked on the route map. Working out the distance between these or other landmarks will give you an indication of how much time it should take you to reach each checkpoint. Using the map provided to plan how you will ride each section according to terrain/speed should all be part of your preparation for the event.

## **What is my ride Mastercard and why is it important?**

Your ride Mastercard forms the only acceptable record of your Endurance riding achievements. It is therefore a very important document which it is your responsibility to hand to the secretary at the start of each ride. The secretary will complete and validate your card each time you compete. No awards will be back dated due to loss of a card or failure to present it on the day.

There are two reasons this rule is so strictly adhered to:

- ▶ For welfare reasons equines are not usually allowed to compete at more than 10 Endurance rides in a year. The record card allows secretaries to monitor this.

- ▶ As riders can compete at events run outside The Pony Club it is not possible for The Pony Club or ride secretaries to verify results for eligibility, qualification and awards otherwise.

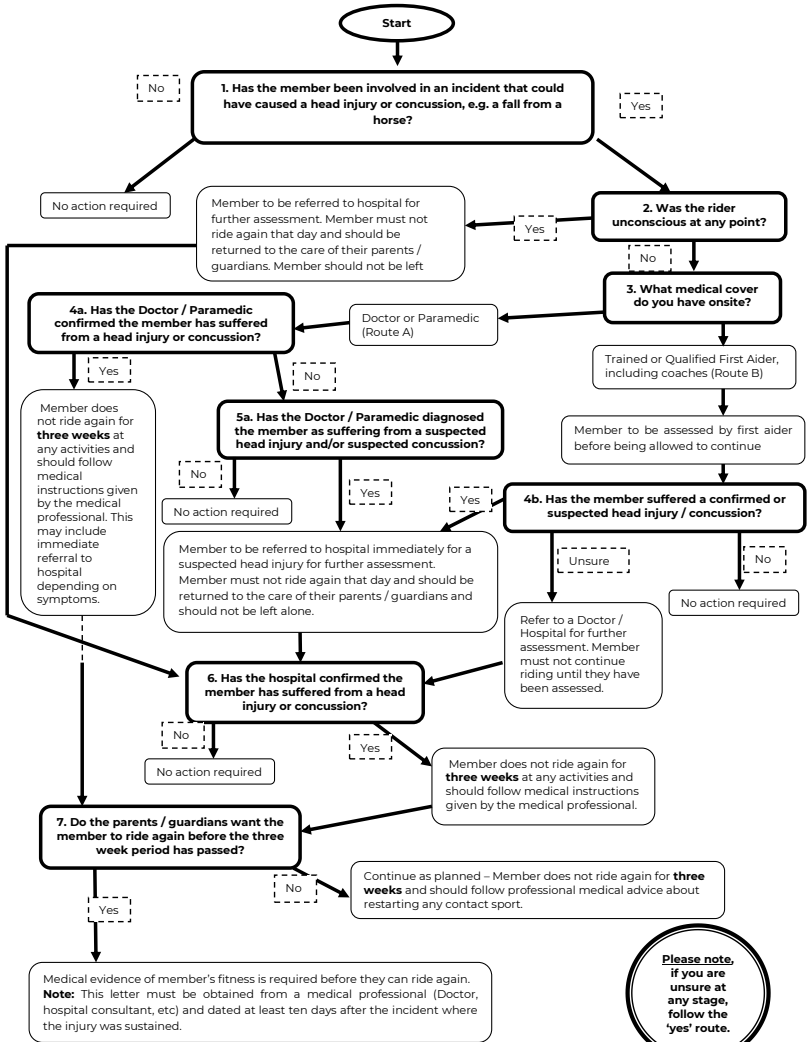
It is imperative that you collect a Mastercard from your Branch/Centre Secretary, or request one from The Pony Club Office, in advance of your first ride and you take it to every Endurance Ride that you participate in. You will not be allowed to ride if it is not presented to the ride secretary in advance of the ride.

### **What do you mean by a team/rider “crew”?**

The team or rider's crew is the term given to non-riding support personnel. A crew will usually meet riders at points along the route to offer drinks to both horse and rider and to “slosh” the pony with water. This will keep its temperature down and thereby reduce its pulse rate (tip - water in old milk or fabric conditioner bottles are excellent for pouring on top of the horse's neck). Routes will often be marked with “good crewing points” where road access and parking are reasonable. Crew will also help with caring for the horse after the ride, with the aim of reducing his heart rate as far as possible for the vetting.

As you can perhaps imagine, for advanced level riders crewing becomes a serious and highly technical affair, however at Pony Club level it is probably only really necessary for rides of 30km plus or if team managers are concerned about particularly novice riders. Ride details will tell you whether there is water provided at the venue and en route. However bringing your own (especially on hot days) for the finish is advisable even if you do not intend to “crew”.

# APPENDIX C – HEAD INJURY AND CONCUSSION FLOWCHART





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