

PONY CLUB POLOCROSSE

HINTS TO YOUNG POLOCROSSE PLAYERS



Read the Rule Book carefully and make certain that your dress and the tack and equipment for your pony comply.

At Home

1. If your pony is stabled, he should have a dry, comfortable bed. This may be straw, but if he tends to eat it, or has any respiratory problems, he would be better on shavings or paper.
2. The pony should have access to clean fresh water at all times. It is very important he is left with plenty of water overnight.
3. Feed your pony suitably for his size and the amount of work he is doing. For more information read the Manual of Horsemanship or ask your Instructor's advice.
4. If your pony normally lives out, he may need extra food when he is working hard, or he may get too fat if he is out on good grass, in which case he must be brought in part of the time.
5. Remember to get the pony fit gradually; allowing plenty of time, increasing the feed as he does more work.
6. All ponies should have their teeth checked annually, and be wormed regularly. It is also strongly recommended that they should be inoculated against equine influenza and Tetanus, which can be done together. Some Tournament grounds insist on ponies having up to date flu certificates. It is important to plan that flu injections and worming times do not fall due at the height of the season when the pony is working very hard.
7. If your pony is OLD it will need more care to keep it in good condition.
8. When the weather is very hot or if the pony sweats a lot, it may be wise to give him electrolytes, either after play or on a regular basis. Players should take Veterinary advice first.

Before Loading

1. Bandage pony's legs and tail
2. Prepare a box or bag containing:
 - Grooming Kit, Tack Cleaning Kit
 - First Aid (antiseptic cream or spray)
 - Polo Studs (if used) and Spanner
 - Boots, Bandages and gamgee
 - Spare stirrup leather, reins, girth, martingale
3. Don't forget to load:
 - Feed, Haynet, bucket and container of water
 - Sweat Rug and/or other rug
 - Fork and Shovel for mucking out

4. Check tack, headcollar, bandages, polocrosse sticks and your hat are all in good order.

On arrival

1. Look at programme and note times of chukkas.
2. Plan to have self and pony ready at least half an hour before game.
3. Groom, pick out feet, fit polo studs, if used, and check that all tack is correctly fitted.
4. Check girths
5. All four legs must be protected with exercise bandages over gamgee (or similar material) to protect the fetlocks and pasterns, or proper polo boots, and over-reach boots all round.

Between Chukkas

1. Dismount and walk pony until he has stopped blowing.
2. Throw a sweat sheet/rug over him if there is a cold wind.
3. Check for injuries, especially legs.
4. Don't forget to check girth before next chukka.

After game

1. Loosen girth and walk pony until he has cooled down.
2. Remove all tack, boots, bandages and studs.
3. Put on sweat sheet/rug and roller.
4. Never allow pony to drink too much water while still hot.
5. Check for injuries.
6. If the pony is to wait on the ground, make sure he is dry and comfortable, and give him a hay net if he has finished his play for the day. If he has to play in the morning and afternoon with a break of more than three hours, he should have a drink and small feed, but no hay until he has finished play in the afternoon.
7. Clean tack.

Manners All players should thank Umpires at the end of the game and it is customary also to thank your opponents. During the Game, No 3's should collect the ball from behind the goal posts after a goal has been scored by the opposite side, and take it to the Umpire in Centre Field.

ALWAYS THINK OF YOUR PONY BEFORE YOURSELF.

DON'T LEAVE LITTER (STICKY TAPE, ETC.). PUT IT IN YOUR OWN BOX OR A LITTER BIN.