Phase 1 and 2 - Riding and Online Competitions

Horses and ponies can be exercised from home with a focus on safety and getting horses and riders fit. If local government restrictions permit (non-essential travel for example), one-to-one coaching and some online competitions may be possible.

### Advice for All

- If you have any symptoms or suspect you may have been exposed to the virus please stay at home
- Ensure you stay at least 2 metres away from other people at all times
- Remember we have a duty of care to each other

### Advice for Members

- Ensure your horse/pony is fit enough for the activity you are doing
- Ride within your ability
- Be considerate of others and follow Government advice at all times

### Advice for Clubs

- Complete The Pony Club’s COVID-19 risk assessment in addition to your existing templates
- A parent/guardian must be present at any one-to-one coaching - but at a safe distance
- Check regional restrictions before using covered arenas

For the latest guidance see our website: [pcuk.org/coronavirus](http://pcuk.org/coronavirus)
If local government restrictions permit, one-to-one coaching and online competitions can continue. Restricted small group lessons can start, mounted and unmounted, being mindful of fitness and ability of ponies and riders.

### Advice for All
- If you have any symptoms or suspect you may have been exposed to the virus please stay at home
- Ensure you stay at least 2 metres away from other people at all times
- Follow the current advice for your region/country

### Advice for Members
- Ensure your horse/pony is fit enough for the activity you are doing
- Ride within your ability
- Be considerate of others and follow Government advice at all times

### Advice for Branches and Centres
- Complete The Pony Club’s COVID-19 risk assessment in addition to your existing templates
- Restricted small group lessons - max number in arena (to include coach) based on region. At least one additional adult should be present
- Check regional restrictions before using covered arenas

For the latest guidance see our website: pcuk.org/coronavirus
Phase 4 - Training and Competitions

If local government restrictions permit, group lessons can continue and competitions may be possible.

Advice for All

- If you have any symptoms or suspect you may have been exposed to the virus, please stay at home.
- Ensure you stay at least 2 metres away from other people at all times.
- Follow the current advice for your region/country.

Advice for Members

- Ensure your horse/pony is fit enough for your activity and ride within your ability.
- Minimise time at an event and limit your support team.
- Be considerate of others and follow Government advice at all times.

Advice for Branches and Centres

- Complete The Pony Club’s COVID-19 risk assessment in addition to your existing templates.
- Maintain a controlled and regulated environment.
- Ensure hygiene procedures and protocols are in place.

For the latest guidance see our website: pcuk.org/coronavirus