

PCA News

Pony Club Australia Monthly Newsletter



PONY CLUB
AUSTRALIA

April 2021



What it is all about: Friends at Glenorie Horse and Pony Club (left), and their ponies are happy to see each other, and (right) brothers Nicholas and Matthew, Glen Innes Pony Club, are set for a great rally with the older helping the younger rider.



Incident Reporting Gets the Nod

Page 2

- Tips for fun lessons p 2
- Can you draw horses? p3
- 10,000 steps: still time p 4
- First Aid Kits p 7



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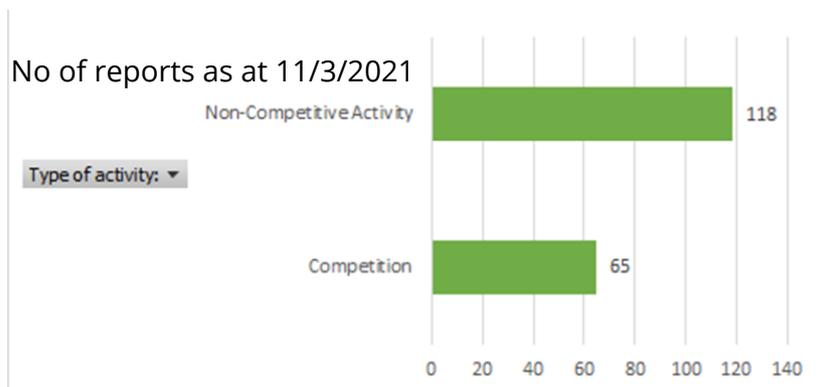
Incident Reporting

- New System Proving Successful



The takeup of the new online incident reporting system has been excellent. In particular we congratulate Tasmania (PCAT) for their consistent use of the system. Submissions have come from . . . and there have been 279 in the 10 weeks to March 29, 2021 (an average of 28 per week).

The incident reporting system is now compulsory. You can download the app onto your phone. Where there is no internet service when the incident takes place, the basic details should be taken down and added to the app later. You are also able to start the online form, stop and go back and finish it later without losing your content.



Recording 'near misses'

Occupational Safety & Health Administration (OSHA) defines a near miss as an incident in which no property was damaged and no personal injury was sustained, but where, given a slight shift in time or position, damage or injury easily could have occurred.

Near misses also may be referred to as close calls, near accidents, accident precursors, injury-free events and, in the case of moving vehicles objects, near collisions (horse or vehicle).

Recording a near miss on the Incident Reporting System will allow any trends to be picked up, safety measures promoted and possible rule changes made.

[Poster to download for your Clubrooms](#)



The Value of the Incident Reporting System: FAQ

Will this system support insurance claims?

Yes, as this system is taken up, it's the method for PCA to report for insurance purposes.

Can this be printed for people to fill in?

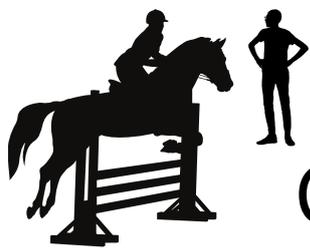
The system caters for a range of reports and is intuitive depending on your answers; you don't see irrelevant questions. It is quick and easy; if it is printed out to fill in, it is 10 pages long.

Can I stop and start my report over a few hours or days?

Data is saved and users can commence and go back to the form before submission. We can see that the lodgement of reports currently varies from on-the-spot to 48 hours later.

What if I need a record for myself or my club?

This can be requested through your state office. A copy automatically goes to the submitter and to the state office.



Coach Update

We recently ran a competition for fun coaching tips. The winner was Jill Kessell, a coach from Wallangarra Riding & Pony Club in WA. She wins a PCA sun smart polo top. Studies show that having fun helps us learn new skills and that we are more likely to remember the information that was part of a fun lesson. This is true for learners of all ages.

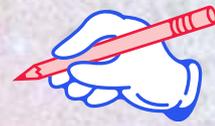
The tips we received emphasised the importance of:

- Movement
- Emotion, shown in smiling and laughing
- Creativity, especially 'horsifying' games from everyday life
- Using a game or activity that develops skills incidentally instead of focussing primarily on the skills
- Planning

Here's some of the great answers members voted on:

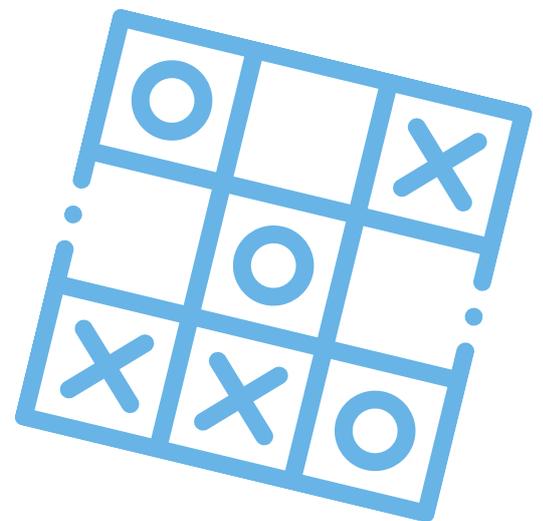
WINNER:

- I watched a fellow coach teaching the flight response by having her group demonstrate them. So we had kids bucking, bolting, shying and snorting around the club rooms. Brilliant.
- One of our summer games is apple bobbing and then find the jelly bean in icing sugar - makes an entertaining game!
- I always try to have a joke with the kids. Make the serious not so serious, after all, it's not about being competitive in lessons but about having fun.
- Learning and loving our ponies. Silly things like wondering what our ponies are thinking when something does not turn out the rider thinks it should. It helps them with connection and relationship with their ponies too.
- Keep the kids moving especially the younger ones!!
- Good old-time game of cushion polo!
- Naughts & crosses: I set up nine barrels and have two teams, and each team has three rags of same colour. Then one at a time they take turns putting a rag on a barrel to try for three in a row, but the other team is also doing the same thing, so both teams are trying to block each other. Once they run out of rags and are still playing the next rider picks up one of their rags and moves it to a different barrel. It's really loud - their team is yelling to tell them where to put it. Teaching part - those horses who won't go beside the barrel have no problems as the rider isn't putting the horses head to the barrel as they're not thinking about it only the rag and getting three in a row. Barrels are only 1.2 metres apart.



Can you draw horses (and riders) ?

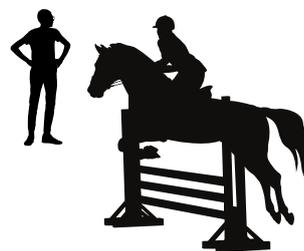
PCA is seeking an artist to provide sketches to accompany coaching videos being produced for our Pony Club coaches. Expressions of Interest should be sent asap to info@ponyclubaustralia.com.au



Continued next page

Coach Update

Fun coaching tips continued



- I think a good idea is breaking the group into smaller groups (2-4), have a fun quiz about the subject/activities that are going to be covered (so they get the quiz idea) and telling them they'll be another quiz at the end (so they pay attention). Complete the activities using the groups if possible then a quiz at the end to see what they learnt. Possibly small prizes for the winners. Instructor allocates groups to encourage new friendships.
- A great safe and fair race for riders on different horses with different levels of control: Set a straight course between two ends (eg a dressage arena). On the call of "go" everyone races towards the other end. Before things get too scary, call "Stop". Everyone has to stop as quickly as they can. After everyone has stopped and relaxed for a moment (take as long as they need), restart the race by calling "Go". On "Go", everyone must TURN AROUND and race for the opposite end. Horse and rider combinations who stopped fastest now have a head start. Keep calling Stop and Go for as long as you like. Transitions will improve. The speedy horses will start to stop better and the slow ones will speed up. Kids have a great time and nobody takes off. Everyone has a chance to win. (PCA note: Make sure that riders are briefed on keeping sufficient distance from one another so that they don't get in the way of other horses during their turns).



**Sept 26
- Oct 2
2021**

National Championships Towards Benalla 2021



- Thoroughbred Industry Careers named as key sponsor -

Thoroughbred Industry Careers (TIC) is proud to announce it will continue its partnership with Pony Club Australia as the named sponsors of their National Championships, to be held this September at the Benalla Equestrian Reserve in Victoria.

The event, which attracts the best young riders from right across the country, presents TIC with a prime opportunity to promote careers in the Thoroughbred industry and source potential trainees and future employees for the industry.

A new 'Ride to Time' competition will be introduced to the event this year which will further strengthen the synergies between horse racing and equestrians.

TIC Chief Executive Lindy Maurice said that directly reaching the grassroots is an imperative step towards building a strong domestic workforce for the future.

"The results from the Explorer Program have been quite astonishing. We are sitting on a great reservoir of talent in Australia and TIC is taking up the reins to reach them and give them an opportunity to succeed.

"By sponsoring events like the Pony Club National Championships, we can plant the seed in young people's minds that there is a career with horses in our industry waiting for them," said Ms Maurice.

More from the [Thoroughbred Industry Careers website](#) or the new Facebook page - 'Thoroughbred Industry Careers PCA National Championships 2021'

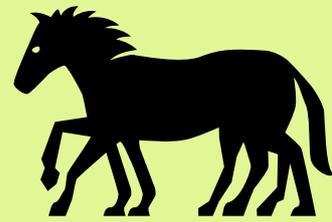


**PONY CLUB AUSTRALIA
NATIONALS 2021
BENALLA VICTORIA**

LEFT: The new Nationals 2021 logo



Walk, Ride or Run 10,000 Steps Challenge



- It's not too late to join in for April -

In April 2021 we begin our second annual 10K Steps Challenge. Pony Club Australia has a team entered - can you beat us and win some great prizes, thanks to sponsor [Polymaster](#) #polymasterau

You can add steps for your team by walking, running or riding. The tournament is open to all PCA Members – riding and non-riding. It is not too late to join in; we already have 28 teams (each up to 20 members) registered.

If you would like to be a team Captain, first sign up for a profile at: <https://www.10000steps.org.au/accounts/login/> and then send an email to Kirrilly Thompson via centremember@ponyclubaustralia.com.au including the email with which you created your account and the name of your team.

Kirrilly can then allocate you to the tournament as a team captain and team members will then be able to join your team. You don't need to have your team sorted to get started. You also don't have to take 10,000 steps each day – every step counts.

To find out more about the 10,000 steps program, how tournaments run and the science behind aiming to take 10,000 steps per day (or just increasing your steps), visit <https://www.10000steps.org.au>

DID YOU KNOW?
10 minutes of horse riding
= 1,000 steps

[Did you miss out on seeing who won all the prizes last year? You can check here.](#)

PCA 10K Steps Tournament 2021 Have you registered your team?



Prizes for:

Team Top Score
Highest Team Average

Most enthusiastic team (selected by Polymaster)
Mystery winner/s (random selection/special mention)



#polymasterau

#ponyclubaus

Safety Committee Report

The PCA National Safety Committee is made up of representatives from all states. Following the National Safety Conference in February 2020 they have been discussing a range of initiatives to assist clubs.

One of the first projects was the **incident reporting system** now in use. Another project, **the optimum contents for human and equine First Aid kits**, is introduced here.

This committee has been working together collaboratively in an important area for Pony Club, and we will be sharing more of their achievements in coming newsletters and emails to Clubs.

Safety for riders and volunteers is such an important area and Pony Club is very diverse. Safety practices must consider the range of disciplines, riders and facilities; competitive and non-competitive events; metropolitan, regional and remote locations. PCA appreciates the commitment and contribution of the committee members.

What should be in a first aid kit for people and horses?



[Safety Committee Equine First Aid Kit checklist](#)



[Safety Committee Human First Aid Kit checklist](#)

Do you buy your veterinary products online? [This site](#) has many of the contents of an equine first aid kit, and there will be many others sites..

First Values Award Winners



Congratulations to the first recipients of the Pony Club Australia Values Awards, Emma Le Grand (left) and Fiona Mamet!

These awards were created late last year to recognise Pony Club members (all members, not just riding members) who achieve great things relating to community, sustainability or welfare.

You can read about these [two women's achievements here](#):

Clubs are able to nominate worthy members for these awards; it's simple. You can find out more here: <https://ponyclubaustralia.com.au/members/awards/>

Worming Horses in Autumn



**Dr Jacquie Panozzo,
WormCheck**

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

All horses should be wormed at least once a year: this is to clear out any burdens of worms that may have built up over 12 months, or remove species of parasites that cannot be diagnosed using faecal egg counts, such as bot-fly larvae.

Mid to late autumn is the best time of year to treat all of your horses. Aim for when the weather has fully changed to wet and cold, and the bot flies have finished for the season. At this time of year, a single worming treatment can be given that will treat for bot-flies, tapeworm and strongyles - including any strongyles that were encysted over summer, as cool weather can trigger migration from cysts.

If you worm your horses earlier in autumn while bot flies are still active, bot-larvae can still infect your horses after treatment, and a second follow-up treatment would be required. Worming should be minimised as much as possible, so waiting for bot flies to finish is the best way to ensure only a single autumn/winter treatment is needed.

The wormer you chose should consist of these two actives:

- A macrocyclic lactone (Ivermectin, Abamectin or Moxidectin): these will remove both strongyles, and are the only drugs that will remove bot fly larvae. They are often labelled as "boticides"
- Praziquantel: this drug kills tapeworms. If your horse only requires worming once a year, it is wise to also include a tapeworm treatment as well as a strongyle/bot fly treatment. Wormers that include praziquantel are often labelled as "Plus Tape".

Are faecal egg counts (FECs) required in autumn?

Although all horses should be wormed in autumn, FECs are still useful for several reasons:

1. They can be used to test drug efficacy

If your horses are only wormed once a year in autumn, then this a good time to check how effective the worming drugs are. A FEC before treatment and then a follow up FEC 2 weeks after treatment will allow the presence of any drug resistant worms to be picked up, or give you piece of mind that the treatment worked.

2. They allow you to track your horses' health and ensure an appropriate treatment is given.

Young horses may have ascarid burdens, and these will need a different treatment regime, often with the help of a vet. Horses with high autumn egg counts may need followup FECs in winter. Your horse may be in poor condition but return a low or zero egg count, suggesting something else is the matter and further investigation is required.

*'Wait to worm until bot
flies are no longer active'*



Make Feeding Your Horse Simple

Dr Jennifer Stewart
BVSc PhD
Dip BEP,
Equine Veterinarian
and Consultant
Nutritionist
and Jenquine CEO



Using the 'KIS' principle (Keep it Simple)

With so many different feeds and supplements available, endless offerings of advice, experience, wisdom and opinion – not to mention the steady stream of offerings on the internet - what's best to feed your horse can become really confusing!

So, it's really important to take a step back and think about what's natural – for a horse. There are a few 'rules of thumb' that can keep it simple – and help you to keep your horse stronger, healthier – and reduce the risk of diet or feeding-related veterinary problems.

The simple rules when feeding all horses (and ponies!) are:

1. Give your mount 24/7 access to roughage/forage (hay, chaff, pasture (although pasture access may need to be restricted in horses and ponies that are too forward in condition))
2. Avoid high starch/sugar feeds
3. Good quality protein
4. Feed oil
5. Feed Vitamin E
6. Feed Biotin
7. Know supplements can cause problems



Why high roughage, low-starch, quality protein, oil-enriched, vitamin E, biotin and reducing multiple supplements are important.

1. Roughage – it is good for the horses' mental health to be able to chew whenever they like, keeps the gut bugs happy and healthy AND reduces stomach ulcers.

Stomach ulcers can affect any horse at any age. Spending just six hours with no roughage/forage to chew increases the risk of ulcers four-fold. Medications can help ulcers heal - but they can also reduce calcium absorption from the gut. Making sure your horse always has some hay/chaff/pasture goes a long way towards healing and preventing ulcers.

2. Starchy-sugary feeds aren't good for horses (or us!) - They make us both 'fat' – but for horses they also increase the risk for stomach ulcers, acidosis, colic, diarrhoea, hoof problems and laminitis. They also produce swings in blood sugar levels and gut pain from acid = performance problems and 'hot' behaviour. Always check the label as most pelleted and extruded feeds include bran, pollard and millrun, which are all HIGH in starch and sugar.

3. Good quality protein - Regardless of whether you ride for pleasure, Pony Club, trail riding, dressage, jumping, cross-country or sporting, protein is essential for hoof, tendon, ligament, muscle and bone strength and stamina – when the body is strong it is less likely to get injured during exercise. Lucerne, soy meal and whey protein are all 'good quality' because they provide the protein for muscle, tendon and bone building – and reduce the amount of fat in the body. If you need more topline or stamina use protein in the diet.

Continued next page

Make Feeding Your Horse Simple

Continued

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and Jenquine CEO



4. Feed oils - especially linseed and canola (high on omega 3). Adding oil to the diet is helpful for coat and skin health, arthritis, behaviour, temperament and tying up. And, oils are great for maintaining body condition in horses that lose appetite when under the stress of training, competition and travelling. It takes 2-3 months for the horse's gut and muscle to adapt to the oil, so start gradually around 50ml per day and slowly increase over several weeks.

Oils can also have a calming effect on excitable horses – reactions to loud noise and 'shying' are less in horses that are fed oil.

So, which oils to choose? The natural, grazing, browsing horse has a diet based largely on grass and browsing forage. These contain omega 3 oils – whereas corn, sunflower, safflower, soy and rice bran oil are mainly Omega 6 oils and these tend to aggravate inflammation. Oils with a high level of Omega 3 can help reduce inflammation. Oils with higher concentrations of omega 3 fatty acids include linseed, flaxseed, olive and fish oil.

5. Feed biotin - Although the healthy horse gut synthesizes most B-vitamins - including biotin - stress, travelling, competition and stabling can reduce production of biotin. Hooves and feet of many horses benefit from biotin with zinc and methionine that together promote hoof wall growth and integrity.

6. Supplements can cause clinical and sub-clinical problems. These can't be seen but do impact on health and performance) Many supplements contain multiple nutrients. 60-77% of horse owners in Australia feed up to five (and sometimes 10!) supplements. When using supplements make sure you check the label. When feeding several supplements the risk of overlap of nutrients is high and many horses are being fed in excess of dietary requirements – and some excesses approach toxic levels. With feeding, it's the total daily intake that's important, so take care with supplements that the total intake is not excessive. An analysis of the diet is usually the best and easiest way to find out the total daily intake of each nutrient.

Diet analysis helps you keep it simple and make sure the basic diet is balanced and healthy. It will also let you know if supplements are required – and which ones. More information on equine nutrition is available at www.jenquine.com



The Centre Page



We are excited to announce that our latest Pony Club Accredited Centre is Skywood Equestrian, in Williamstown, NSW in the Hunter Region near Port Stephens.

If you have friends without horses of their own coming to you for advice on where they can go to ride, see if there is a Pony Club Accredited Centre near them. That way, you know you will be referring them to a Centre that has met minimum standards for horse welfare, rider safety, instruction and facilities. You would also be setting them up on the PCA pathway so they have insurance and can access the same evidence-based materials that you have for learning to how to ride and care for horses.

Find out all about it at:

<https://ponyclubaustralia.com.au/about-us/pca-accredited-centres/> or remember to click on the PCA website tab that

says "I don't have a horse".

Centre members, like Pony Club members, have been busy earning proficiency certificates. Well done to members at Horsetalk Riding Farm Qld (one E certificate), Zia Park in WA (four riders gained their E certificate and 10 passed their D); Yara Balba in NSW (two riders gained their E). Oakwood Equestrian Academy in SA had three riders gain a certificate - one each at E, D and D*.

Grants for Clubs

We have compiled a list of grants available for sport organisations in each State.

This includes defibrillators, and also sporting equipment, uniforms and more.

This is one way to help your Club thrive, help those who need it, and use your fundraising money for other your Club needs.

Club Grants 2021



Call for Pony Club Australia Directors

Pony Club Australia is currently seeking two skilled and enthusiastic people to fill vacancies on the board.

[You can find out more here.](#)

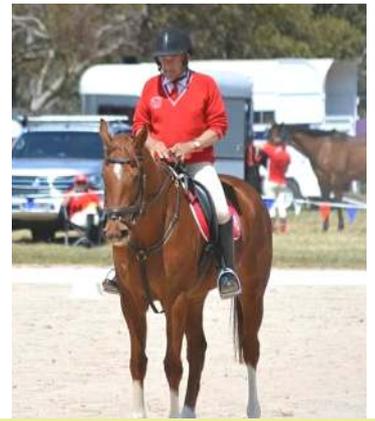
LEFT: *Tamborine Pony Club*

Was this Australia's oldest Pony Club member?

That is what we asked you last month - was 70yo Pentii Puro from Two Wills Pony Club in SA the oldest riding member?
Turns out he may not be!

We had several replies and it seems there are others in their 70s still riding members of a Pony Club (in Clubs which have open age membership.)

We will feature them next month, including Les Limpus and Annette McCormack. (You can still email in your candidates; see email below)



Seeking - the longest serving Pony Club Mount

Now, we want to know which Club has, or had, the longest serving Pony Club mount. Did your Club have one pony that took 2,3, or more children through Pony Club? We want to hear about them before the next issue. Please message us via Facebook or email marketing@ponyclubaustralia.com.au with some details and one or more photos by April 20, 2021.



Do you ride an Arabian or partbred Arabian at Pony Club?

The Arabian Horse Society of Australia has just introduced an award for Arabian/Arabian Derivative Pony Club Horse of the Year.

To be eligible they need to show their attendance card with minimum attendance, and the horse must be registered or recorded with AHSA Ltd. Rider or immediate family must be a member of the AHSA. Nominations to include the following attributes of the horse; · Keeps rider safe · Has progressed the potential of the rider. · The rider enjoys spending time with the horse. · The horses versatility in a variety of events/disciplines.

Nomination forms can be found at www.ahsa.asn.au and nominations close 30th November, 2021

Cushings Survey invitation

Do you have a pony with Equine Cushings?

University of Melbourne researchers are undertaking a survey of horse owners to better understand their management of pituitary pars intermedia dysfunction (PPID) also known as Equine Cushing's disease.

PPID is a common condition in older horses and ponies and is linked to a range of problems including laminitis (a foot problem causing severe lameness), weight loss and a long curly hair coat, plus various other signs. It affects around 20 per cent of horses and is more common in ponies.

The survey forms part of a broader, major international project to improve the understanding and knowledge of the fundamental causes of the condition, in order to improve early diagnosis, treatment, husbandry and nutritional management.

The short online survey is designed for horse owners, to better understand how they manage horses or ponies with PPID, and what the important factors are for them including: the ability to feed separately and cost of medications.

[Cushings survey link:](#)

or visit https://melbourneuni.au1.qualtrics.com/jfe/form/SV_0GPNcsoVqyB6lo2



EQUITANA MELBOURNE

July 8-11 2021

Have you sent in your expression of interest to send a games or musical ride team to compete or give a demonstration at Equitana in July? More details will only be sent to those sending an EOI by April 30. Pony Club Australia will be having a stand at Equitana this year and will be featured on the main arena program on Saturday 10th July. PCA will be running a competition in the morning and a coaching demonstration in the afternoon.

[More about Equitana](#)

Discipline of the Month



Why Not Try...?

Discipline of the Month

Navigation ride

Five reasons to try a 'Nav' Ride

1. This is a fun, team building activity for all ages
2. This activity could last one hour or half a day; it's up to you
3. A Nav Ride could become a fundraising event for your Club
4. It can take place on Pony Club grounds, private property, bush tracks or at a PC camp.
5. This is a great confidence builder for nervous riders as they need to focus on specific tasks



PNCA 2021-2022
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The April Discipline of the Month is the Navigation Ride. It has been emailed to all current members and is available via this link to all the [Disciplines of the Month](#) There's plenty of tips on how to run a fun activity or a competition.



Getting together

Campdrafting is a feature on the Glen Innes Pony Club Annual January Camp. The rider here showing real aptitude is Nicholas Clifton (7) on Foxy Lady.



It is great to see such good sportsmanship as placegetters congratulate each other; taken at the Midland Zone Team Championships (VIC) in March, a hugely successful two day get together.

