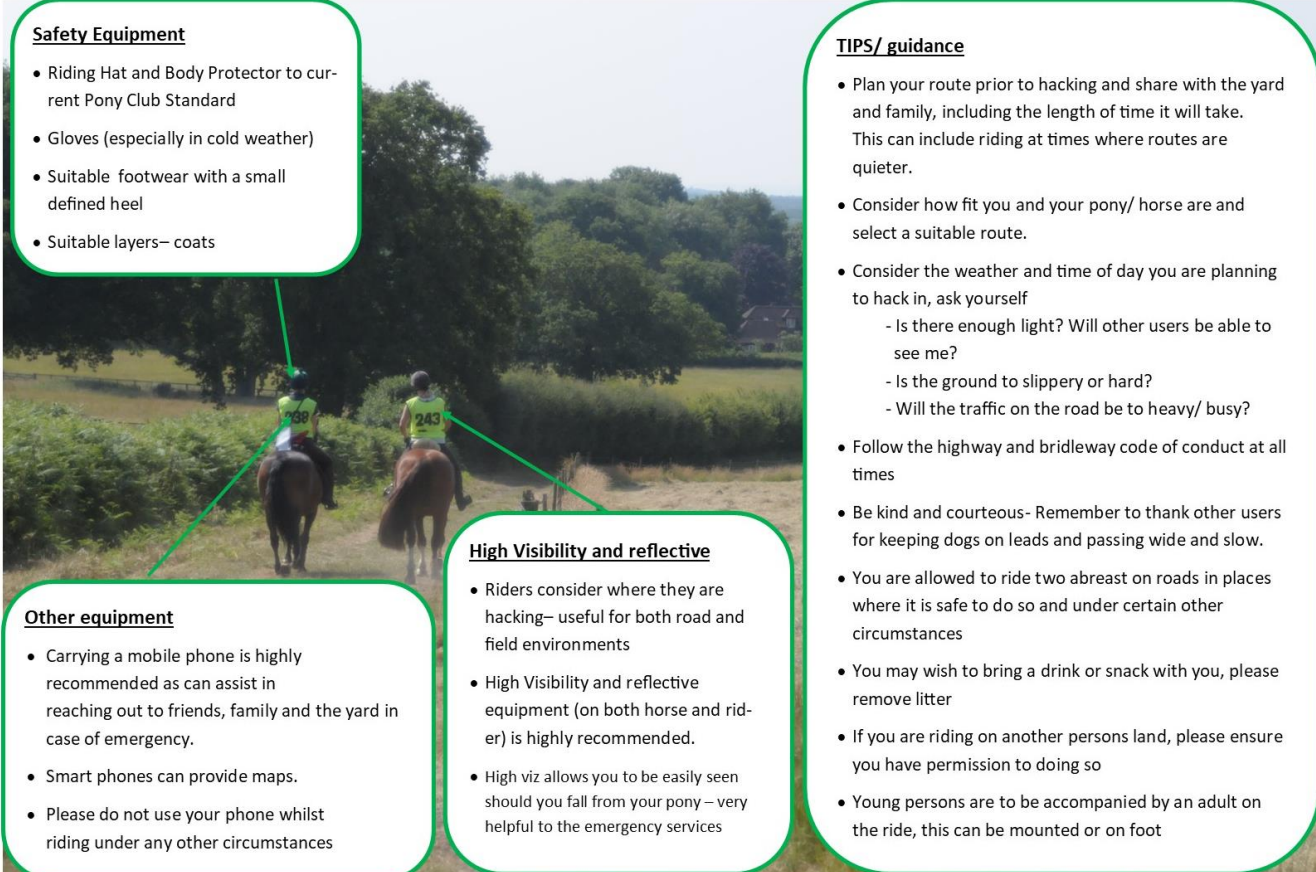


Hacking and COVID- 19 Guidance (08/01/21)

Throughout the year it's great to get out in the fresh air and countryside to explore new places whilst still spending time with your horse or pony. Hacking provides a great ridden option and can help develop fitness for both rider and pony/ horse to ride on different Terrains, paces and durations.

Below you will find some tips, guidance and items to support hacking safely:



Safety Equipment

- Riding Hat and Body Protector to current Pony Club Standard
- Gloves (especially in cold weather)
- Suitable footwear with a small defined heel
- Suitable layers– coats

TIPS/ guidance

- Plan your route prior to hacking and share with the yard and family, including the length of time it will take. This can include riding at times where routes are quieter.
- Consider how fit you and your pony/ horse are and select a suitable route.
- Consider the weather and time of day you are planning to hack in, ask yourself
 - Is there enough light? Will other users be able to see me?
 - Is the ground to slippery or hard?
 - Will the traffic on the road be to heavy/ busy?
- Follow the highway and bridleway code of conduct at all times
- Be kind and courteous- Remember to thank other users for keeping dogs on leads and passing wide and slow.
- You are allowed to ride two abreast on roads in places where it is safe to do so and under certain other circumstances
- You may wish to bring a drink or snack with you, please remove litter
- If you are riding on another persons land, please ensure you have permission to doing so
- Young persons are to be accompanied by an adult on the ride, this can be mounted or on foot

Other equipment

- Carrying a mobile phone is highly recommended as can assist in reaching out to friends, family and the yard in case of emergency.
- Smart phones can provide maps.
- Please do not use your phone whilst riding under any other circumstances

High Visibility and reflective

- Riders consider where they are hacking– useful for both road and field environments
- High Visibility and reflective equipment (on both horse and rider) is highly recommended.
- High viz allows you to be easily seen should you fall from your pony – very helpful to the emergency services

NB. Please consider your medical needs e.g., carry an inhaler or EpiPen if needed.

At the current time it is also important that we stick the Government Guidelines around exercise (Riding and Hacking) in line with COVID-19 precautions. For hacking safely under the guidance please follow the below:

- Exercise is allowed and should be once a day, not travelling out of your local area. Horse riding is permitted at this time for exercise or welfare purposes of the horse or pony- please consider the riding activity you are taking and do not take additional risks.
- You may exercise alone, with one other person, or with your household or support bubble. For full information based on country in the United Kingdom please see the [British Equestrian Website](#)
- Social distancing is to be maintained at all times when with your horse, this includes when caring for, riding or hacking your horse. Please see the British Equestrian Websites [Frequently Asked Questions](#)
- To stay up to date with The Pony Club guidance on activities and news please see the CEO Update or [Website](#)