

# SPEED TO SAFETY

*More than just a fun day at the races*



Organising Club or Zone:

Date:

## SPEED TO SAFETY TRAINING DAY

Open to all Pony Club WA Riding members 12 years and over, who have achieved their C certificate, the *Speed to Safety* is an educational riding program where riders are coached to ride to their graded cross country times in the safe environment and surface of a race course.

Riders begin with receiving instruction on position, rein holds, counting times using a mechanical horse if available.

After warm up, riders are individually timed, riding over 1000m to the approximate time they are graded for Pony Club WA cross country i.e.:

Those riding:

- PC 45, 65 & 80 must ride 1000m @ 500m per minute (120 seconds)
- PC95, 105 & one\* must ride 1000m @ 550m per minute (109 seconds)

Each rider must ride at a minimum of one qualifier to be eligible for the finals.

**Open to all Pony Club WA Members from all Clubs and Zones**

Entries close: \_\_\_\_\_

RIDER NAME		DATE OF BIRTH	
CLUB			
DATE C CERT ACHIEVED			
HORSE NAME			
HORSE AGE			
EVENTING GRADE CURRENTLY COMPETING			
EMERGENCY CONTACT NAME		CONTACT NUMBER	
EMAIL			
PLEASE INDICATE YOUR PREFERENCE	<input type="checkbox"/> AM Session	<input type="checkbox"/> PM Session	

I, as chief coach of \_\_\_\_\_, do hereby declare that the above named horse and rider combination is **COMPETENT** in their ability to complete the Speed to Safety Training Session. We also declare that a signed disclaimer is held by the club for the riders listed on this form.

Club Chief Coach		Club President/Secretary	
Name		Name	
Signature		Signature	

Please return this form to [development@ponyclubwa.asn.au](mailto:development@ponyclubwa.asn.au).

# Speed to Safety

## RELEASE AND WAIVER OF LIABILITY

<b>NAME</b>	
<b>ADDRESS</b>	
<b>PONY CLUB</b>	
<b>AGE</b>	
<b>PONY CLUB CERTIFICATE HELD (eg C)</b>	
<b>PARENT OR GUARDIAN NAME</b>	
<b>PARENT CONTACT PHONE NUMBER</b>	
<p><b>RELEASE AND WAIVER OF LIABILITY</b></p> <p><b>Horse Riding is a Dangerous Activity</b> I understand and acknowledge that horse sports are a dangerous activity and that horses can act in a sudden and unpredictable (changeable) way, especially if frightened or hurt.</p> <p>I understand and acknowledge that serious INJURY or DEATH may result from horse sport activities and agree that I PARTICIPATE at my OWN RISK.</p> <p>I agree not to take drugs that may affect my reactions before or whilst riding.</p> <p><b>Effect of this Document</b> I understand that signing this document constitutes a complete and unconditional release of all liability the Racing and Wagering Western Australia and Pony Club WA including all of its state bodies, to the greatest extent allowed by law in the event of me and/or the children under my care, suffering injury or death.</p>	
<b>SIGNED (parent or Guardian if under 18)</b>	
<b>DATE</b>	