



# SPEED TO SAFETY

An initiative of the Department  
of Racing and Wagering





# Contacts

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# About the *Speed to Safety* Program

*Speed to Safety* is an educational program where riders are introduced to the world of racing. They are able to attend a behind the scenes tour of a race track and participate in a have a go day where they are coached to ride at a given speed in the safe environment and surface of a racecourse.

## **PURPOSE**

Safety is paramount within Pony Club and dominates the procedures for any activity. Safety is the key motivator behind the *Speed to Safety* program.

Riding to a given speed has been recognised as an issue to be addressed within Pony Club WA, particularly for those riders participating in Eventing whilst riding the cross country phase. Safety considerations for both horse and rider and the ability to control a mount, are fundamental values within the teaching foundation of Pony Club. The aims and objectives of Pony Club WA state very clearly that every attempt will be provided to riders, to not only receive a high standard of instruction but also be encouraged to experience all elements of the equestrian world. The *Speed to Safety* concept offers an experienced, professional level of training with the dedicated assistance of the Careers in Racing team and also highlights to the riders, career opportunities within the racing industry.

*Speed to Safety* is more than a fun day at the races. It aims to educate a generation of riders who will grasp the significance and importance of control and safety whilst introducing broader opportunities that await them within the equine and racing industries. It is also an opportunity to merge the knowledgeable and experienced individuals of the racing industry with the enthusiasm and determination of our youth.

## **AIMS AND OBJECTIVES**

To further develop the Pony Club WA riders' knowledge of the concept of riding to a predetermined speed, which will serve to help when participating in speed orientated events such as cross country.

To provide the catalyst for a safer riding environment for horse, rider and spectator by teaching the demands for building a relationship between horse and rider that ultimately gives the acknowledgment of a required pace for a particularly given time.

Through the provision of an understanding for speed and time relationships, riders will develop a rapport with their horse. Consequently, they will more consistently be able to control the horse in varied situations.

Expose Pony Club WA members and their families to the racing industry and provide more of an understanding on how it runs (behind the scenes) and what career opportunities are available to the youth of today if they would like to pursue a career with horses within it.



# Program Outline

1. Scheduled training days across the state are set for the year and riders are encouraged to sign up. Training days can also be organised at club or zone level. Clubs may run training days through the year at any time by contacting Pony Club WA and nominating a suitable day, these training days can be conducted at suitable local racetracks or Lark Hill Training Facility. Minimum attendance of **5 riders** are required to run a training day.
2. Scheduled Behind the Scenes days are set for the year and members are encouraged to attend.
3. All rider times are recorded and the state finalists will be announced at the Pony Club WA Annual Awards Event.
4. All rider times will be recorded and riders with the top 3 times will be acknowledged as state finalists at the Pony Club WA Annual Awards Event.
5. Times will be graded according to the rider with the time closest to optimum time. In the case of a tie, a countback will go to a second or subsequent times.
6. There is no limit to the number of Speed to Safety days a member can participate in. All recorded times will be included in calculating the state finalists.
7. Careers in Racing can also attend club or zone rallies with our race horse trailer that is home to our mechanical horse 'Winx'. We can provide a fun, interactive activity for the horse mastership component of the rally or as an extra activity for all kids. They will be given the opportunity to ride Winx and learn how to ride like a trackwork rider. We will also provide information about careers within racing and off the track horses.





# Requirements to participate

## Training Days

At each training day, riders are timed individually, riding over 1000m in one of the below times:

- **120's** - must ride 1000m @ 500m per minute (120 seconds)
- **109's** - must ride 1000m @ 550m per minute (109 seconds)

Riders do not need to be competing in eventing to take part in the Speed to Safety program but must be competent and comfortable to travel at the required speeds without assistance.

All rider times will be recorded.

There is no limit to the number of Speed to Safety days a member can participate in.

## REQUIREMENTS TO PARTICIPATE:

- Minimum of 12 years of age.
- Each rider must be signed off by their Club Secretary and Chief Coach as competent prior to attending training days.
- Riders must hold a minimum C Certificate and/or competing at a minimum PC/EvA80 Eventing.



## Behind and Scenes tour

- Minimum of 12 years of age.

## Rally Days

- All riders can participate.



## How do Clubs organise a have-a-go training day?

1. Firstly try to attend a scheduled training day;
2. If a scheduled training day is not suitable or is not scheduled for your area, liaise with Pony Club WA as to the best dates available for your club if you have more than **5 riders** wanting to participate.
3. If you would prefer to organise the trailer to attend your club/zone rally contact Pony Club to arrange and then the Careers in Racing Team will attempt to organise the mechanical horses to attend the club day (if possible).

## What happens at a have-a-go training day?

1. There will be a briefing before the riding component where riders will be given instruction on the rules of the sport, emergency procedures, rein hold, safety techniques, timing/counting time, instruction on position etc.
2. If a mechanical horse is available, each rider will have the opportunity to have a go and sit in a track pad as used for riding track work!
3. Riders tack up their horses and head out to the track where they will get to ride around it twice with timers to help with their pace.

## Behind the scenes track work visit

Come to Ascot and be immersed in the action that happens every morning at the track!

It's your chance to go behind the scenes and learn more about the industry and what it takes to have a career in it. Activities include:

- Watching the racehorses do their morning track work
- Chatting to a renowned WA Trainer
- Walking through the stalls, see horses being saddled etc.
- Watching horses swim (if timing persists)
- Viewing a racing stable
- Checking out the Jockey Gym and Apprentice training room and having a go on a mechanical horse!
- Breakfast on Careers in Racing!



# Forms

1. Pony Club WA Speed to Safety Event Entry Form
2. Careers in Racing Disclaimer Form



# SPEED TO SAFETY



*More than just a fun day at the races*

**Club and Zone:**

**Date:**



## SPEED TO SAFETY TRAINING DAY

Open to all Pony Club WA Riding members 12 years and over, who are competing at minimum PC/Eva80 Eventing and/or hold a minimum 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 warming 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:

- 1000m @ 500m per minute (120 seconds)
- 1000m @ 550m per minute (109 seconds)

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

<b>RIDER NAME</b>		<b>DATE OF BIRTH</b>	
<b>CLUB</b>			
<b>DATE'S COMPETED AT PC/Eva80 or HEIGHER</b>	Date 1: Date 2:	Event Name: Event Name:	
<b>EVENTING LEVEL</b>			
<b>HORSE NAME</b>			
<b>HORSE AGE</b>			
<b>EMERGENCY CONTACT NAME</b>		<b>CONTACT NUMBER</b>	
<b>EMAIL</b>			

*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	



# 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>EVENTING GRADE CURRENTLY COMPETING</b>	
<b>PARENT OR GUARDIAN NAME</b>	
<b>PARENT CONTACT PHONE NUMBER</b>	
<b>Release and Waiver of Liability</b>	
<p><b>Horse Riding is a Dangerous Activity</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>I understand and acknowledge that serious INJURY or DEATH may result from horse sport activities and agree that I PARTICIPATE at my OWN RISK.</li> <li>I agree not to take drugs that may affect my reactions before or whilst riding.</li> </ul> <p><b>Effect of this Document</b></p> <p>I understand that signing this document constitutes a complete and unconditional release of all liability the Racing and Wagering Western Australia and Pony Club of Western Australia 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> <p><b>Release and Permission to Use Photographic Image</b></p> <p>By signing this release I agree that RWWA may use my name, likeness, voice and/or image (My Information) for official purposes.</p> <p>I grant RWWA the right to use My Information for the purposes, which may include, but is not limited to such purposes as publicity, illustration, advertising, and Web content.</p> <p>Signing this form, releases and forever discharges RWWA, its agents, officers and employees, from any and all claims and demands arising out of or in connection with the use of My Information, including but not limited to, any and all claims for invasion of privacy, defamation, or financial compensation.</p>	
<b>SIGNED</b> <i>(parent or Guardian if under 18)</i>	
<b>DATE</b>	

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