ENDURANCE RULES

VALID ONLY FOR 2014

These Rules apply to ALL Pony Club Endurance Competitions

Issued by
PONY CLUB HEADQUARTERS
Stoneleigh Park, Kenilworth, Warwickshire, CV8 2RW
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CONTENTS

Pony Club Endurance Rules
  1. Age .......................................................................................................... 4
  2. Horses ...................................................................................................... 4
  3. Dress ....................................................................................................... 4
  4. Saddlery .................................................................................................. 6
  5. Disqualification ........................................................................................ 7
  6. Unseemly Behaviour ............................................................................... 7
  7. Performance Enhancing Drugs................................................................. 7
  8. Suspension ............................................................................................... 8
  9. Continuing After a Fall ............................................................................... 8
 10. Concussion .............................................................................................  8
 11. Health and Safety .................................................................................... 8
 12. Insurance .............................................................................................. 8
 13. Legal Liability ........................................................................................ 8
 14. Medical and Veterinary .......................................................................... 9
 15. Sponsorship ........................................................................................... 9
 16. Road Rider Test ..................................................................................... 9
 17. Adult Supervision .................................................................................. 10
 18. Additional Requirements ....................................................................... 10
 19. Medical Armbands .................................................................................10
 20. First Aid ..................................................................................................10
 21. Rides Available .................................................................................... 11
      a). Ride Levels ..................................................................................... 11
      b). Vetting .......................................................................................... 11
      c). Qualification .................................................................................. 12
      d). Eligibility ...................................................................................... 12
      e). Area/Championship Teams .......................................................... 13
      f). Substitutions ................................................................................ 13
      g). Entry Fees ................................................................................... 13
 22. Championships ................................................................................... 14
      a). Requirements ................................................................................. 14
      b). Championship Sections ............................................................ 14
      c). Distances ...................................................................................... 14
      d). Awards .......................................................................................... 15
 23. Entering EGB, SERC or ILDRA Rides ................................................ 15
 24. Mastercards ....................................................................................... 15
 25. Awards ................................................................................................. 15
 26. Hacking for Fitness ............................................................................. 16

FAQs ........................................................................................................ 17
Appendix A ............................................................................................... 22
Appendix B ............................................................................................... 23
Appendix C ............................................................................................... 27
Area Dates ................................................................................................ 27

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OBJECTIVES

Endurance Riding is for all Pony Club Branch and Centre Members aged five years and over (including Associates). The Pony Club is running Endurance as a discipline with training rides, competitions, Regional Qualifiers and a Championship.

Level 1 and 2 training rides are suitable for all Pony Club Branch and Centre Members aged five years and over (including Associates).

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 any Pony Club Endurance ride up to Novice/Level 3.

When you and your horse/pony become fitter then the further distances of Levels 4 & 5 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 is just a short distance training ride. Should you need assistance or advice please ring The Pony Club office or alternatively ring Robert Blane, The Pony Club Endurance Chairman, who will be delighted to help in any way possible.

Included you will find
- Rules for Pony Club Endurance
- Information for team trainers, riders and parents

Further information for organisers on how to run a ride is available from the Endurance pages of The Pony Club website.

The Pony Club Endurance Committee

Chairman: Mr. R. Blane
Tel: 01845 526185

Members: Mrs J. Carnegie (A.R.)
Mrs D. Taylor (A.R.)
Mrs R. Attfield
Mrs P. Coster
Mrs R. Hogarth
Mrs J. Claridge
Mrs N. Parsler

Secretary: c/o Pony Club Head Office, Stoneleigh
Email: enquiries@pcuk.org

Health & Safety Officer: Bill Cook (07768 495918)

NOTE: Rules that differ from those of the 2013 edition are printed in bold and sidelined (As this note).
THE PONY CLUB ENDURANCE RULES

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 (especially with reference to adult supervision) 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.

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.

1. AGE
All Members of the age 5 or older and Associates, are eligible to compete in Pony Club Endurance Rides. Please see Rule 19 for variations to this rule. Senior Members are classed as aged 13 or above on the 1st January of the current year. Junior Members are classed as aged 12 or below on the 1st January of the current year.

2. HORSES
   a) No horse under the age of five years of age is eligible.
   b) There is no height limit.
   c) Stallions can only be ridden by Members if they have obtained written permission from their District Commissioner and must wear identifying discs on their bridles in the interests of safety.

3. DRESS
The Pony Club expects Endurance Riders to wear suitable and safe dress. New equipment is not expected, but what is worn must be clean, neat and tidy.

   a) Hats
   It is mandatory for all Members to wear a protective helmet manufactured to one of the minimum standards listed in Appendix A. All Hats must be fitted with a Pony Club Tag.

   b) Hair: In the interests of safety, long hair should be secured appropriately in a hairnet.

   c) Body Protectors: The Pony Club does not make the use of body protectors compulsory, except for all cross-country riding and Pony Racing whether it be training or competing. 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.
Riders who choose to use the Woof Wear Body Cage EXO must lodge a key with the event organiser when they collect their number. If a rider chooses to wear an air jacket it must only be used, in addition, to a normal body protector and in the event of a fall, it must be fully deflated or removed before continuing, after which the conventional body protector will continue to provide protection. Air Jackets must not be worn under any item of clothing, and number bibs should be fitted loosely or with elasticated fastenings over the air jacket.

d) Jerseys/Shirts: Lightweight shirts with long sleeves and collars are recommended.

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

f) Footwear: Standard riding or jodhpur boots with a fairly smooth, thin sole and a well defined square cut heel may be worn. If heelless shoes are used, caged stirrups are compulsory. Boots and stirrups with interlocking treads are not permitted, nor are the boots or treads individually. Tassels and fringes are not allowed. 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.

g) Jewellery: No jewellery is allowed for safety reasons, other than a wristwatch, a wedding ring, a stock pin worn horizontally or a tie clip. It is recommended that stock pins are removed for Cross Country. Members who are contemplating piercing their ears or any other part of their body should be aware that they will not be allowed to compete until such time as the “sleepers” can safely be removed. The reason for this is that sleepers have in the past caused injuries following falls.

h) Spurs: Are not permitted.

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

j) Electronic devices: (i.e. headphones etc. enabling another person to communicate with the rider) are not allowed whilst the rider is competing. No recording device is permitted (e.g. head / bridle cameras etc.).

*This is with the exception of Endurance riding, where Members are permitted to carry a mobile phone, for use in case of emergency. GPS systems are also permitted for use in Endurance only.*

k) Button Holes: shall not be worn.

l) Whilst walking the course and when dismounted in the collecting ring, competitors must be tidily dressed but not necessarily in riding clothes.

m) At Prize-giving: 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.

n) Riders’ Legs: Neither the feet nor the stirrup leathers or irons may be attached to the girth, nor the feet attached to the stirrup irons.
4. 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. **In the case of saddles with upward facing stirrup bars, which do not have a hinged end, (common with synthetic saddles), peacock, safety or caged stirrups must be used.**

b) Saddle Cloths: Plain saddle cloths, including 'Polypads' in black, brown, white, cream or dark blue. Saddle cloths in Branch colours with appropriate branch logos are allowed when competing for the Branch. 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 year (providing this does not conflict with the current sponsor). Logos must not exceed 200cms. sq.

c) Bridles: Black, brown or coloured bridle can be used and may be leather or synthetic.

d) 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 in Endurance.**

e) Bits: Any misuse of a bit/bridle will be reported to the DC/Centre proprietor, Area representative and Training Chairman. Any riders will be reported and monitored. All synthetic bits must be black, brown or white.

f) 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.

g) Reins: Market Harboroughs and running, draw or check reins of any kind are forbidden. (A running, draw or check rein is one which is attached to the saddle, girth, martingale or breast plate on the horse).

h) 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 animal’s face.

i) The use of string, twine or cord in or round the horse’s mouth is forbidden.

j) Bit guards made entirely of rubber and smooth on both sides are permitted.

k) The following are not allowed/permitted:
   - Ernest Dillon reins, Split reins and Bridge reins
   - Tongue Straps and Tongue Grids
   - Weighted Boots
I) 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.

m) 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.

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.

5. DISQUALIFICATION
The Official Steward or Chief Judge may disqualify a competitor at any stage of the competition
a) for dangerous riding, or
b) if, in the opinion, the horse is lame, sick or exhausted, or
c) for misuse of whip, spur or bit, or ill-treatment of the horse, or
d) for any breach of the rules, or
e) for unseemly behaviour, including bad language

6. 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.

7. PERFORMANCE ENHANCING DRUGS
a) Equine - Controlled Medication: It is clearly essential for the welfare of the horse that it is given appropriate veterinary treatment if and when required and that this should include appropriate medication. Medication however may mask an underlying health problem and horses should not compete when taking medication where such medication may have a detrimental effect on the horse’s welfare.

b) Human: Performance enhancing drugs are forbidden

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

See Pony Club drugs policy in HEALTH AND SAFETY rule book - Rule 14
8. SUSPENSION FROM COMPETING FOR MEDICAL REASONS
If a rider is banned/suspended from competing in any sport for medical reasons, they should not compete at any Pony Club event until passed fit for the sport in which they are banned/suspended. It is the responsibility of the rider or parent/guardian to ensure that this rule is adhered to.

9. CONTINUING AFTER A FALL
Any competitor who has a fall or sustains a serious injury anywhere at the competition site should see the medical personnel on the day and be passed fit to ride before riding that horse in a further test or before riding any other horse.

10. CONCUSSION
Riders concussed in the course of the competition are not allowed to ride again until certified fit by a Doctor, and on no account on the same day. Official Stewards, when appointed and if not, Organisers, in conjunction with the judges, are responsible that this rule is enforced and that a Concussion Advice Form is handed to the parent or guardian.

11. HEALTH & SAFETY
In accordance with Pony Club Health and Safety Guidelines the organiser or a representative must carry out an inspection of the competition site prior to the competition and complete a Pony Club competition risk assessment check list. Further information is available in Appendix B.

12. INSURANCE
The Pony Club Third Party Legal Liability Insurance Policy is extended to give cover for all the official Area/Regional Competitions and the Championships. Details of this insurance are given in the “Administrative Notes” in the current issue of The Pony Club Year Book.
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.

13. LEGAL LIABILITY
Neither the organisers, nor any person acting on their behalf accept any liability for any loss, damage, accident, injury or illness to horses, riders, spectators or any other persons or property whatsoever.
Health, Safety and Welfare - The Organiser of this Event has 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 organiser and all the Officials and Stewards.
14. MEDICAL AND VETERINARY
a. Medical
See Appendix B at the back of this book or the Health and Safety Rule Book.

b. Veterinary Cover
Branch Activities and Competitions
If a vet is required the member’s parent will normally call their own vet and arrange treatment.

Area
Arrangements should be made for a Veterinary Surgeon to be ‘on call’ and able to attend the site in a reasonable time. The telephone number should be noted in the Secretary’s Tent.

The Veterinary Surgeon and medical personnel and the Ambulance are best situated near Control/the ring.

N.B. Retired Doctors and Veterinary Surgeons are covered under The Pony Club Insurance Policy against legal liability unless covered elsewhere.

A tarpaulin should be available to cover a horse should one be killed, and the telephone number of the Hunt Kennels or Knacker noted in the Secretary’s Tent. See the Health & Safety Rule Book for further information.

15. 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. Sponsors at Area competitions must not be business competitors of the main sponsors of the discipline, and must be approved by The Pony Club Office. Any advertising material that is used by sponsors, whether it be in the form of display banners or programme material, must be tasteful, and not inappropriate to the image of The Pony Club.

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. ADULT SUPERVISION

a) With the exception of Levels 1&2 (when supervisors may be dismounted), all children under the age of 13 must be escorted by a mounted adult - with a maximum of 2 children to one adult. (except at the Championships where a ratio of one adult to 4 junior riders will be permitted) It is not necessary for an accompanying adult to pay an entry fee at Pony Club runs rides. However, accompanying adults may be asked to pay an entry fee at rides run by other organisations. At Area Qualifiers and Championships, all children 13 years and over must compete without adult assistance.

<table>
<thead>
<tr>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Level 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Members (13+)</td>
<td>In an Area qualifying ride and at the Championships, Members must ride without an adult escort. However, in training or pleasure rides, Members may be accompanied by a mounted adult</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Junior Members (Under 13)</td>
<td>Riders must be supervised by an adult at all times</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Riders must be supervised by an adult at all times</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Members must be escorted by a mounted adult at all times</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Members must be escorted by a mounted adult at all times</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

b) For horse welfare reasons all escort horses at levels 3-5 will be subject to a soundness inspection/vetting at start and finish, as a minimum

18. 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 discipline is accessible to everyone. Members, or their parents, who have concerns are encouraged to contact Pony Club Headquarters.

19. MEDICAL ARMBANDS

It is compulsory for all Pony Club Members to wear a medical armband when participating in an Endurance Ride. Any Pony Club Member seen riding without one will be disqualified. These must be worn on the rider’s arm or the shoulder protector/pad of the body protector. It must contain the rider’s details where indicated on the card.

20. FIRST AID

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
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.

<table>
<thead>
<tr>
<th>Level 1 (Robin)</th>
<th>Level 2 (Merlin)</th>
<th>Level 3/Novice (Kestrel)</th>
<th>Level 4/Intermediate (Osprey)</th>
<th>Level 5/Open (Eagle)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Distance</td>
<td>Under 10km</td>
<td>10-19km</td>
<td>20-29km</td>
<td>30-39km</td>
</tr>
<tr>
<td>Allowance</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Speed</td>
<td>12kmp or under</td>
<td>12kmp or under</td>
<td>8-12kmp</td>
<td>8-15kmp</td>
</tr>
<tr>
<td>Optimum Speed</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scoring</td>
<td>Results will be achieved by using The Pony Club Performance Formula - See Appendix C</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Completion Awards</td>
<td>Robin Rosette</td>
<td>Merlin Rosette</td>
<td>Kestrel Rosette</td>
<td>Osprey Rosette</td>
</tr>
<tr>
<td>Eligibility (Ages are of the 1st January)</td>
<td>5 years and over</td>
<td>5 years and over</td>
<td>8-12 years (Juniors) 13 years and over (Seniors)</td>
<td>8-12 years (Juniors) 13 years and over (Seniors)</td>
</tr>
<tr>
<td>Horse/Pony and rider must have completed a minimum of 2 rides at level 3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vetting</td>
<td>None</td>
<td>None required but could ask for simple trot up or trot up and heart rate as per levels 3-5</td>
<td>Trot up Heart rate under 64bpm</td>
<td>Trot up Heart rate under 64bpm</td>
</tr>
</tbody>
</table>

b) Vetting
Horses taking part in a Level 3-5 Kestrel, Osprey or Eagle ride (and in Level 2 Merlin 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 or an 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 vets inspection.

**Level 5 rides may also include a midway vet hold/gate. The Championships at this level WILL include a vet hold/gate.
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.

N.B. 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.

c) Qualification
There will be area qualifying rides this year. Pony Club Members may attend qualifying rides outside their Area, however, Members must inform Head Office as to which Area they are intending to qualify at, if not their own. The first 3 teams and the first 3 individuals in each level at an Area Qualifier will qualify for the Championships, with an additional pro-rata of one team/individual being allowed for every three successive teams/individuals. (For example, if an Area Qualifier had nine Open Individuals enter; up to five Open Individuals could qualify for the Championships). If an individual qualifier is already in a qualifying team, then the Championship place will move down the line.

Placings will be determined by using the Pony Club Performance formula (Appendix C).

d) Eligibility
i. The levels of endurance competition should be treated as a steady progression in order to build up fitness and experience. For most members the entry level will be Level 1-2 Training rides although there is no pre-qualification requirement for rides up to Level 3. For Members/Associates wishing to progress to Levels 4 and 5 both pony and rider MUST have successfully completed a minimum of 2 rides at the previous level.

ii. To compete in the Area Qualifier and Championships both pony and rider must have successfully completed a minimum of two rides at that level or the one below. At least one of these rides must have been completed in the current competitive year. (For example, a member wishing to compete in the Level 3/ Novice Area Qualifier would need to show proof on their mastercard that they had completed 2 rides at Level 2 or 3, including one after the 2013 Championships on 19/8/2013.) These Rides could include local EGB Pleasure Rides, Hunt Rides, Charity Rides as long as they are of the correct distance and a Responsible Pony Club representative supervises the vetting and results.

iii. Pony and Rider combinations who have been placed 1st-3rd individually at the Level 3 Championships in previous years or who have ridden distances of 35km or more may ride at Level 3; but may not compete at this level at the Area Qualifier or compete in the Level 3 Championships, either individually or as part of a team. (However, if a member is eligible for and qualifies at the Level 3 Area ride they may still compete at the Championships at that level even if they exceed 35km between these events).
iv. Pony and Rider combinations who have been placed 1st-3rd individually at the Level 4 Championships in previous years or who have ridden distances of 43km or more may ride at Level 3 and 4; but may not compete at these levels at the Area Qualifier or compete in the Level 3 or 4 Championships, either individually or as part of a team. (However, if a member is eligible for and qualifies at the Level 4 Area ride they may still compete at the Championships at that level even if they exceed 43km between these events)

v. An exception to iii. and iv. is made for riders who are moving age range from junior to senior in 2014. These members are permitted (but not required) to drop back to Novice/Level 3 competition in order to gain experience riding without an escort.

e) Area/Championship Teams
Teams will consist of 3 or 4 riders of the same age (junior/senior) and level. Team members need not ride together. Adult escort riders may not form part of the team for scoring purposes. Best 3 scores count.

Branches may have more than one team at each level/age.

Teams will usually qualify for the Championships by competing as a team at their Area Qualifier. However, where this is not possible, then Branches may create a team from Members who have qualified as individuals at the relevant level at different Area competitions.

The Endurance Committee has the right to invite additional individuals and teams to the Championships. Members who have successfully completed 3 rides at the appropriate distance and at the correct speed may also apply to the committee for an invite to the championships.

f) Substitutions
Any qualified team that may need to substitute a rider may do so under the following conditions;
- The horse/rider combination must have successfully completed an Area competition in the current year - regardless of whether it is their own or that of another Area
- The horse/rider combination has ridden at the equivalent standard at the Area competition
- The District Commissioner of the Branch certifies that the substitute horse/rider combination is capable of attending the Championships

g) Entry Fees
A start fee may be charged if necessary. It is not necessary for an accompanying adult to pay an entry fee at Pony Club run rides. However, accompanying adults may be asked to pay an entry fee at rides run by other organisations.
22. CHAMPIONSHIPS
The Championships will be held at Cholmondeley Castle (in conjunction with the other Pony Club disciplines) on Monday 18th August 2014.

a) All horses and ponies must have genuinely participated at a minimum of 3 working rallies since 1st July in the previous year, one of which must be in the current year with a Member of The Pony Club. 
All riders entered must be active members of the stated Pony Club Branch or Centre, who have participated at a minimum of three working rallies with this or their previous Branch/Centre since 1st July in the previous year, excluding team practices and coaching, and Rallies must be advertised at least seven days prior to the date of the Rally. Attendance at camp counts as one working rally. The District Commissioner/Centre Proprietor has discretion in the case of those who are working. Riders must have been Members of The Pony Club since at least the 31st January in the current year, except for Members who are completely new to The Pony Club, who may join up until the 31st March and still be eligible for Area Competitions and the Championships.

b) Championship Sections
i) Senior Individual
13 years and over who have qualified at an Area competition of the appropriate level (Novice, Intermediate or Open) 
ii) Senior Team
Teams of 3 or 4 (best 3 scores to count) who have qualified at an Area competition of the appropriate level (Novice, Intermediate or Open). 13 years and over. Team members will also be eligible for the individual awards.
iii) Junior Individual
Eight to 12 year olds who have qualified at an Area competition of the appropriate level. (Novice, Intermediate or Open) All Juniors must be escorted by an adult (18 years or over) with a maximum of four children to one adult. 
iv) Junior Team
Teams of 3 or 4 (best 3 scores to count) who have qualified at an Area competition of the appropriate level (Novice, Intermediate or Open). 8 to 12 year olds. Team members will also be eligible for the individual awards. All Juniors must be escorted by an adult (18 years or over) with a maximum of four children to one adult. Adult escorts may not be part of the team for scoring purposes.

Except for the Junior Championships no adult escorts will be permitted. Championship entry forms will be handed out to those who qualify at the Area competitions. **Further entries will be taken from members who have completed three rides successfully** (See Rule 19e).

c) Distances

<table>
<thead>
<tr>
<th>Level</th>
<th>Distance for Championship (km)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>30 (±5%)</td>
</tr>
<tr>
<td>4</td>
<td>40 (±5%)</td>
</tr>
<tr>
<td>5</td>
<td>50 (±5%)</td>
</tr>
</tbody>
</table>
d) Awards
i) Rosettes
• All riders successfully completing the ride between 8-15kmph and passing the vet will receive a Completion rosette.
• Individuals will be placed 1st-6th in all sections.
• Teams will be placed 1st -3rd in all sections.
• Additional awards and prizes may be given dependent on entry numbers.

ii) Bronze/Silver/Gold medals
These will be awarded to riders in the Level 5 Open Championship, in addition to any placing, provided that riders have successfully completed the ride, passed the vet and achieved the appropriate speed.

<table>
<thead>
<tr>
<th>Speed Averaged (km/hour)</th>
<th>Medal</th>
</tr>
</thead>
<tbody>
<tr>
<td>10+</td>
<td>Bronze</td>
</tr>
<tr>
<td>11+</td>
<td>Silver</td>
</tr>
<tr>
<td>12+</td>
<td>Gold</td>
</tr>
</tbody>
</table>

23. ENTERING EGB, SERC or ILDRA RIDES
Log on to Endurance GB website (www.endurancegb.co.uk) or the SERC website (www.scottishendurance.com) or the ILDRA website (www.ildra.co.uk) where this year’s venues and schedules can be found.

To enter, download entry form, fill in, write a large “Pony Club” in the top right hand corner, and send with appropriate entry fee to the Ride Secretary, two to eight weeks before the ride (see opening date). Remember to enclose a large stamped addressed envelope with large letter stamp.

Maps, starting times and other information will be sent to you at least a week before the ride, by the Ride Secretary.

24. MASTERCARDS
Master cards are the only form of acceptable proof of previous distance/qualification. You must keep your Master card safe and present it to the Ride Secretary at the start of every ride. Master cards are available free of charge from The Pony Club Headquarters and Branch Secretaries.

Mastercards are individual to the pony and rider combination. Members changing pony will need a new mastercard.

25. AWARDS
Awards and qualifications will be awarded when the full distance has been completed at the required speed and the horse has passed the vet.

a) Rosettes
Completion rosettes of the appropriate level 1-5 (Robin, Merlin, Kestrel, Osprey and Eagle) will be presented to those who have completed a ride successfully. To be ordered by ride Organisers from The Pony Club Headquarters, at a cost of £1.00 per rosette for Branches and Centres. 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.

At Area Qualifiers and Championships, placing rosettes will be given in addition to completion rosettes. Branches may also choose to place rides using the Pony Club Performance formula (Appendix C).
b) Mileage badges.
To be sewn on to the arm of your Pony Club sweat shirt. For Members/Associates accomplishing accumulative distances of 100km, 250km, 500km, 1000km and every 1000km thereafter. Available from The Pony Club Headquarters, at a cost of £1.00 each. A copy of the mastercard/s should be submitted to prove distance ridden.
_N.B. 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 role of honour.

iv) 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 practice 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 discipline. 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 discipline. It will help you to understand the rules of the discipline and what is expected of the pony and rider in order to be successful in a Novice competition.

v) Endurance Merit Badge
In order to achieve this badge, Members must complete 50 km of Endurance rides (this can be achieved with an accumulation of a number of shorter rides) which must be recorded on their Mastercard and gain the following achievement badges:

• Fitness
• Map reading
• Equine first aid
• Road Rider
• Human first aid
• Care of the foot
• Countryside access

This selection of badges have been chosen because they teach a range of skills which are fundamental to further understanding and development within the discipline of Endurance.

26. HACKING FOR FITNESS
A progress and record card can be downloaded from the website. This allows Members/Associates to record the time they spend hacking and explains simple ways to use this to check and improve on their pony’s fitness levels. This is not intended as a competitive exercise but as a social one and as basic preparation work for all disciplines. Branches/Centres may however wish to give their own certificates to recognise achievement.
FAQ's about The Pony Club Endurance rides for Team Managers and Riders

• 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 (Robin/ Merlin) training ride?
Robin 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 Robin is a 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 (Kestrel/Osprey/Eagle) 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/Associates who wish to progress to Levels 4 and 5 will need to have completed a minimum of 2 rides at the previous level.
(NB. Members/Associates wanting to compete at the Area Qualifiers or Championships must ensure that they meet the appropriate eligibility criteria.)

• 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 Kestrel, Osprey and Eagle rides can also be run as a competition. In this case the result is achieved by using The Pony Club Performance Formula (Appendix C).

- **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, and Associates. 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.

- **How do I enter EnduranceGB, SERC, ILDRA rides?**  
  Log on to the appropriate website:
  - EnduranceG.B - www.endurancegb.co.uk
  - SERC - www.scottishendurance.com
  - ILDRA - www.ildra.co.uk

  Schedules for the whole year are available.

  Download an entry form. Fill in and write Pony Club in top right hand corner. Send in to ride secretary at least two weeks before the ride.

  Maps, starting times and other information will be sent to you approximately one week before the ride.

- **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. Horses can be trotted up in either headcollars or bridles, but bridles are advised so that he 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. 

NB. At rides run by The 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 be 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 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 Master Card and why is it important?**

Your ride Master Card 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 Master Card from your Branch/Centre Secretary, or request one from The Pony Club Headquarters, 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.

**NB.** Pony Club Mastercards are for the pony and rider combination so you will need a new mastercard if you change pony.

• **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”.

21
APPENDIX A
HAT RULE 2014

It is mandatory for all Members to wear a protective helmet manufactured to one of the minimum standards listed below. It must bear the CE mark and a quality symbol, either the BSI Kitemark, the SAI Global symbol or the official Snell label with number. The CE symbol on its own is not sufficient to ensure consistent standard of manufacture. The PAS 015:1998, 2010 or 2011 and the Snell E2001 meet higher impact criteria and therefore give more protection.

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<thead>
<tr>
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<tbody>
<tr>
<td><img src="image" alt="BSI Kitemark" /></td>
<td><img src="image" alt="Snell" /></td>
<td><img src="image" alt="SAI Global" /></td>
</tr>
</tbody>
</table>

N.B. The prefix 'BS' on the EN 1384 standard does not mean that the hat has undergone batch testing by the British Standards Institute – the hat must contain the BSI Kitemark as well.

For cross-country riding (over fences 0.80m high and above), including Eventing, Tetrathlon, Horse Trials and Pony Racing, whether it be tests, rallies or training, a jockey skull cap, with no fixed peak, must be worn. It is also strongly recommended that a jockey skull cap is worn for cross country riding even over lower fences.

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. It is strongly recommended that second hand hats are not purchased.

Hats must be replaced after a severe impact, 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, with a cover, must be worn when mounted (this includes at prize-giving) with a chinstrap fastened at all times. Hats with vertical plastic/metallic strips are permitted. For Dressage, Show Jumping and Mounted Games the cover shall be dark blue, black or brown only. The Official Steward/Organiser may, at his 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. For organised Endurance rides only, ventilated hats that meet one of the above required standards may be worn. These will be tagged with the Pony Club Endurance Hat Tag.

Children under 9 years old - Medical advice is that children’s neck muscles do not develop adequately to support a fairly heavy helmet until the age of nine. Therefore it may be appropriate for children under nine years of age to wear a lightweight hat made to comply with above requirements. Hats with long ventilation slits are not allowed for Members over nine years old.
Hat Checks and Tagging
The Branch DC will appoint two Branch officials (one of whom may be the DC) who are familiar with The Pony Club rule for hats to carry out hat checks and tag each hat that complies with the above requirements with a Pony Club hat tag. Centre members hats may also be tagged by a Centre Co-ordinator. Hats fitted with a Pony Club tag will not need to be checked on subsequent occasions. Tags may only be fitted by one of the appointed Branch officials after they have personally checked the hat. Tagging indicates that a hat meets the above standards, NO check of the fit and condition of the hat is implied. It is considered to be the responsibility of the Member’s parent or guardian to ensure that their hat complies with the required standards and is tagged before they go to any Pony Club event. Also to ensure that the manufacturer’s guidelines with regard to fit and replacement are followed.

APPENDIX B
MEDICAL COVER AT COMPETITIONS

It is the responsibility of the Organiser to have the appropriate cover for the type of event, taking into account the number of participants and spectators. The most important thing is that the Organiser carries out a written Risk Assessment. As part of the Risk Assessment the Organiser will decide the appropriate level of cover required. At the very minimum every event must have an Appointed Person, a Trained First Aider and a mobile phone or other means of communication to the emergency services.

All events should have an Appointed Person, and ideally a First Aid Point (e.g. Tent, Caravan, Horsebox etc.) and a Trained First Aider.

1. Prior to the Event
   a. The Organiser MUST inform the appropriate County Ambulance Service/Trust. The Organiser should provide details of the event, including dates, types of competition, ranges of ages of the competitors, details of medical/first aid cover, a precise location of the event, to include the postcode, Ordnance Survey grid reference point and an agreed access/rendezvous point (RVP) for the road ambulance.
   b. A letter of confirmation must be exchanged with any Medical supplier (see example). The letter will agree the first aid requirement for the day. A copy of the document “Ambulance Personnel and Ambulances” (Appendix D in The Pony Club Health and Safety Rule Book) should be included with the letter of confirmation when an ambulance is required.
   c. The Organiser should prepare a ‘Medical Officer’s pack’ in advance of the event to include:-
      Notes for the Event Medical Officer
      (Appendix E in The Pony Club Health and Safety Rule Book)
      Pony Club guidelines for first aid cover
      Injury Report Form
      Concussion forms
      Event programme with planned times
      Map of the cross country course where applicable
2. **At the Event**
   a. **Contact Numbers**
      The procedure for contacting the emergency services must be agreed with the Appointed Person, First Aiders and Medical Provider. Appropriate emergency telephone numbers should be listed and a copy attached to the Accident Book lodged at the Secretary’s office.

   b. **Accident Reporting**
      The appropriate forms, as detailed in The Pony Club Health and Safety document MUST be completed in the event of any accident.

3. **GUIDELINES FOR MINIMUM STANDARDS**
   It should be noted that these are minimum levels of first aid cover, the appropriate level of cover must be decided as part of the organiser’s risk assessment for the event. Table 1 sets out the suggested level of first aid cover that would be appropriate for a variety of Pony Club events.
   At multi-discipline events where the phases are running concurrently the appropriate cover is required for each phase. Where the phases are continuing in close proximity one first aid team may be able to cover both phases. If this is done all phases must stop when the first aid team are attending a casualty.

   a. **Swimming**
      A Lifesaver must be in attendance throughout all competition and training sessions, details of qualifications are given at Appendix F.

   b. **Running**
      It is recommended that the medical cover provided for the Cross Country phase be retained. Should this not be possible, a Trained First Aider should be in attendance.

   c. **Cross Country**
      The minimum cover is detailed in the table overleaf.
      Where an ambulance is required it must be on the ground throughout the competition with its trained First Aid personnel. The Event Medical Officer must have access to a dedicated vehicle, ground conditions may necessitate the use of a 4WD. The vehicle must be capable of carrying a stretcher or longboard securely fastened and must be able to reach all parts of the competition.

      It is recognised that these measures bring a financial burden on organisers, but, in light of the dangers in riding cross country, these guidelines are an absolute minimum. Branches/Centres could consider joining forces to make competitions financially viable or adding a surcharge to the entry fee to cover additional medical costs.
d. **Fence Judges Briefing**
The Event Medical Officer on the day should have the opportunity to talk to the Fence Judges at the briefing. Failing that the Fence judges should be told that if they wish to discuss anything with the Event Medical Officer, they should do so before the first horse sets off.

e. **Shooting**
A Trained First Aider should be in attendance.

4. **DEFINITIONS**
   a. **Appointed Person**
      Someone appointed to take sole charge of communications in the event of an accident. It may be appropriate for the Trained or Qualified First Aider to be the Appointed Person provided they are part of the Pony Club team organising the activity.

   b. **First Aid Point**
      A tent, caravan or horsebox where first aid can be administered in privacy.

   c. **TRAINED FIRST AIDER**
      A person who has received an EFAW (Emergency First Aid at Work) qualification gained at a one day course run by QCF (Qualifications and Credit Framework) or one of the voluntary Aid organisations (St John’s, Red Cross & St Andrews), re-qualification is required after three years or the BHS Equine Specific (ESFAC) qualification gained after a two day course, re-qualification is required after two years.

   d. **Qualified First Aider**
      A person who has a FAW (First Aid at Work) qualification gained at a three day course run by QCF. Requalification is required after three years. Or a nurse registered with the Nursing and Midwifery Council providing they maintain a knowledge of and are able to apply the current standards that QCF accepts for the first aid management of injuries and illness. The old four day FAW qualification remains valid until the three year refresher becomes due.

   e. **Ambulance Aid**
      A person who is fully trained in patient handling, medical gases and ambulance equipment.

   f. **Emergency Medical Technician (EMT)**
      A person whose training and skills include those of an Ambulance Aid with a higher knowledge of clinical skills in patient handling, patient monitoring and who is able to prime a ‘giving set’ for a Doctor or Paramedic.
g. **Paramedic**
A person whose initial training has been accredited through the NHS i.e. holders of NHSTA or IHCD Paramedic qualification or military training. This qualification must be revalidated after not more than three years. NB To check the validation of a Paramedic see website: www.hpc-uk.org/register.

h. **Doctor**
It is recommended that the appointed Doctor has been trained in pre-hospital emergency care. A list of Medical Cover providers is available from BE but some Doctors from this list do charge a fee for their services. This qualification must be revalidated after not more than three years.

i. **Confidential Medical Officer’s Injury Report Form**
Whenever possible, it would be greatly appreciated if the completed form(s) should be returned to the event organiser.

j. **Ambulance**
A designated vehicle, appropriately marked and identifiable and conforming to current regulations for the transportation of the injured or seriously ill patients. It must contain necessary resuscitation, immobilisation and transportation equipment. Ambulance providers must be registered with the Care Quality Commission. The provider will be able to give details of their registration or this may be checked on the Care Quality Commission web site, www.cqc.org.uk. This site also enable a search to be make for registered ambulance providers in your area.”

k. **Emergency Response Vehicle (ERV)**
A 4WD vehicle manned by a paramedic and containing all the equipment, for the use of the doctor or paramedic.

l. **Rescue Vehicle**
A 4WD vehicle specifically dedicated to the moving of an injured rider to the nearest ambulance. It must be able to carry an injured person lying secured on a stretcher or longboard.

If the booked medical cover does not turn up on the day an evaluation must be made of what is available on site, and the risk element, so that an informed decision on whether or not to continue can be made. In all cases, if additional advice is needed please do contact your Area Representative or Headquarters of The Pony Club. Do not forget the ‘999’ emergency number to back up First Aid cover wherever necessary and or feasible.
APPENDIX C
PERFORMANCE FORMULA

The Performance Formula should be worked out as Points:

\[
\text{POINTS} = \frac{(2 \times \text{Speed} - 8) \times 100}{\text{Heart Rate}}
\]

The rider with the highest points wins. A ready reckoner can be downloaded from The Pony Club website.

N.B. Please note that it is not advised to use the Performance Formula to place Levels 1 & 2 (Robin/Merlin) rides.

AREA DATES

Areas: 1, 7, 17, 19 TBC - see website for details

Area 2
Hexham E.G.B.

Area 3
13th July
Topcliffe, Thirsk. Bedale Pony Club

Area 4
20th July
Cumbria Challenge E.G.B.

Area 5
21st June
The Wirral E.G.B.

Area 6
1st June
Silk Willoughby E.G.B.

Area 8
15th June
Wimpole Way E.G.B.

Area 9
8th June
Cirencester E.G.B.

Area 10/18
29th June
Trawsgoed E.G.B.

Area 11/13
8th July
Hornshill Farm E.G.B.

Area 12
3rd Aug
Hanslope Ride E.G.B.

Area 14
25th May
Berkshire Downs E.G.B.

Area 15/16
13th July
Clinton Estates E.G.B.
“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”