

Requirements for Cross Country Training

These guidelines apply to any Pony Club event/activity where riders are jumping cross country jumps. This does not include rallies or an eventing competition (including hickstead and tetrathlon).

Any training day that a WA Pony Club holds and uses cross country jumps must abide by the Pony Club WA and Pony Club Australia General Regulations in relation to Conduct, Medical and Gear Checking.

Pony Club Cross Country Training Days are open to Pony Club WA Riding Members or registered Open Riders.

Pony Club Australia and Pony Club WA Gear Rules for cross country apply. Pony Club cross country long sleeve shirts are recommended. Riders must be gear checked prior to commencing ridden activities. It is recommended that all Pony Club riders wear their Pony Club uniform, for easy identification and gear check.

All Pony Club Australia and Pony Club WA policies apply to Cross Country Training Days including but not limited to Hot Weather Policy and Concussion Policy.

All Pony Club WA riders under the age of 18 must always have a parent or guardian present on the grounds.

A supervised warmup area must be available to riders.

The cross country course plus warm up cross country obstacles must have been checked by an accredited Pony Club WA Course Builder or Pony Club Technical Delegate within 12 months and can only be used if the jumps or surrounding terrain has not been moved, or the structure/and or composition of the jump been changed or altered in any way since the inspection. Maintenance of like for like materials is allowed. Re-roping must be checked by a TD.

There are different sets of rules for training days depending on the different activities being undertaken.

XC Training – Activity One

An event/activity where riders or a small group of riders are being coached over individual jumps or groups of jumps ie cross country clinic.

- Riders should be under the direct supervision of an experienced adult or coach.
- Coaches and supervising adults should have a current PC/NCAS accreditation if coaching over cross country obstacles greater than 80cms in height.
- If a rider falls off and hits their upper body or head on any part of the jump or on the ground, then that rider must leave the course unmounted and report to the medical provider/first aid officer.

- Jumps are required to be checked by the coach prior to riding ensuring they are safe and pinned. Jumps are not required to be flagged or numbered.

XC Training – Activity Two

An event/activity where a rider is allowed to ride the complete cross country course as if they were competing in an ODE.

- Clubs need to have a nominated Training Day coordinator for the day. This person oversees that all Training Day requirements are implemented.
- Clubs need to have a nominated Course Controller for the day. This person oversees the running of horses across the course and stopping and restarting if required.
- A maximum number of riders on the course at any one time must be set at the commencement of the day.
- Events where riders are completing the entire course, should be started at no less than 3 minute intervals.
- If the whole course is being ridden by one horse/rider then the horse can only attempt a maximum of two rounds.
- Riders to nominate the height of rounds they wish to attempt.
- Coaches and supervising adults should have a current PC/NCAS accreditation if coaching over cross country obstacles greater than 80cms in height.
- If a rider falls, they must leave the course unmounted and report to the medical provider. The medical provider can clear them to ride another round.
- If the riders are being timed or travelling at the normal cross country speed for that height, then the club should have enough spotters so that each spotter is watching no more than 3 jumps.
- Every jump on course must be able to be seen by at least one spotter.
- When riding on course, groups of two or three can go out together to assist with support and encouragement of nervous riders. However, all jumps must be jumped individually. We recommend that one rider in the group has coaching knowledge.
- All jumps must be flagged and clearly numbered so the grade can be clearly identified.
- A map and rules sheet to be given out and posted on Facebook/pinup board at the grounds prior to commencement.
- A fall of horse during warm up or competition will disqualify that horse from any further participation.
- No prizes are to be awarded. If clubs wish to award prizes, then the day is considered a competition not a training day, and competition rules must be adhered to.

Spotter rules

- Spotters need to be briefed on how to respond to a critical incident.
- Each spotter should be supervising no more than three jumps, all needing to be in clear view and quickly accessible.
- Spotters are required to carry a two-way radio or have direct phone coverage to the Course Controller.

- Spotters must be knowledgeable enough to stop any rider who appears to be jumping jumps or travelling in an unsafe manner.
- Spotters must be knowledgeable enough to stop any rider who is jumping unflagged jumps.
- Spotters must be knowledgeable enough to stop any rider who is jumping jumps above their nominated height.
- Spotters need to be briefed on who the Course Controller is. The controller will coordinate any response to any critical incident.
- Riders that fall prior to commencing a cross country round must be cleared to ride by the Medical Service.
- Riders that fall during a cross country round must leave the course unmounted and be cleared by the Medical Service before commencing a subsequent round.