

# PCA News

Pony Club Australia Monthly Newsletter



PONY CLUB  
AUSTRALIA

MARCH 2023

My Horse  
Tracker app

Body  
protectors -  
the stats

Childsafe  
checklist

📖 Book  
winners

Leadership  
Candidates  
for 2023



info@ponyclubaustralia.com.au  
www.ponyclubaustralia.com.au



# Award for Alaisdair

Congratulations to Alaisdair West, 19, from Mudgeeraba Pony Club Queensland, who has won a Pony Club Australia Community Captain Award.

Alaisdair has co-founded a tech startup and developed a free-to-user app – 'My Horse Tracker' - for iPhone and Android platforms. It allows users to manage their horse health movement records in line with DPI requirements. It is also possible to create and email pdf Horse Health Declarations - which should prove highly useful for event organisers.

This app will be valuable for the wider horse community and has particular relevance given current attention to improving horse traceability.

Enhancements in the pipeline will add a diary feature so horse owners can track and manage their vaccination, farrier and worming schedules.

Read more about My Horse Tracker here <https://www.myhorsetracker.com.au/>

The **PCA Community Captain** is a member who act in the interests of the team or group. They identify and work out ways to bring people together for the greater good of Pony Club. They are ambassadors for the spirit that unites the international Pony Club movement.

Pony Club Australia has three values awards – **Welfare Warrior, Community Captain and Sustainability Champion.**

Nominations can be made at any time using the form on the PCA website.

<https://ponyclubaustralia.com.au/members/awards/>



**My Horse Tracker** 4+

My Horse Tracker Pty Ltd

★★★★★ 5.0 • 1 Rating

Free

**SIGN UP!**

# Successful Leadership candidates announced

Pony Club Australia congratulates the successful applicants for the Leadership Certificate. Over the next year, these members will work on developing their skills and knowledge and actively applying them in the Pony Club environment or horse industry. The program includes a series of webinars on functional areas such as self-awareness, finance, communication, presentation skills, managing stakeholders and projects. Each participant will also work one on one with a mentor drawn from volunteers in national leadership roles for Pony Club Australia.

We look forward to sharing news of their achievements.

Claire Nelson, Cudal NSW

Isabella Hughes, Hinton Wallalong NSW

Charlotte Wright, North Dorrigo NSW

Brydi Fittock, North Dorrigo NSW

Ebony Inman, Orange NSW

Jessica Wicks, Wirlinga NSW

Kimberley Dowling, Gatton QLD

Charlotte Duffey, Gatton QLD

Summer Lindgren, Gatton QLD

Maddison Giess, Karana Downs QLD

Meghan Flanagan Kirkwood, Musgrave QLD

Ilanna McDougall, Tasmanian P&RC

Lucy Johnston, Midlands TAS

Hanna Bailey, Midlands TAS

Chloe Froude, Euroa VIC

Madison Drohan, Maldon VIC

Harrison Walls, Maldon VIC

Natasha Schilling, Mildura Alcheringa VIC

Charlotte McClure, Apsley VIC



## Book giveaway winners

Congratulations to the winners of last month's competition:

- Xander, 9, Mountain Pony Club, SA
- Emily, 13, Tamworth Junior Riding and Pony Club NSW
- Marissa, 13, Rosewood Hack and Pony Club, QLD
- Sophie, 13, Woodlands Park Pony Club, NSW
- Charlotte, 9, Gearys Gap Pony Club NSW
- Lola, 12, Orange Grove Horse and Pony Club WA
- Adelaide, 17, Scone NSW

our books are being posted out to you.

Ride the Wind, the story of two sisters and their horses, is set in the Australian outback.

The book is available through online book stores such as Booktopia and World of Books (WOB)

# PCA Director vacancies



**PONY CLUB**  
AUSTRALIA

The Annual General Meeting of Pony Club Australia is next month. The terms of three current directors expires in 2023 and each are eligible for a further term. There will be an invitation for nominations for two elected director vacancies on 5th April. An email notification will be sent to state offices and club secretaries. [More here.](#)

## NATIONALS IS HEADING WEST!

SAVE THE DATE...



**PONY CLUB**  
WESTERN AUSTRALIA



**PONY CLUB**  
AUSTRALIA

## PCA NATIONAL CHAMPIONSHIP 2023

2<sup>ND</sup> - 5<sup>TH</sup> OCTOBER 2023  
PERTH, WESTERN AUSTRALIA



### KEY DATES

All States hosting a hub will have completed competition by the 25 September 2023

Entries	Mounted Games	Eventing	Tetrathlon (Unmounted)
Open - 26 June	3 - 5 October	2 - 5 October	2 - 5 October
Close - 24 July	Benalla, VIC ONLY	Perth, WA ONLY	Perth, WA ONLY Mounted phase hosted by WA or State Hub

Further information coming soon

**THIS IS A HYBRID  
STYLE EVENT**

**SONARAY**  
EQUESTRIAN  
Arena & Stable Lighting

## SOLAR BLADE

WORRY FREE DUSK TO DAWN LIGHTING!

Introducing the NEW SOLAR BLADE, the all-in-one, stylish, and functional answer to your outdoor lighting needs. With its programmable smart lighting system, you no longer need to worry about dusk to dawn lighting or lack of sunlight on overcast days.

DIY installation is a breeze with flexible bracket for vertical or horizontal mounting - no trenching, cabling, or electricians required!

**SUPER SLIM  
BRIGHT  
EFFICIENT**

- ◆ 15525lumens—Equivalent to the brightness of a very bright sunny day.\*
- ◆ Preprogramed or customised remote smart lighting
- ◆ Status Indicators (charge level, program indicator)
- ◆ Motion detection.
- ◆ Extra Large Replaceable Battery Capacity.12 hours at full brightness or weeks on sensor from a single charge.

Ideal for 15m round yards, car park security lighting or pathway lighting.

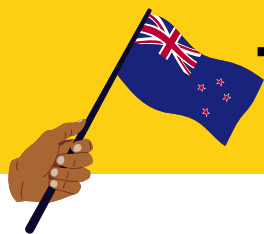


Special offer  
10 solar blade  
lights for  
50% off  
(\$799ea).

## Cover photo

Gemma and Diego from Corner Inlet Pony Club in full flight.  
Photo by [Samuel Noakes](#)  
[Photographics](#)





# Team for France announced



Congratulations to the following PCA members on their selection in the Australian showjumping team competing in the Generali Open de France at Lamotte Beuvron in July 2023.

Catelin Crawford – Tumut Pony Club NSW

Amy Cunzolo – Comet River Pony Club, Queensland

Lalwa May – Darwin Horse and Pony Club, NT (pictured)

Abby Raymond – North Dorrigo Pony Club, NSW, (PCA Junior Rider of the Year, 2022)

Rachael Edwards – Coach and Manager, Victoria (PCA Coach of the Year, 2020)



## Pony Club Welfare Policy

[The PCA Horse Welfare Policy](#) is a great tool to assess how you are providing the best care for your horse.

It also clearly sets out what you cannot do. Breaches of the Horse Welfare policy should be reported and may be subject to disciplinary action.

The 2023 update to the PCA Horse Welfare Policy includes these amendments:

*Page 9 - Entry rules must ensure that horses do not compete in more than two jumping classes per day, eg showjumping and jumping equitation.*

*Page 14 - It is a breach of the Policy to strike a ridden horse with a whip more than twice in succession.*

*Page 15 - Appendix A now includes contact details for reporting animal cruelty offences in the ACT.*



Posts like this (above) appear on the PCA Facebook page regularly to highlight aspects of horse welfare.

# Pony Race under lights at the Valley



Congratulations to all the riders in the exhibition pony race at Willian Reid Stakes Night, at The Valley (Moonee Valley Race Club, Victoria) on 24th March. The 400m sprint was won by Clara Greenwood (top left) who positioned Pedro for a quick finish over Maia Boorn on Prancer and Leilani Anderson on Once Upon a Time.

Pony Club Australia appreciates the support of Thoroughbred Industry Careers and Moonee Valley Racing Club that enables this event to happen. It is the biggest crowd Pony Club riders will ever see. Riders were required to attend a trial to be selected for the event. The riders wear famous silks from current owners and stables that support this initiative.

Many thanks to Victorian coaches Amy Martin, Bronwyn Fyfe and Kathleen Kindler for their assistance with gear check and rider selections.

Mia-Rose Cornish (top right) won "pick of the yard" for the best presented and Ella Hogan from Benalla Pony Club was given the Thoroughbred Industry Careers Horsemanship award.

Jason Blackshaw, who rode in the 2022 event, was the official starter. A special shout out to Clarry the one-eyed pony and Conar from Hastings Pony Club who rode in the event for the second time.

*Photos courtesy of Thoroughbred Industry Careers.*



*TOP RIGHT: Mia-Rose Cornish taking it all in her stride at the @thevalleyracecourse being interviewed by @jamestzaf Mia and her pony Spots won the pick of the yard wearing some pretty famous colours!*

*ABOVE: (l to r) John Blight, Vice President Moonee Valley Racing Club; Leilani Anderson, Bairnsdale Pony Club; Maia Boorn, Bendigo Pony Club; Catherine Ainsworth, CEO Pony Club Australia; Clara Greenwood, Macedon Pony Club (winner); David Eustace, trainer Ciaron Maher Racing; Mia-Rose Cornish, Rochester Pony Club.*

*BELOW: TIC Pony Race winner Clara Greenwood from Macedon Pony Club accepting her trophy at Moonee Valley Racing Club. She gave her pony Pedro a brilliant steer and owners and trainers are now hoping one day she looks at a jockey apprenticeship!*



## PONY EXHIBITION RACE

The Moonee Valley Racing Club are hosting an exhibition pony race in partnership with Thoroughbred Industry Careers and Pony Club Australia between race 2 and 3 on tonight's card. The exhibition race will see ten ponies and their riders race from the 400m mark to Winning Post.

The silks worn by the riders in the pony race and their pony's name are below.

RIDER	PONY	SILKS
Ruby Blackshaw	Blaze	Ciaron Maher Racing
Maia Boorn	Prancer	Silverdale Farm
Sigrid Black	Butter	Woppitt Bloodstock
Alexandra O'Brien	Delta	Chris Waller Racing
Maya Whalen	Copper	Lindsay Park Racing
Mia-Rose Cornish	Spots	Carl and Lorraine Holt
Ella Hogan	Rusty	Godolphin
Clara Greenwood	Pedro	Frank and Christine Cook
Leilani Anderson	Once Upon a Time	Seymour Bloodstock
Conar Siphorpe- Foster	Clarry	Arrowfield Stud

In 1978 a horse named Family of Man won the William Reid Stakes at Mooney Valley and was the first horse in Australia to amass more than \$500,000 in prize money for his owners Ray Richards and Jack Cuthbertson. Ray's great granddaughter Lexie O'Brien (LEFT) rode in the TIC Pony Race!



[Watch the race here.](#)

# Best riding bra - survey results

Pony Club Australia had more than 120 responses to the survey on the best sports bra. We appreciate the wisdom and advice of the Pony Club community.

- 30% of respondents were 25 years or under.
- 40% were over 40 years.
- 83% of respondents found it difficult to find a suitable bra for riding, either regularly or sometimes.

Thanks everyone for your input

## **SPECIAL OFFER**

**Sports Bras Direct** is offering \$20 off a sports bra purchase when you spend over \$100. Use Code **pca20**.

Coupon cannot be used in conjunction with any other coupon.

**Win a bra**  
Page 9



Amy Jaffers is the owner of **Sports Bras Direct**, a specialist online sports bra store. Her 13-year-old daughter has been riding for over three years and loves Pony Club.

"Having spent many hours watching lessons and attending rallies and gymkhanas I feel I almost know firsthand the stress women's bodies are put through when riding. Especially their breasts!" she says.

"If you are uncomfortable in the saddle, your horse will feel it. We all know the horse – rider connection. All this bounce can ultimately lead to discomfort and pain in the breasts. A good sports bra provides extra support to the breasts, reducing the amount of movement and minimizing discomfort. Additionally, a sports bra can help to prevent damage to the ligaments and tissues in the breast that can occur with repetitive bouncing and movement. Overall, wearing a sports bra is an important part of ensuring comfort, safety, and focus during horse riding activities."

## Things to Consider When Choosing a Sports Bra

Finding the right sports bra can be daunting. With so many different types and styles of sports bras available, it can be challenging to know which one is the best for you. Here are some key things to consider when choosing the right bra.

### 1. Support Level

The level of support you need will depend on the type of riding you do. For example, a trail ride will create a lot less bounce than eventing. Breast size also plays a factor. Larger breasts need a lot more support than smaller breasts. Blame gravity!

So, consider your riding style to decide whether you need a high support sports bra or whether a medium support bra will do. If you are unsure err on the side of caution and go for higher support. Your breasts will thank you.

### 2. Comfort

Comfort is key when it comes to a sports bra, as you may wear it for extended periods. If you have a long day in the saddle ahead of you, you'll want to ensure your breasts are comfortable. Look for a sports bra that is made from soft, breathable materials, and doesn't chafe or rub against your skin. Additionally, consider the straps and band, making sure they don't dig into your skin or cause discomfort.

### 3. Fit

A proper fit is crucial to getting the support and comfort you need from a sports bra. Take the time to measure yourself and check the sizing chart before purchasing (more on this later). Ensure that the bra fits snugly around your rib cage, but not too tight that it restricts your breathing. Your breasts should be fully enclosed in the bra without any bulges or spill over.

### 4. Style

Sports bras come in a variety of styles, including compression, encapsulation, and a combination of both. Compression bras compress your breasts against your chest, while encapsulation bras have separate cups for each breast. Combination bras typically offer both compression and encapsulation. Consider the style that would work best for you based on your breast shape and the level of support you need. (More next page)

# Best riding bra - things to consider

*Amy Jaffers from Sports Bras Direct, continues her advice.....*

## 5. Material

The material of a sports bra can affect both its comfort and durability. Look for a bra made of soft materials with minimal internal seams to help reduce potential rub. Additionally, check the care instructions to ensure that the bra can withstand frequent washing. Sports bras aren't cheap and you want your investment to last.

Hopefully these factors will point you in the right direction when embarking on your sports bra search. Next let's look at more horse-riding specific things to consider.

## Horse Riding Specific Things to Consider

**Breathability** is key when it comes to sports bras for horse riders. Riding can be a hot and sweaty activity, especially during the summer months. A breathable sports bra is essential to ensure you stay cool and comfortable during rides. A bra made from moisture-wicking material will help keep sweat away from your skin and keep you feeling fresh.

**Light colours** are another factor to consider when choosing a riding sports bra. As riders often wear light-coloured riding shirts, a sports bra that matches the colour of the shirt will be less visible under the shirt- look for white, beige, or pastel shades.

**A smooth profile** can be crucial when it comes to riding bras. Riders often need a bra that is seamless and smooth, so as not to create unwanted lines or bulges under the riding shirt.

## How to Find Your Perfect Fit

Measuring your bust size accurately is important to ensure that you are wearing the correct size bra, which can improve your posture, reduce discomfort, and help you feel more confident. Here are the steps to measure your bust size accurately:

Step 1: Before you measure your bust size, make sure you are wearing a well-fitting bra that is not padded or push-up. Padding can add centimetres to your bust measurement, which can result in an ill-fitting bra. The bra should be snug but not tight, and the straps should be adjusted to ensure that the bra is properly supporting your bust.

Step 2: Stand up straight with your arms at your sides and breathe normally. Avoid slouching or hunching your shoulders, as this can affect the accuracy of your measurement.

Step 3: Measure your band size. Wrap a tape measure around your ribcage, just below your bust. Make sure the tape measure is parallel to the ground and is snug but not tight. Round the measurement to the nearest whole number. This measurement is your band size.

Step 4: Measure your bust size. Wrap the tape measure around the fullest part of your bust, making sure the tape measure is parallel to the ground and is snug but not tight. Round the measurement to the nearest whole number.

Step 5: Calculate your size.

Armed with both measurements, plug your numbers into a good online bra calculator. Here is one

<https://www.sportsbrasdirect.com.au/fitting-room/determine-your-size/>

Step 6: Double check your measurements.

(Continued over page)





# Best riding bra - things to consider

## Don't Forget About Features

We now know our size and what we want from a riding sports bra but what about features? What features do you prefer? This is simply a matter of creating a wish-list.

1. Do you want underwire or wirefree?
  2. Is your preference regular back or racerback?
  3. Do you prefer padded or un-padded?
- Note your preference before you go shopping. Writing a checklist is the best way to go.

## The Best Sports Bra Brands for Horse Riders

Obviously brands that satisfy all the above are perfect. Ah, the holy grail of sports bras. Does the perfect brand exist? Alas, no. But a few come close.

### *I would recommend Anita Active, Panache Sport and Shock Absorber.*

All three are quality brands that make comfortable and supportive sports bras that fit a large range of sizes.

Give them a go. Your girls will thank you.

## Checklist

Horse riders know there is so much to concentrate on when riding and competing. As such, you don't want you bouncing breasts added to that list!

Use my list above as a checklist to help you find the perfect riding bra. For example, you might be looking for a White, High Impact, Non-Padded, Wire-free, Regular Back, 16DD sports bra. Quite a list I know, but not an unreasonable one. My website

<https://www.sportsbrasdirect.com.au/> has many sports bras that fit this bill.

At the end of the day, you should be comfortable in the saddle and a good sports bra will go a long way to help achieve this.

Happy riding.

Amy

**One person who places an order using the coupon code (Page 7) before April 30 wins a \$100 coupon to spend on another bra from the [Sports Bra Direct website](https://www.sportsbrasdirect.com.au/). Winner notified by email and announced in the May newsletter and on PCA socials.**

## And you told us in the survey:

The most recommended brands were:

**A cup – Bonds, Nike, Rockwear, Lorna Jane**

**B cup – Lorna Jane, Berlei, Bonds, Gymshark**

**C cup – Lorna Jane, Q-Linn**

**D, DD cup – Triumph Tri-action, Q-Linn, Berlei, Intimo, She-fit**

**E, EE cup – Berlei pro-elite, Hestia, She-fit, Glamorise, Panache**

**F and above – Intimo, Q-Linn, Elomi**

The least recommended were:

**A,B,C cups – K mart, Bonds, Cotton-on**

**D, E, F cups – Chain store brands (eg Target), Lorna Jane, Rockwear**

Some tips from the Pony Club community:

- 'always get fitted'
- 'a crop top over your bra can help'
- 'a good bra is worth every dollar'

# The Centre Page

**Introducing new accredited riding centres to the Pony Club® family**

## International exposure for Centre

Pony Club Australia's Accredited Riding Centres have had international exposure when Firefly Park Equestrian Centre in Queensland had the pleasure of hosting Chloe Hurst from Isle of Man Pony Club in the United Kingdom.

Isle of Man is located between England and Ireland in the Irish Sea, and it has a strong and popular horse community and Pony Club. Chloe has been holidaying with family in Cedar Creek and wanted to keep up her riding and Pony Club experience and her Mum, Nicola, reached out to Firefly Park Equestrian through our Accredited Centre program about lessons, even before their travels began to keep up Chloe's riding.

Chloe enjoys eventing back home on her horse Pandora. They also enjoy games in bending and [stepping stones](https://branches.pcuk.org/fourburrow/home/2-cathryn-on-stepping-stones/). (Link to stepping stones - <https://branches.pcuk.org/fourburrow/home/2-cathryn-on-stepping-stones/>)

Chloe loved her experience here and spending time riding the centre's Australian Stock Horse 'All That Ember', a wonderful horse who won his Pony Club's Best All Round Horse last year, and is now heading for the Qld Pony Club State Show Jumping Championships in April.

Here's some pics of Chloe back home and her Pony Club polo that she wore to her lessons. You can check out the wonderful community at Chloe's home club on Isle of Man at <https://branches.pcuk.org/isleofman/>

As the new competition year opens for 2023, it has been wonderful to see some of our over 200 Accredited Riding Centre riders

If you are a Pony Club or Riding Centre wanting to connect in your local area, please reach out to PCA's Participation Manager Sally Wiseman on 0409 596 796 or email [participation@ponyclubaustralia.com.au](mailto:participation@ponyclubaustralia.com.au)



**Pony Club Australia accredits approved riding centres around Australia to teach the Pony Club syllabus to riders without their own horses. Riders, if and when they get their own horse, are then able to join a local Pony Club. [MORE HERE:](#)**

# Gear Checker Numbers Grow

Support your Club today by becoming an accredited gearchecker . . .

40 new gear checkers  
accredited in March  
= 141 new people  
accredited!

Are you a Pony Club  
member or supporter?

Do you have a current WWC?

Are you 16 years or older?

## Become a Gear Checker in 5 easy steps

Your club needs you! Have you been wanting a way to help out at your club?

**Step 1** - Familiarise yourself with the PCA National gear rules. This can be found on the PCA website under policies [NATIONAL GEAR RULES - Pony Club Australia](#)

**Step 2** - Download and read through the free gear check manual. This can be found under coach education on the PCA website [COACH EDUCATION - Pony Club Australia](#)

**Step 3** - Find an assessor. If you are unsure of who is an assessor in your area ask you club, zone or state (assessors can be current Level 1 coaches)

**Step 4** - Complete the online written test <https://form.jotform.com/PonyClubAust/gear-checker-accreditation>

**Step 5** - Complete a practical gear check with your assessor

Once you have completed and passed your practical assessment your accreditation will be added to your credentials on JustGo.

There is also a gear checkers guide webinar that you can watch for extra info: [Gear Checkers webinar Oct 2022 - YouTube](#)



## ... Or becoming a coach!

PCA has created a series of five webinars to introduce members and supporters to coaching beginner level - the new Foundation Coach accreditation.

Along with the Foundation Coach Manual, the webinars take you through the complete process of becoming accredited and you are on your way!

[The course outline can be found here.](#)

Once you have completed the webinar series, you will be ready to complete the Foundation coach online written assessment.

The first three webinars proved popular and are on the [PCA YouTube channel \('Coaching Playlists'\)](#) and the next two are scheduled as below (join in via Zoom or watch later).

1. The first webinar is an introduction/overview. It covers all the details of how to enroll, how to purchase manual, what is required and a Q&A session.

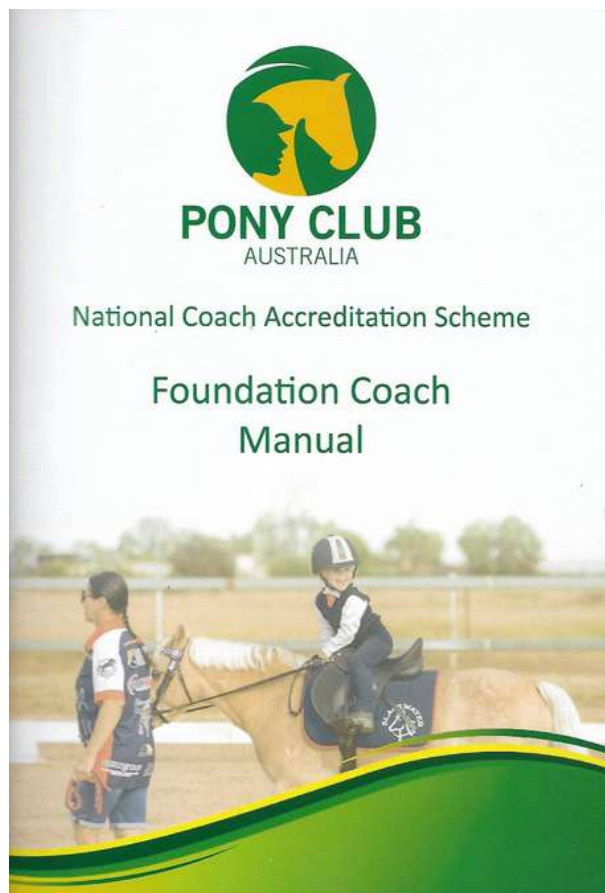
2. Module 1 covers the PCA Rider Syllabus, the Role of the Coach, Safety and Risk Management and Coaching Children

3. Module 2 covers Teaching Commands, Terminology and Arena figures, Planning and Control of a group.

4. Module 3 - will be **Wednesday 5th April** at 8pm (AEST)

5. Module 4 - will be **Thursday 27th April** at 8pm.

The Zoom links to the final two webinars will be on the PCA Facebook page.



# Body protectors - what are incident reports telling us?

Incident Reporting  
with Monil Shah,  
PCA Sports Development Officer  
[support@ponyclubaustralia.com.au](mailto:support@ponyclubaustralia.com.au)



## Effectiveness of body protectors in disciplines other than Cross Country

The most common incident associated with equestrian riders is the "Rider Fall Injury". More than 90% of the incidents reported on Pony Club Australia's Incident Reporting System in 2022 were Rider Fall Injury.

We are well aware of the potential head injuries that riders suffer due to a fall, but incidents do highlight that riders may suffer significant injuries to their chest and back due to the fall. In fact, the research shows that significant injuries suffered by riders on their chest and back have been reported in more than 50% of Rider Fall Injury incidents.

Therefore, to safeguard riders against these significant injuries, body protectors have been developed. Since 1st July 2022, Pony Club Australia mandated the use of body protectors in Cross Country courses but are body protectors effective in other disciplines too?

Excluding Cross Country incidents, there were 1125 incidents reported in 2022 on PCA's Incident Reporting System, the data highlights that only 39% of the riders wore body protectors in other disciplines. These incidents recorded 88.5% minor injuries and 11.5% significant injuries. Minor injuries included Emotional Injury (29%) Bruise/Contusion (20%) etc. whereas, significant injuries included Suspected Broken Bone/Fracture (53%) and Suspected Spinal (8%). For riders who did not wear body protectors, the significant injuries recorded jumped to 20.6% (an increase of 9.1%); minor injuries recorded were 79.4%.

The data does not immediately show that the riders who wore body protectors had fewer injuries. What it does show is that the injuries reported were less serious.

In some incidents, body protectors have even safeguarded riders against minor injuries such as bruising, cuts and abrasions. Therefore, body protectors are a useful tool to minimize the potential injury risk that always exists in an equestrian environment.



## Why Your Club's First Aid kit is Important

In 2022, there were 1590 submissions recorded on Pony Club Australia's Incident Reporting System. Of these, 1030 (65%) of incidents were recorded for non-competitive activities like a rally, camp or muster.

Of the total injuries or incidents recorded during non-competitive activities, 98% were rider-based injuries with the most common being Rider Fall Injury (92%). Most (78%) of these were minor injuries. These minor injuries mostly were Bruise/Contusion (22%), Abrasion (10%), Sprain/Strain (8%), and Inflammation/Swelling (7%). Emotional injury, (being upset or distressed), was also common (28%).

In 2022 88% of incidents at non competitive activities were in riders 3 – 16 years old. We know young riders are eager learners but are still acquiring essential saddle and risk assessment skills. On site First Aid for minor injuries is an important requirement.

Last year, Pony Club Australia published a [Minimum Medical Standard Framework](#) (on the PCA website) for various Pony Club® activities. The framework clearly aligns with the data by requiring that a First Aid Kit is available for all Pony Club® activities.

As horse sport is different to other sports, our First Aid Kits are also different. Pony Club Australia has produced a First Aid Kit checklist to help Pony Clubs® equip their First Aid Kits. [The checklist can be found on Pony Club Australia's website and can also be accessed here.](#)

Lastly, when events are planned that do require a higher level of medical services, Pony Club Australia has [a list of service providers that could be used for Pony Club® events and competitions](#), on the website.

**GREAT  
IDEA!**

# Around the Grounds



NSW Pony Club of the Year 2021  
Australian Pony Club of the Year 2021

Flood Recovery funding helped cover costs for the long awaited return of the Londonderry Pony Club Camp.

This year the camp was generously funded by the Nepean Blue Mountains Primary Health Network and Wentworth Health Care "Resilience and Wellbeing" Grant, which looked to support activities in the region that promote both physical and mental wellbeing, and allows members a chance to be involved in a fun, supportive learning environment. These grants were offered as part of the Australian Government's response to the 2022 flooding of our region. The received financial support meant that the camp was fully funded, right down to the last party pie, for all attending members. (This may be something other clubs could look into).

The camp brought together over 80 of club members, with riders ranging from beginners to open, for the fun filled weekend. Saturday kicked off in rainbowed themed mufti, with riders performing troop drill exercises in their respective riding groups as well as a whistle drill challenge.

Activities on rotation included:

- Pony Club Australia International Polocrosse Team Coach Matt North hosted a polocrosse demo and all riders learnt the tips and tricks behind a perfect throw, before saddling up and putting those new skills to the test on horseback in various sessions.
- Learning how to take our horses vital signs with Ranvet Animal Health and Nutrition Representative Sharne Haskins,
- Learning how to help our horses recover with Liz Malcolm from Equissage Equine Therapy's, as well as some pony painting!
- Mounted games with club's very own Cooper Richardson, (NSW Senior Mounted Games Squad)
- Camp game wars - there were donuts, there were apples, there were (real) eggs and spoons, and there were a whole lot of laughter, right until sunset!
- VaultAire Vaulting team, who performed a wonderful demonstration of their sport. All riders were then provided the unique opportunity to give it ago on both the training apparatus, and, for our open riders, having a go on the horse as well
- Sydney Working Equitation, who brought out a number of their obstacles and taught riders both how to expose their horse to new challenges, and about the benefits of the discipline. After a led introduction, riders of all groups mounted up and gave all the obstacles, and an eventual course, a go.
- A presentation by Duncan McGregor, who spoke of recognizing the early signs of laminitis, as well as management and treatment from a farrier's perspective.

The final activity, which dates back to the early days of the club, was the Ironman Challenge. The Challenge was open to all courageous participants who were willing to take the challenge, with an unmounted course, a novice course, and an advanced course. The course challenged sack jumping skills, balancing skills, lolly in flour finding skills, and plenty more! Londonderry was very appreciative of Sydney Working Equitation who not only allowed them to incorporate some of their obstacles in the course, but even stuck around to help time keep.

As always, the camp was also not possible with out a dedicated volunteer team, whom made the weekend a beaming success! - Sharne Haskins

April 2023- 13



Welcome to the Game Plan portal

Sign In or Register an account

# Game Plan

A tool to help build your club!

## What is Game Plan

Game plan is a tool aimed at helping clubs to understand where their management could improve and provides resources to help build capacity and operational strength

## Do I have to do it?

Game Plan is entirely optional for clubs however from committee to committee it is a way of helping to retain corporate knowledge and also help with planning for the future.

## Information Webinar

Learn about Game Plan, get help setting up your club profile and get comfortable with how the system can assist your club!

DATE: WED, 19 APR 2023

TIME: 7PM-8PM





# Club Development Program

## *Webinar Series*

The Club Development Program is a webinar series aimed at helping club administrators to more confidently manage their clubs.

The webinars will be full of tips and tricks, essential information and things to think about.

Hopefully shared experiences from other club administrators from all over Australia!

Being a volunteer club administrator can be a rewarding opportunity but sometimes there just seems like so much you need to know or understand.

The Club Development Program will support concepts raised in Game Plan and help clubs to systematically look at areas of operation in their club.

### **WEBINAR SERIES**

#### **Club Governance 101**

Date: Tuesday 30 MAY 2023

Time: 7-8pm

#### **Strategic Planning**

Date: Tuesday 27 JUN 2023

Time: 7-8pm

#### **Marketing & Communication**

Date: Tuesday 25 JUL 2023

Time: 7-8pm

#### **Safeguarding & Integrity**

Date: Tuesday 25 AUG 2023

Time: 7-8pm

#### **Risk Management**

Date: Tuesday 26 SEP 2023

Time: 7-8pm

#### **Recruiting & Retaining Members**

Date: Tuesday 31 OCT 2023

Time: 7-8pm

# INTEGRITY TALK



PONY CLUB  
AUSTRALIA



Suane Waugh,  
PCA Integrity Manager  
Integrity line: 0424 067 045

## CHILD SAFEGUARDING IN SPORT INDUCTION COURSE

The Child Safeguarding in Sport Induction course is aimed at explaining the policy, making sure you understand what constitutes child abuse and what to do if you believe a child is being abused or the policy is being breached. From the 1st January 2024, all committee members and coaches will need to have completed this course and registered completion on justGo.



[PCA  
Complaint Form](#)

## CHILD SAFE GUARDING CLUB PROGRAM

- Pony Club is committed to safeguarding and promoting the welfare of children in our activities, by ensuring that
- everyone involved in Pony Club is educated and informed of their responsibilities to protect and look after children.
- Pony Club Australia believes child safeguarding is everyone's business.

### Does our club need to do this program?

- The Child Safeguarding Club Program is a voluntary program however every club must ensure they are aware of and implement child safe practices at their club. The
- Child Safeguarding Club Program aims to help clubs systematically make changes or think about how we as an
- organisation can promote and provide a child-safe environment for children participating in Pony Club.

### Promotion & Communication

- The program begins with promotion and communication.
- Policies help to define expected behaviours so communicating these policies lets people know what is expected of them or of others while participating in Pony Club. Promotion and communication of policies is a vital part of embedding behaviours and practices!





# CHILD SAFEGUARDING CLUB PROGRAM

## Promotion & Communication

An important step in creating a child-safe environment is setting and communicating expectations.

Child safeguarding is the process of protecting children from physical, emotional or mental abuse.

Sometimes harmful behaviours are simply accepted because they have become a part of our culture and we don't even stop to think they are unacceptable behaviours.

The Child Safe Policy and Commitment help everyone to understand what is acceptable behaviour and what to do if someone is breaking these expected standards of behaviour.

The checklist provides you with some ways to help promote and communicate the expectations we have of staff, contractors, committee members, coaches, officials, parents, spectators or anyone else involved with Pony Club.

Your club may do all or some of these. The important thing to remember is that when communicating information we do it more than once!

### CHECKLIST

- [PLACE OR LINK THE CHILD-SAFE COMMITMENT ON YOUR WEBSITE](#)
- [PLACE OR LINK THE CHILD SAFE POLICY ON YOUR WEBSITE](#)
- PUT THE CHILD-SAFE COMMITMENT IN YOUR NEWSLETTER AT LEAST ONCE A YEAR
- PUT THE CHILD-SAFE POLICY IN YOUR NEWSLETTER AT LEAST ONCE A YEAR
- SEND THE CHILD-SAFE COMMITMENT TO YOUR MEMBERS AT LEAST ONCE A YEAR
- SEND THE CHILD-SAFE POLICY TO YOUR MEMBERS AT LEAST ONCE A YEAR
- [POST CHILD-SAFE INFORMATION SHEETS IN YOUR CLUB ROOMS](#)
- TALK ABOUT THE CLUB'S CHILD SAFEGUARDING INITIATIVES AT YOUR AGM
- [PROMOTE THE PCA COMPLAINTS FORM FOR BREACHES OF THE CHILD SAFEGUARDING POLICY](#)

PCA Child Safeguarding page



SIA Child Safeguarding resources



PCA Complaints Form

