

PCA News

Pony Club Australia Monthly Newsletter



PONY CLUB
AUSTRALIA

February 2021



Celebrating Australia Day: Members of Heywood (top) and Sunnybrae Pony Clubs



National Gear Rules Coming

Can I use that saddle? Or this bit?
Pony Clubs in Australia will soon have a consistent set of gear rules. For several months, state representatives have been working on removing anomalies and clarifying what can and cannot be used at rallies and competitions. MORE: Page 5

- New Incident Report system . . . p2
- Game Plan to help volunteers .p3
- Posters for your wallp4
- Rules for Feeding p6

Holiday Homework

Throughout January, Tasmanian coaches in each of the three zones had the opportunity to attend mini-clinics. The clinics covered a snapshot of Equitation Science elements from the PCA Syllabus and the practical lungeing requirements for Proficiency Test candidates. They were conducted by Carol Hobson (above, with 'Park' demonstrator Samantha Barker and Ollie) and assisted by Pony Club Tasmania Chief Coach Marisa Hall. Carol's experience and expertise is highly respected and valued by Pony Club Tasmania and Pony Club Australia.



info@ponyclubaustralia.com.au
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Incident Reporting System

NEW



PCA's new online Incident Reporting System is a valuable reporting tool Pony Clubs NEED to know about, and use, for all incidents and near misses from the 21st January 2021.

Ever seen something happen at a rally, muster or competition and wondered who to report it to? Have you or your Club ever had an insurance claim and needed to provide further evidence? All Pony Clubs know that working with horses has its risks and it's their job to ensure the right safety procedures are followed in the event of an incident or near miss.

Your Pony Club may already have a culture of safety – which is great! One way of improving this nationwide is to take advantage of the free tools provided by a national organisation such as PCA. Currently, many Pony Clubs use paper-based incident reporting systems which have to be hand-written and then sent on to your State Office. This method is now being phased out.

What other new benefits of PCA's online Incident Reporting System will affect Pony Clubs?

1. The report can be filled in on a computer or laptop and allows the user to add any photos. The system also allows the user to utilise the form on a mobile or tablet device to fill the form.
2. It saves time and money – your State Office and PCA receive an instant notification once a form has been submitted. No need to waste supplies on printing and sending so it's good for the environment as well.
3. It allows accurate and secure record-keeping for continuous improvement - if regular incidents or near misses are identified in a high-risk activity or area, corrective steps can be taken to make the environment a safer place for everyone.

This system will be used to report:

- * Rider fall ✓
- * Concussion / head injury ✓
- * Non-fall person injury ✓
- * Horse injury ✓
- * Safety issue ✓
- * Near miss ✓

4. It supports any insurance claims with Pony Club's insurer. It is important a report is submitted online via the PCA Incident Reporting System from January 21st, 2021. We are interested in your feedback on this new system and how it works.

Please submit any feedback to the email: info@ponyclubaustralia.com.au

[More on the PCA website, including a link to the online Incident Report form](#)

[Download this poster \(page 4\).](#)



Game on, with Game Plan

Help for our many Club volunteers

Pony Club Australia has welcomed new tools to assist the many hard-working volunteers who run the 800 Pony Clubs around Australia.

We are supporting the roll out of 'Game Plan' from Sport Australia – tools to help with running clubs, setting goals and making improvements. It will also mean that when office bearers and organisers change over, as they inevitably do, a Club has a solid and secure record to enable Club continuity.

PCA CEO Dr Catherine Ainsworth said Sport Australia's Game Plan replaces the previous 'Club Health Check' from Sport Australia. "It is a digital platform designed to provide sporting clubs of all sizes with insights into their current capability and connect them with specific tools and resources to build and support ongoing development. We had several Pony Clubs participate in the pilot program," Dr Ainsworth said. "I was happy, on behalf of Pony Club Australia, to take part in a video encouraging Clubs for all sporting codes to take advantage of this great tool from Sport Australia. Having seen the benefits of the Club Health Check for many Pony Clubs in past years, this is another step up I believe Clubs will find easy to use and very helpful." Club representatives will be able to watch a short video to find out more, then register and get started. With Pony Clubs resuming for a new year at present, the timing is perfect.

[Sport Australia - two minute video explains Game Plan](#)

Dr Ainsworth said Game Plan will give Clubs tools to improve volunteers' skills, help Clubs adapt to changing circumstances, identify areas for improvement and maximise their resources. As well as best practice resources for Clubs, Game Plan will also provide insights to Sport Australia and national and state organisations, so they can prioritise areas of need for future focus and investment.

"Game Plan is a comprehensive, easy to use online tool. In the past we have done six monthly Club audits using the Club Health Check but Game Plan takes these audits to a whole new level. There is a lot of fabulous information and resources, and the analysis is comprehensive and tailored. Our Club Officials will definitely use this invaluable site, especially when reviewing our Strategic Plan and operating procedures and I encourage others to do so."

**- Katrina Kelly, Vice President, Lilydale District Pony Club Tasmania
PCA Club of the Year, 2020.**



[Sport Australia - two minute video explains Game Plan](#)

Posters for Your Home or Clubroom Wall

You can download these posters by clicking on them, or from the Horse Resource page on the PCA website. Great for reminders and for certificate preparation.

[Download](#)

Footfalls of the Horse

The order in which a horse's legs move in every gait



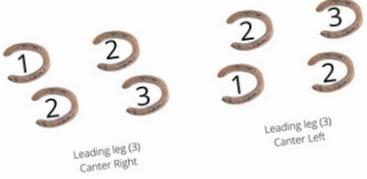

Walk




Trot




Canter

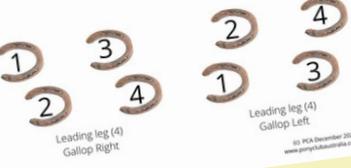


Leading leg (3)
Canter Right

Leading leg (3)
Canter Left



Gallop



Leading leg (4)
Gallop Right

Leading leg (4)
Gallop Left

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[Download](#)

10 Principles of Training

For Effective Training Horse Welfare Improved Rider Safety

1. Prioritise safety when around horses
2. Understand what the flight response looks like and how to manage it.
3. Understand that the horse's brain is different to ours.
4. Prioritise calmness and be consistent at all times.
5. Find ways to get the horse used to things that scare him.
6. Use pressure-release and reward training effectively; avoid punishment.
7. Use voice, seat and weight aids correctly and understand their limitations.
8. Train behaviours gradually.
9. Only give one aid at a time. Each aid should produce only one response.
10. Always prioritise self carriage.



This poster is a summary of the 10 Training Principles. To read the extended version go to: www.equestriance.com



New Year - do you need a new helmet?



January 2020



Helmet Standards

The following shows helmets permitted in Pony Club

Helmets generally have a useful life of five years, but must be checked after a fall

Standard	PCA
Australia New Zealand standard AS/NZS 3838 Marked SAI Global 	✓
Australia New Zealand standard ARB HS 2012 (racing helmets) Marked SAI Global 	✓
American standard ASTM F1163 Marked SEI or SNELL E2001 	✓
British Standard PAS 015 (1998 or 2011) BSI Kitemarked 	✓
European standard (old) EN1384 2020 is the last valid year for this standard and only with date of manufacture of 2015	✓ Only for helmets with manufacture date up to and including 2015
European standard (new, interim) VG01.040 (2014-12) This may be abbreviated as 'VG1' on the helmet label	✓ Note that new helmets may carry both the EN1384 & VG01.040 marks

EN1384
Is this your helmet? This standard is not approved after 2020.

The Australian Government through Sport Australia recognises PCA to develop Pony Club in Australia. The financial support of Sport Australia is gratefully acknowledged.

[Download](#)

HOW DO I REPORT AN INCIDENT OR NEAR MISS?




SCAN ME

1. **ACCESS THE FORM**
Scan the QR code on your device or visit form.jotform.com/PonyClubAust/pca-incident-reporting-system
2. **FILL IN THE FORM & SUBMIT**
This form can be filled in online or in the field & submitted once re-connected. It can also be saved & finished later
3. **RELEVANT ORGANISATIONS NOTIFIED**
Pony Club Australia & the relevant state are notified of the submission which is then reviewed
4. **ACTION**
If regular incidents or near misses are identified in a high-risk activity or area, steps can be taken make the environment a safer place for everyone

A LIFE WITH HORSES STARTS HERE
Visit ponyclubaustralia.com.au

[Download](#)

New National Gear Rules

- What is Happening



Pony Club Australia is working on national rules for gear for riders and horses in all Pony Club activities. We want to make sure that decisions on acceptable gear are made by a knowledgeable group of people, on the basis of rider safety and horse welfare, and cater for the wide variety of disciplines in Pony Club.



We also want our members to be able to easily understand what is in and what is out, when they are buying gear and getting ready for Pony Club.

Throughout 2020, a group with a representative from each State has been meeting regularly via Zoom to discuss a standardised set of gear rules for saddlery and rider wear. The intention is to use best practice to update the rules, with an emphasis on rider safety and horse welfare, and to make rules clear and consistent.



This will bring us into line with other national sports. Pony Club Australia has facilitated these meetings, with State representatives discussing similarities and variations between their State's rules and examining what each State wants to see allowed, disallowed or clarified. These representatives came up with a draft which has been circulated for consultation and discussion within each State.



We have heard comments such as 'shirts and ties will be compulsory for mounted games' which would naturally upset many people. This is not, has never been, and never will be, a part of the National Gear Rules. It makes much more sense to do games in a polo shirt most of the time. International Mounted Games (thanks to tradition!) is stuck with white shirts and ties for now. This is an example of how the National Rules need to have options for different levels of competition.



The next step is to collate the feedback received from this round of consultation and for the National Gear Committee to review and discuss. The final set of rules will be circulated and placed on the PCA and State websites for everyone to download or refer to.



With the final documents, we intend to have a brief guide for busy parents, and a manual with more detail for gear checkers. The National Gear Committee will be our 'brains trust' and can evaluate new gear that comes onto the market, and gear that is outdated. As well as responding to the requests of members for a clear, national set of gear rules, this project will ease the workload for volunteers by doing an annual update once by a national committee, rather than seven times by separate state committees. ■

From the Manuals

Do you know: **How much hay you are feeding?**



A Amy feeds her horse one biscuit of pasture hay for breakfast

B Bryce feeds his horse a big armful of pasture hay from a roll ('round') for breakfast

Which rider is feeding the most hay, A or B?

Recently we asked members (on Facebook) who is feeding the most hay - A or B?

The answer was they are feeding the same. The top picture shows one biscuit of pasture hay, and the bottom shows the same biscuit broken apart.

Using a hand held set of scales, both weighed 2kg.

It's a good lesson that you may think you are feeding more than you really are. That is why it is a good idea to weigh your feed using hand held or kitchen scales. The certificate manuals, particularly the C and above, discuss what to feed and how to feed it, in detail.

From the C Manual

Rules for Feeding

There are several generalised rules for feeding horses in order to keep them healthy and avoid certain problems.

- Feed little and often
- Feed mostly roughage
- Feed according to workload to avoid over feeding or under feeding
- Make changes in feed very gradually over a period of two weeks so your horse's digestive system can adjust to the change
- Keep feeding times as routine as possible
- Feed good quality feeds. Avoid feed if it smells mouldy or doesn't look fresh
- Keep feed and water containers clean
- Riding your horse when they have an empty stomach can lead to stomach ulcers. Feed some roughage, but avoid feeding your horse large amounts of concentrated feed before riding.



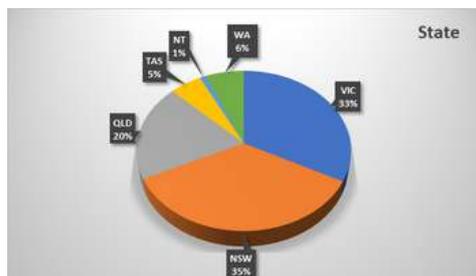
Weighing hay and grain helps you know exactly how much you are feeding your horse. You will get an idea of weight once you do it a couple of times.



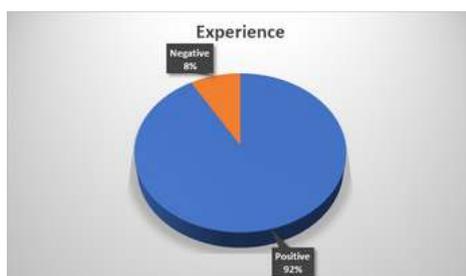
Boys and Pony Club survey

Late last year, PCA sent out a survey to find out what boys (members and non-members) like and don't like about Pony Club, or any obstacles to joining a Pony Club. The results were interesting.

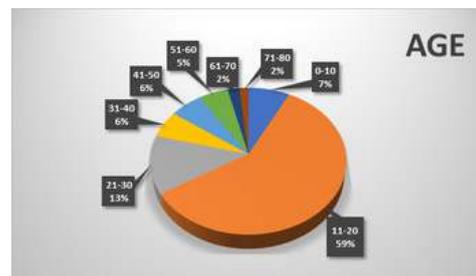
Here's a break down of some key issues, which we are looking at and which Clubs may find useful in attracting - and keeping - male riders.



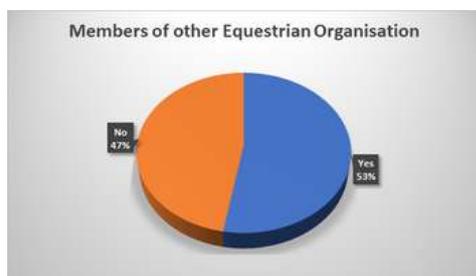
Responses came from WA, NT, TAS, NSW, QLD, VIC



Most rated their Pony Club experience as positive overall



Responses came from a wide range; over half were aged 11-20yrs



Over half of responders were also members of other equestrian clubs and sport-specific groups, including EA, polocrosse, campdrafting, stock horses, mounted games, showjumping.

Favourite Pony Club activity and why?

Activities at speed with an adrenaline rush, eg

- Mounted Games
- Showjumping
- Cross Country
- Sporting
- Barrel Racing
- Campdrafting

Least favourite Pony Club activity and why?

Dressage – It is slow, not fun and boring.
 Hacking – Too much standing and waiting
 Showjumping – Fear of falling
 Flat work – Slow and boring
 Rules – Too many outdated and unnecessary rules

Current and past members, what did you like about Pony Club?

- Really fun
- Real friendly environment with supportive people
- Small and welcoming
- Laidback and relaxed
- Good club, good friends, good grounds & good instructors
- Fun because we had many boys
- Helped build my confidence
- Made many friends
- Education on horse management
- Good coaches
- Got to try new disciplines and activities

Current and past members, what did you not like about Pony Club?

- Dull / uncomfortable uniforms
- Very girly
- Repetitive activities
- Disorganised
- Boring, not enough fun stuff
- Not enough boys my age (or not enough boys at all)
- lots of politics, complaining, and fights
- Parents telling me what to do / spectator interference
- New ideas got shut down
- Boys should be able to compete in jeans (or moleskins etc)
- Most theory lessons were boring

What prizes / rewards would you like to see?

- Gender neutral prizes; vouchers, caps, tools, pens, belts, rope things
- Trophies, medals; horse feed; saddlery
- Not pink glittery scrunchies, halters and brushes.
- It's not the prizes but the colour of prizes/rewards; needs to be less pink and purple colours.



The Centre Pages

Our Accredited Riding Centres are doing great things to promote Pony Club

Phoenix Acres in Bundaberg, QLD held a very popular sign on day in January to tell their local community about the incredible value of the PCA Syllabus to horse welfare and rider performance. They had a wonderful turn out, with lots of excited riders and families coming to see what the Pony Club program is all about. They finished the afternoon with a ride.



Two New Centres Sign Up

The Pony Club Australia Centre Membership program for riders who do not have their own horse continues to grow. We have two newly accredited Centres where PCA Centre Members can develop their skill systematically using the PCA Syllabus of Instruction and certification.

Welcome to:

**Little Ranch Horse Riding Lessons in Yorklea, NSW, and
Mundoolun Reins Riding Academy, Mundoolun, QLD (Pictured above)**

[You can find a full list of Accredited Centres across Australia here.](#)

it's a handy webpage for Clubs to pass on when you get enquiries from riders who do not have their own horse. By learning about and riding horses at a Pony Club Accredited Centre, riders will be more likely to join your Club if and when they purchase a horse of their own. You may even want to print out a few copies of the [brochure on the PCA website](#) to hand out if people make enquiries at your club.

If you want to know what Centre Membership means for your Club, you can read the [Frequently Asked Questions on our website](#)

Do you know a riding school that would benefit from accreditation or do you know a coach who has at least one school horse?

[You could share this fact sheet with them:](#)



The Centre Pages

Presentation day - Claremont

At the Therapeutic Riding Centre (Claremont WA) in December, these riders received their manual certificates.

Claremont Therapeutic Riding Centre (CTRC) provides horse riding for therapy, sport, recreation and training for children and adults of all abilities. Formed in 1992, the CTRC has a focus on inclusion and participation. Qualified coaches are trained to work with a wide variety of disabilities: cerebral palsy, autism, hearing, vision and intellectual impairment, multiple sclerosis, acquired brain injury and paraplegia.



At Avoca Park Equestrian, a D Certificate candidate learns how to remove a rug correctly and safely. This centre is at Macclesfield, Victoria.

C Success



We are thrilled to announce that we have had our first ever C Certificates achieved by PCA Centre Members. Two PCA Centre Members from Horsetalk Riding Farm in Jiggi, New South Wales passed their C assessment and two other Horsetalk riders achieved a D and an E Certificate. In Queensland, one D* Certificate was awarded to a Centre Member at Penrice Park Equestrian. Congratulations to these PCA Centre Members and their coaches!

Summer Parasite Management



**Dr Jacqui Panozzo,
WormCheck**

- Worm faecal egg count (FEC) service for horses and livestock.

In the last newsletter, PCA alumnus Jacqui talked about the benefits of having dung beetles in your paddocks and how to look after them. This issue she talks about general summer parasite control.

Methods for parasite management are quite often dependent on the climate/weather conditions. Therefore, throughout summer, Australia can be split into two regions when managing parasites in horses: Southern and Interior Australia with dry heat and low rainfall, and Northern Australia with subtropical or tropical wet summers.

For both regions, remember to remove bot-fly eggs from your horses. For more information about Bot Flies, see this article written for PCA on the PCA website - [Bot Flies Be Gone!](#)

Southern Australia

Summer is the easiest time for parasite management in Southern Australia. The take home message is not to worm your horses at all, unless they show clinical symptoms (i.e. are sick). There are a few reasons why to not worm over summer.

1. The dry weather limits worm egg hatching/larval survival

Throughout the wetter months, the modern method of worming focusses on decreasing the spread of worms, rather than removing worms from the horse. Basically, modern worming is IDing and treating the 'super-spreaders'; limiting how much they spread worms to other horses. Worming horses with high egg counts will limit the number of infective larvae on the pasture. In summer, hot dry weather will desiccate the eggs and larvae therefore aiding in the control of free-living worm larvae without the need for chemical interference. This also means that paddocks can be harrowed, rather than having to collect manure from the pasture.

2. Be kind to your dung beetles!

Wormers, especially the macrocyclic lactones (ivermectin, abamectin, moxidectin), have detrimental effects on the insect life that break down manure, such as dung beetles. Worming drugs will pass out in the horses' manure, and the residue can have a harmful impact on dung beetles and other soil insects and worms.

3. Encysted strongyles

Throughout spring, any excess worm larvae that are ingested by your horses may become encysted rather than mature into egg laying adults. These larvae live in pimple-like cysts on the lining on the horses' intestines. While encysted, these larvae cause little to no disease to the horse. By worming a horse in summer, the stable population of adult worms is removed, and the encysted larvae may leave hibernation suddenly, causing a colic like disease. (For more information look up larval cyathostomiasis.)

4. Every horse should be given a yearly treatment in Autumn

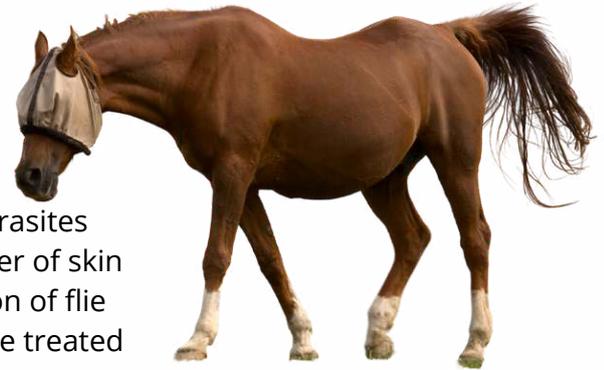
Each horse should receive an annual treatment as a 'clean-out' and also to remove bot-fly larvae. The best time for this is in mid-autumn, after the bot flies have finished to remove all bot larvae and to target any strongyle larvae that have by then left their cysts. Worming in summer can be considered a wasted treatment if the horse requires another treatment a month or so later.

Next page - Northern Australia

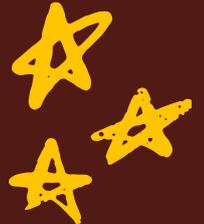
Unlike Southern Australia, up North there is now generally abundant water and damp paddocks and a warm climate, perfect conditions for worm larvae in their free-living stages. Therefore, owners should be mindful of reducing larval load on pasture. To reduce larval pasture contamination, check which horses are high egg shedders via a FEC (faecal egg count), and worm appropriately. Manure should also be collected rather than harrowed.

Summer is peak time for insect-transmitted parasites, such as *Habronema* spp. and *Draschia* spp. These larval stages of these parasites are transmitted by biting flies where the worm larvae infect the layer of skin causing summer sores. These can be controlled through prevention of flies (fly repellents/fly rugs) and if summer sores do occur horses can be treated with macrocyclic lactones (ivermectin, abamectin, moxidectin).

You can find out more about WormCheck through their [Facebook page](#).



Careers with Horses



At some stage many young riders dream of working with horses - but what is it really like?

We look at what it's like to be an: **Equine Vet Nurse**

Head Equine Vet Nurse at Bendigo Equine Hospital (VIC), Clare Wheatley, takes us through some top tips on how to reach your goals if you're looking to get into the equine medical industry as a VET NURSE.



Clare's Interview with Dr Portland Jones is here:



Could Your Club do with a Grant?

Could your Club do with some grant money? Maybe for security lighting, a security system or for first aid equipment?

Our friends at Sonaray Australia, equestrian lighting specialists, have passed this on.

Applications close March 22, but you need to talk to your local MP before applying.

Crafty ideas



Do you have some favourite horse models sitting in the wardrobe? Whether they have some wear and tear or you just want to display them in a new way, why not try bookends? You can buy simple wooden bookends cheaply like photo one, or use some wood from home and get help to make your own. Cut your model horse carefully in half, add glue and you are done - presto!

Federal Grant

Stronger Communities Program - up to \$20,000

Applications by invitation from your local MP
Closing date — MARCH 22, 2021, 5pm



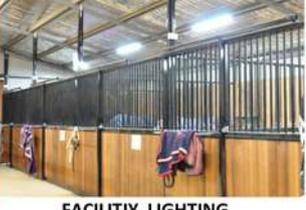
PATHWAY LIGHTING



STADIUM LIGHTING



CAR PARK LIGHTING



FACILITY LIGHTING

The Stronger Communities Programme provides each of the 151 Federal electorates with \$150,000 to fund small capital projects. These projects aim to improve local community participation and contribute to vibrant viable communities. Federal Members of Parliament (MPs) identify potential projects and invite applications from their electorate.

The grant amount for small capital projects is up to 100% of eligible project costs except for local governing bodies where grant funding will be up to 50% of eligible projects costs.

Your grant request must be between \$2500 and \$20,000.

Examples of what can be applied for.

- LED lighting upgrade
- Car park lighting
- Security lighting
- Security systems
- First Aid Equipment
- Defibrillators
- Shelters
- Horse Shelters
- Sporting equipment

Sonaray is Partnered with the Grant Professionals who has a track record of successfully winning clubs grants.

For more details and closing dates for your area contact

The Grant Professionals -
Robert Palmaricciotti 0476 165 683 or
Anthony Nicholls 0407 585 775

SONARAY LED Technology Solutions **GRANT** Professionals

EQUITANA MELBOURNE

July 8-11 2021

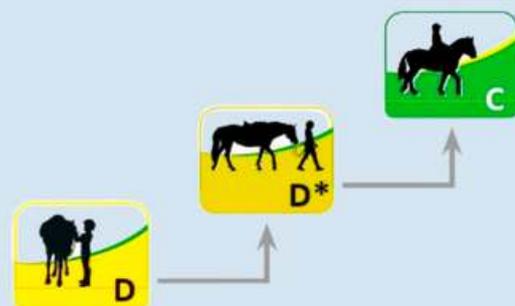
Pony Club Australia will be having a stand at Equitana this year, and will be doing displays on the Saturday (10th). Come along and say hello! More soon.

[More about Equitana](#)

[Apply to be a Volunteer at Equitana](#)

DID YOU KNOW?

D* is now a pre-requisite for C.
If your state Pony Club Association requires a C Certificate for competing in State Champs, you will need to get your D* Certificate first.



PCA Facebook Hits 10,000

Do you **'like'** the PCA Facebook page?
No? Here's what you might have missed!



Spooking and Shying

Shying and spooking are very obvious indicators that our horse feels stressed, anxious, fearful or just 'unsafe'. We need to make sure that the ways in which we respond to spooking or shying help to reduce stress, or at the very least do not add even more stress, fear or confusion.

This video provides a very simple way to think about what is happening when your horse shies or spooks and how you and your horse can develop confidence when things get a little scary.

[Spooking and Shying](#)



Free Training for Beginner Coaches (eg Parents)

Why not do the Sport Australia Community Coaching General Principles course? It takes approximately four hours. The course is free of charge for people with an Australian postal address and is subsidised by the Australian Sports Commission to encourage beginner officials to undertake training. The course is aimed at first time and beginner coaches (eg. parents) and is a requirement for all our PCA NCAS Preliminary Coaches. There is assessment included within each module. Learners who successfully complete the course will receive a certificate and have their details recorded on the Australian Sports Commission's national coaching database.

[Coaching course details here;](#)



What a great way to start 2021 with our Facebook page hitting 10,000 likes!

In fact we have joint winners - congratulations to Tracey Hosking, Bundarra Pony Club NSW and Claire Culloton from Walkaway Pony Club WA. Both will receive a PCA prize pack in the mail. Tracey and her young son are both riding members of Bundarra.

Claire joined Walkaway as a non-riding member last year, although she was a PC member in her youth, and she has a young son at the Club. In fact due to COVID-19, Jaxon will have his first rally in a couple of weeks and is very excited.



Do you **'like'** the PCA Facebook page?
No? Here's more you might have missed!

If you are not confident using MyPonyClub, Pony Club Victoria has produced a great online guide, on Facebook, to help.

Over coming weeks, PCV will be explaining different aspects of the registration site which all Clubs and members need to use.

The first episode was about the Club Administration tab. This is where Club representatives manage items like the Club Profile, ABNs, Club Contacts, Club emails, and you can add your social media pages here so your members can assign them to their membership profile.

[See the first session here \(you need to be on Facebook\)](#)



Metronome Magic



In the rider manuals for our Proficiency Certificates, we recommend that riders use a metronome to help them learn about finding and keeping rhythm and/or increasing and decreasing tempo.

But what does using a metronome actually look like when you are with your horse?

Find out in this video by PCA Board Member Dr Andrew McLean. This would also make a great activity at your Club or Centre.

Many phones can have a metronome feature/app.

[Learn how here:](#) (2 min video)



You might be surprised to learn that some of your best efforts for things like getting our horse to gain weight might actually be having the opposite effect!

Watch this video presented by Dr Nerida Richards. She makes the science of feeding and digestion simple and fun:

[Five Tips to Reduce Feeding Costs](#)

* This material in this video is consistent with the information on feed and feeding that riders need to know to pass their proficiency certificates. Don't forget that Pony Club Australia members save 10% on FeedXL plans. [Get your discount code from: https://tinyurl.com/y6m2plug](https://tinyurl.com/y6m2plug)