

PONY CLUB



ENDURANCE RULES 2020

£3.50

CONTENTS

	Page
Objectives	4
The Pony Club Endurance Committee	5
 PART 1 – GENERAL RULES FOR PONY CLUB ENDURANCE	
1. Age	6
2. Adult Supervision	6
3. Horses and Vaccinations	7
4. Dress	8
5. Saddlery	12
6. Action After A Fall	14
7. Head Injury and Concussion	15
8. Suspension from Competing for Medical Reasons	18
9. Unseemly Behaviour	18
10. Performance-Enhancing Drugs	18
11. Disqualification	19
12. Sponsorship	19
13. Insurance	19
 PART 2 – ADMINISTRATIVE RULES FOR PONY CLUB ENDURANCE	
14. Health and Safety	20
15. Legal Liability	20
16. Road Rider Test	20
17. Medical and Veterinary	20
18. First Aid	21
19. Mastercards	21
20. Entering EGB, SERC or ILDRA Rides	21
21. Rides Available	22
 PART 3 – RULES FOR PONY CLUB ENDURANCE	
22. Qualifying for the Championships	24
23. Championship Eligibility	24
24. Championship Sections and Information	25
25. Entries	26
26. Withdrawals	27
27. Abandonment	27
28. Additional Awards (Badges)	27
29. Hacking for Fitness	28
30. Additional Requirements	28
Appendix A	Performance Formula 29
Appendix B	FAQs 29
Appendix C	Head Injury and Concussion Flow Chart 35

THE PONY CLUB ENDURANCE OBJECTIVES

Endurance riding is for all Pony Club Branch/Centre Members aged five years and over. The Pony Club is running Endurance as a sport with training rides, competitions and a Championship.

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 or alternatively Mr Robert Blane, The Pony Club Endurance Chairman, who will be delighted to help in any way possible.

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.*

THE PONY CLUB ENDURANCE COMMITTEE

All Rules are made by The Pony Club Volunteer Committees including consultation with others.

The Pony Club Office provides administrative support and any queries or questions relating to these rules must be directed to the Chairman of the relevant sport and copied to the Secretary.

Chairman: Robert Blane: endurancechairman@pcuk.org
Members: Rosemary Attfield
Deborah Custance-Baker (Area Representative)
Fiona Griffiths
Di Hadley (Area Representative)
Heidi Lewis
Emma Moffat
Fiona Williams

The Pony Club

Stoneleigh Park, Kenilworth, Warwickshire CV8 2RW
Telephone: 02476 698300
pcuk.org

NOTE: Rules which differ from those of 2019 appear in bold type and sidelined (as this note).

© 2020 The Pony Club

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by means, electronic, mechanical, photocopying, recording or otherwise without the prior permission of The Pony Club.

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.

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 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 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 must compete without adult supervision.

	Level 1	Level 2	Level 3	Level 4	Level 5
Senior Members (13+)	At the Championships, Members must ride without an adult escort. However, in training or pleasure rides, members may be accompanied by a mounted adult.				
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

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

- No horse under five years of age is eligible.
- There is no height limit.
- 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

EVENTS THAT ARE HELD AT SOME VENUES MAY BE SUBJECT TO ADDITIONAL RULES.

E.G. 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 POLO VENUES.

IN ADDITION, IF YOU ARE INTENDING TO COMPETE UNDER FEI, BRITISH EVENTING, BRITISH SHOW JUMPING OR BRITISH DRESSAGE RULES YOU WILL NEED TO ENSURE YOU ARE COMPLIANT WITH THEIR RULES.

To protect the health of other competing horses and the biosecurity of the venue, the following rules will apply to all Pony Club Competitions:

Passports

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**

No horse / pony may compete (or be present at the event as a companion) unless it has a Record of Vaccination against equine

influenza completed by the veterinary surgeon who gave the vaccination, signed and stamped line by line, which complies with the Minimum Vaccination Requirements.

The Minimum Vaccination Requirements for a horse / pony are that it has received:

- **a Primary Vaccination followed by a Secondary Vaccination given not less than 21 days and not more than 92 days after the Primary Vaccination; and**
- **if sufficient time has elapsed, a booster vaccination given not less than 150 days and not more than 215 days after the Secondary Vaccination and further booster vaccinations at intervals of not more than a year apart**

At competitions at Area level and above including Grassroots Regional Championships and the finals of the Winter Series competitions, the most recent booster injection must have been given within the six calendar months prior to the date of the competition.

No horse / pony may compete on the same day as a relevant injection is given or on any of the 6 days following such an injection.

NOTE: We also remind owners of the importance of vaccinations and to ensure that their vaccination records are up to date. The vast majority of confirmed cases reported by the Animal Health Trust are in unvaccinated horses. We continue to recommend that if it has been longer than six months since the last vaccination, owners should discuss a booster with their veterinary surgeon.






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. Apart from Cross Country colours and silks, brightly coloured accessories must not be worn.

a) Hat Rule 2020

It is mandatory for all Members to wear a protective helmet at all times when mounted with a chinstrap fastened and adjusted so as to prevent movement of the hat in the event of a fall. This rule defines the quality of manufacture that is required. The individual sports also have additional requirements with regard to colour and type. It is strongly recommended that second hand hats are not purchased.

The hat standards accepted as of 1st January 2020 are detailed in the table below:

Hat Standard	Safety Mark	Allowed at the following activities:
PAS 015:1998 or 2011* with BSI Kitemark		All activities
VG1 with BSI Kitemark		All activities
Snell E2001* onwards with the official Snell label and number		All activities
ASTM-F1163 2004a onwards with the SEI mark		All activities
AS/NZS 3838, 2006 onwards		All activities

- For cross-country riding (over 80cm) including Eventing, Tetrathlon, Horse Trials, 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.
- It is strongly recommended that a jockey skull cap is worn for cross-country riding over lower fences (less than 80cm) as there is research evidence that a fall onto the fixed peak can result in an over extension of the neck backwards with the potential for serious injury.
- 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. Most helmet manufacturers recommend 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 and Mounted Games the cover, if applicable, shall be dark blue, black or brown only.
- 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.
- 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.

Hat Checks and Tagging

The Pony Club and its Branches and Linked 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 aquamarine Pony Club hat tag. Hats fitted with an aquamarine 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 indicates that a hat meets the accepted 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(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.

b) Body Protector Rule 2020

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. If a Body Protector is worn for any Pony Club activity it must meet BETA 2009 Level 3 standard (purple label) or 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 recommend 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.

BETA 2009 Level 3 (purple label) body protectors will continue to be accepted at Pony Club competitions until 31st December 2024.

Riders who choose to use the Wool Wear Body Cage EXO must lodge a key with the Event Organiser when they collect their number.

Air Jackets

When an air jacket inflates the sudden noise startles horses in the immediate vicinity thereby causing difficulties for the other members of a ride if used in a group ride in a confined area, e.g. an indoor school or outdoor manège. Air jackets are therefore not encouraged for group rides.

If a rider chooses to wear an air jacket in Cross Country or Pony Racing, it must only be used in addition to a normal body protector which meets the BETA 2009 Level 3 standard (purple label) or 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 competition and training rides for Cross Country and/or Pony Racing, provided the rider has been passed as fit to continue by First Aid Providers. In the event of a fall, it must be fully deflated or removed before continuing, after which, the conventional body protector will continue to give protection. Air jackets must not be worn under a jacket and number bibs should be fitted loosely or with elasticised fastenings over the air jacket.

- c) Hair:** Long hair must be secured appropriately.
- d) 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 participate in any Pony Club mounted equestrian activities until such a time as the “sleepers” can safely be removed. The reason for this is that “sleepers” have, in the past, caused injuries following falls. **This rule will be strictly enforced.**

In the event of a person being unable to remove permanent jewellery, it must be adequately protected by being covered by a sticking plaster or other appropriate material prior to presenting at tack check. The wearing of such jewellery while competing is at the risk of the member / parent / guardian.

- e) **Jerseys/Shirts:** Shirts with long sleeves and collars are recommended. As a minimum shoulders must be covered.
- f) **Jodhpurs/Breeches:** Any plain/coloured breeches or jodhpurs are allowed.
- g) **Footwear:** Standard riding or jodhpur boots with a well defined square cut heel are recommended. If footwear without heels are used then caged stirrups are compulsory.
Boots with interlocking treads are not permitted. Half chaps may be of any plain colour. Stirrups should be of the correct size to suit the riders boots (see the Stirrup rule).
- 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:** Are 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 cameras etc.). This is with the exception of Endurance riding, where Members are permitted to carry a mobile phone, for use in case of an emergency. GPS systems are also permitted.
- k) **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.
- l) **Prize givings:** 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.

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 ($\frac{3}{4}$ ") 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 foot to the edge of the stirrup should be 14mm.

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

Note: There are no prescribed weight limits on metal stirrups, however with the advent of stirrups of other materials, weight limits are seen to be given by manufacturers. Any person buying these stirrups, should, take particular notice if weight limits are on the box or attached information leaflets.

Neither the feet or the stirrup leathers or irons, may be attached to the girth, nor the feet attached to the stirrup irons.

- 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, kinton, 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)

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

a) General Advice

Head injuries and concussion are life threatening and potentially life changing incidents. Serious head injuries are usually obvious, but concussion can be very subtle and not always immediately apparent. Head injuries result from a mechanical insult to the head, and can cause traumatic brain injury, possibly leading to permanent disability or death.

Concussion is a disturbance in brain function caused by a direct or indirect blow to the head. Some people describe concussion as mild traumatic brain injury. Concussion should be seen as part of a spectrum of brain injury with traumatic brain injury at one extreme and no injury at the other. Typically concussion cannot be seen on standard brain scans, which makes it difficult to diagnose objectively. Repeated injury to the head can worsen an already pre-existing concussion, even if the time between injuries is counted in days or weeks.

The Pony Club wants to ensure members / riders attending Pony Club activities enjoy themselves and get the most out of riding. At the same time, they must also balance that enjoyment with members' / riders' safety. This may mean on occasion that members / riders are asked not to ride by officials who believe 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). Parents / guardians, members, officials and other riders must respect this decision. It is a decision sometimes made without having objective evidence, but it is made in good faith and in the pursuance of avoiding further harm.

b) Incidents that could cause head injuries or concussion

Any member / rider who, at a Pony Club activity, suffers an incident that could cause head injury or concussion (for example, a fall from their horse / pony) should be assessed.

The person who does this assessment will depend on the first aid cover that is in place for that activity. Depending on the level of first aid cover then the exact process of diagnosing whether the member has suffered:

- No head injury / concussion
- A suspected head injury / concussion
- Confirmed head injury / concussion.

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. In the course of Pony Club activities, The Pony Club is well aware that there are different kinds of falls and that assuming every fall leads to a head injury would be counterproductive to the aims of the organisation. We ask that reasonable care is taken to ensure members / riders have not sustained a serious head injury or concussion.

c) Unconsciousness

If a member / rider is unconscious following an incident they should be treated as if they are suffering with a confirmed concussion and the steps in points vii) below should be followed.

d) Who can diagnose head injury or concussion?

Diagnosis of a head injury or concussion (both confirmed and suspected) can be carried out by any level of first aid cover officiating at a Pony Club activity. These could be a trained or qualified first aider (including a coach), a paramedic or a doctor.

If there is any doubt as to the diagnosis the member / rider should see the highest level of first aid cover that is present and they should make the diagnosis. If the first aid cover at the activity cannot reach a definite diagnosis then they should refer the member / rider to a hospital or a doctor off site for them to make a diagnosis.

It would be more usual for a trained or qualified first aider to say they suspect a head injury or concussion than to diagnose it themselves. If they are the highest level of first aid cover available at the activity that will mean the member / rider has to go off site to have the diagnosis made by a doctor.

The member / rider should not ride again until they have been seen by a doctor. This may mean that the rider will miss any part of an activity or competition.

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

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

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

Once a diagnosis of suspected head injury or concussion is made by the highest level of official first aid cover present at the activity, then that decision is final. No one may overrule that decision on the day if it is made in good faith. If a member / rider is advised to see a doctor because of suspected head injury or 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 will 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 member / rider is diagnosed with a suspected concussion by a first aider or paramedic and that member / rider subsequently sees a doctor who is sure that they do not have a concussion and did not suffer a concussion and will provide evidence that they are satisfied that the member / rider is well, that member / rider will be treated as if they did not sustain a concussion.

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

In the event of a diagnosis of a confirmed head injury or confirmed concussion, the doctor will advise the member not to ride or take part in any activity that potentially involves hard contact for three weeks. They will advise the member that they could, after 10 days, ask a doctor, who is experienced in assessing concussion (including in children where appropriate), whether they have any concerns about any ongoing concussion problems. If that doctor is happy to certify that the member is not suffering with a concussion, the member may ride again, providing evidence regarding that decision is provided. If no evidence that such an assessment has been made, the member should not take part in any Pony Club riding activity and/or any unmounted activity that may involve any hard contact 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

The Pony Club has no official way of automatically knowing about members who sustain a confirmed or suspected head injury /concussion outside of Pony Club activities. A concussion may be sustained outside Pony Club activities, for example at riding activities organised by other BEF member bodies or at school football / rugby / hockey matches. It is for parents / guardians ultimately to make a decision about the welfare of their child.

However, if a Pony Club official in charge of any Pony Club activity 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 for three weeks, they should not allow the member to take part in any mounted activities and/or any unmounted activities that could potentially involve hard contact for three weeks, unless the member or their parents / guardians can produce appropriate medical evidence of fitness to ride dated at least 10 days after the initial injury, SEE APPENDIX D – CONCUSSION FLOWCHART

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. 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

- 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
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 sport. See Pony Club drugs policy in Health and Safety Rule Book.

11. DISQUALIFICATION

The Official Steward or Chief Judge 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 Third Party Legal Liability Insurance Policy is extended to give cover for all the official Area Competitions and the Championships. Details of this insurance are given in the "Administrative Notes" in the current issue of The Pony Club Handbook.

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

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, whether caused by their negligence breach of contract or in any other way 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:

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.

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

18. 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 leathershoelace 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 of charge from The Pony Club Office and Branch Secretaries, 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) or the SERC website (scottishendurance.com) or the ILDRA website (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 on line and be automatically entered for The Pony Club Endurance Points League. Open the Endurance GB website > Home page > Joining > PC membership. 2017 was

the first year we used the PC Endurance League. In 2019 we will continue the leagues with a Grassroots class that will be 19km or less, the Novice will be from 20 to 29km, the Intermediate will be from 30 to 50km leaving the Open at 51km or above. For further details check The Pony Club 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 (Robin)	Level 2 Grassroots (Merlin)	Level 3 Novice (Kestrel)	Level 4 / Intermediate (Osprey)	Level 5/ Open (Eagle)
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	Competitors going either faster or slower than the speed specified will be disqualified				
Scoring	Results will be achieved by using The Pony Club Performance Formula				
Completion Award	Robin rosette	Merlin rosette	Kestrel rosette	Osprey rosette	Eagle rosette
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) It is recommended that horse/ pony and rider must have completed a minimum of two rides at level 3	11-12 years (Juniors) 13 years and over (Seniors) It is recommended that horse/ pony and rider must have completed a minimum of two rides at level 4

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 Kestrel, Osprey or Eagle ride (and in Levels 1 - 2 Robin & 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 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, Intermediate and Novice level; To qualify for the championships, horse and rider must have successfully completed three 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 three 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 Grassroots level just one ride needs to be completed successfully in the current year. 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 2019 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 Grassroots Competition horse and rider must have successfully completed one ride between 10 and 20km at a speed of 12kph or below.
- b) To qualify for the Novice Championships (Level 3) horse and rider must have successfully completed three rides of 20k or over at a speed between 8 and 12kph. To qualify for the Intermediate Championships (Level 4) horse and rider must have successfully completed three 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 three rides of 40km or over at a speed of between 10 and 15kph..

23. CHAMPIONSHIP ELIGIBILITY

- a) **All horses and ponies must have genuinely participated at a minimum of 3 working rallies of this or their previous branch or centre since 1st July in the previous year, one of which must have been in the current year, with the current rider as a combination.**

- b) **All competitors entered must be active members of the stated Branch or Centre and must have genuinely participated at a minimum of three working rallies of this or their previous Branch or Centre since 1st July in the previous year**
- c) **To count for the purposes of this rule a working rally must have been organised by the Branch Committee the District Commissioner or Centre Proprietor and advertised as open to all members of the Branch or Centre at least seven days prior to the date of the rally.**
- d) **Team practices and coaching do not count as a working rally for the purposes of this rule**
- e) **Attendance at camp counts as one working rally.**
- f) **The District Commissioner or Centre Proprietor has discretion, in the case of competitors who are working or in further education, exempt a member or horse/pony from having to comply with this rule.**
- g) **All competitors must be Members of The Pony Club both at the closing date for entries to the competition and at the date of the relevant competition to be eligible to compete at Area qualifying competitions and at the Championships (including the Grassroots Regional Championships).**
- h) **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 3-6 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)

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 except on production of a vet certificate or medical certificate

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.

28. ADDITIONAL AWARDS

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

- a) Rosettes:** Completion rosettes of the appropriate Levels 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 Office, at a cost of £2.00 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.

- 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. Available from The Pony Club Office, at a cost of £1.00 each. A copy of the Mastercard/s should be submitted to prove distance ridden.

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.

d) Access to Endurance Badge: In order to achieve this badge, Members must complete 50km 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 has been chosen because they teach a range of skills which are fundamental to further understanding and development within the sport.

29. HACKING FOR FITNESS

A progress and record card can be downloaded from the website. This allows Members 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 sports. Branches/Centres may however wish to give their own certificates to recognise achievement.

30. 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.

APPENDIX A – PONY CLUB PERFORMANCE FORMULA

The Performance Formula should be worked out as Points:

POINTS = (2 x Speed – 5) x 100
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 (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 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 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.

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.

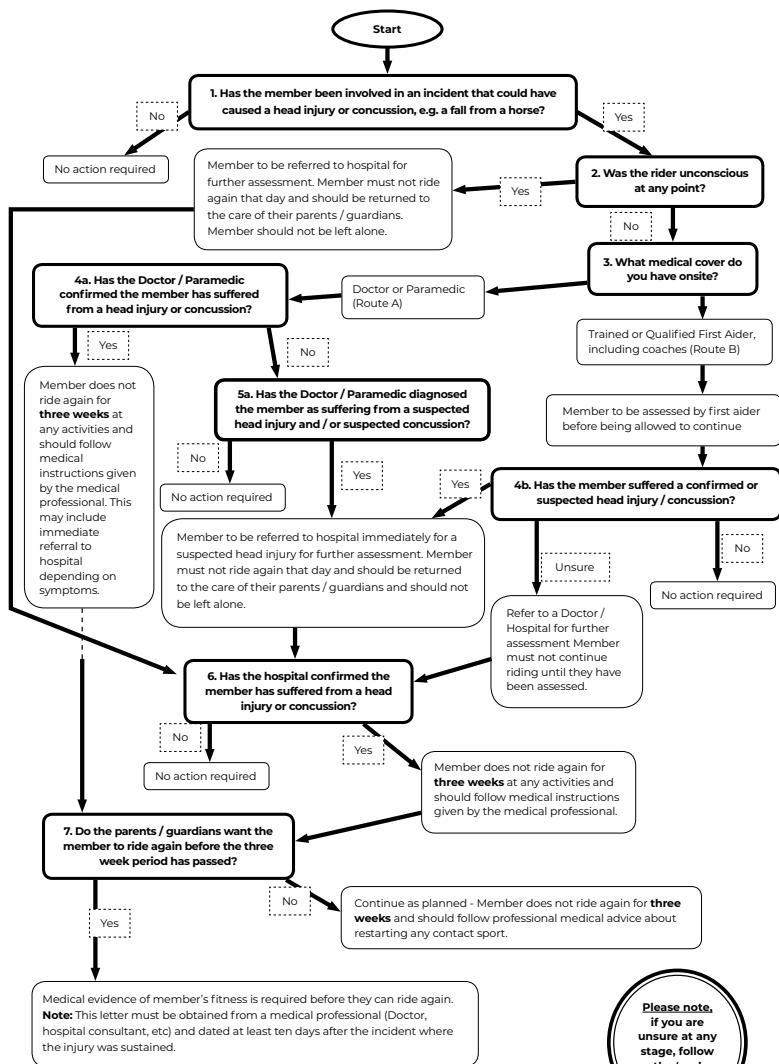
It is imperative that you collect a Mastercard from your Branch/Centre Secretary, or request one from The Pony Club Office, in advance of your first ride and you take it to every Endurance Ride that you participate in. You will not be allowed to ride if it is not presented to the ride secretary in advance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



Please note,
if you are
unsure at any
stage, follow
the 'yes'
route.



The Pony Club Stoneleigh Park, Kenilworth, Warwickshire CV8 2RW
Tel: 02476 698300 **Fax:** 02476 696919 **Email:** enquiries@pcuk.org

Incorporated as a Company Limited By Guarantee Registered in England No: 3072475

pcuk.org