



Pony Stars

Junior Challenge Awards



CONNEMARA CHAMPS - SYLLABUS

GOLDEN GROOM

RULES OF FEEDING

Understand the rules to follow for feeding ponies to promote good health.

*One-star challenges

- The rules of feeding
- The importance of providing water for a pony.
- Identify feeds at the centre.
- Assist with preparing feeds.
- Follow good hygiene when preparing feeds such as cleaning utensils and feed buckets, keeping the feed room clean and washing hands after
- Fill and tie up a hay net.

**Two-star challenges

- The reasoning behind the rules of feeding
- Ingredients of a mix/pony cubes and why they are included
- How to recognise good and bad hay/haylage and other feeds
- How to decide what and how much to feed ponies by their age, weight, and body condition score (fat score) workload

GOLDEN GROOM

BANDAGING

Begin to understand the different types of bandages and when they may be used

*One-star challenges

- Identify an elastic, fleece and a cohesive bandage and their use
- Roll up a bandage ready for use
- The consequences of a badly applied bandage
- Apply a leg bandage suitable for exercise
- Apply a tail bandage

**Two-star challenges

- The purpose and use of stable bandages
- Apply a stable bandage
- Boots vs bandaging (for exercise)
- Pros/cons of bandages vs boots

GOLDEN GROOM

PLAITING

Know how to get your pony looking smart with competition ready plaits!

*One-star challenges

- Why and when a pony may be plaited up
- Why a pony shouldn't be turned out or left too long plaited up
- Types of mane plait
- Prepare a mane and tail for plaiting
- Divide a mane into sections ready for plaiting
- Plait a mane and tail with assistance

**Two-star challenges

- Plait a mane and tail without assistance
- The difference between plaiting with needle and thread or bands
- Types of breeds that wouldn't require plaiting (or when not to plait) and why
- Plait up efficiently within a time limit

GOLDEN GROOM

BATHING

Learn how to get rid of dust, dirt, and stains so your pony is sparkly clean!

*One-star challenges

- Select the equipment needed to bath a pony
- How to bath a pony
- Safety considerations when bathing a pony
- Recognise when you would and would not want to bath a pony
- How to care for a pony after bathing
- Recognise an area suitable for bathing
- Bath a pony
- Provide aftercare for the pony

**Two-star challenges

- Hot clothing can be an alternative to giving your pony a full bath. Find out what it is and have a go yourself
- Types of rugs that help ponies dry off and what rugs not suitable and why.
- Different methods to dry a pony and when each may be suitable
- Prepare a basic risk assessment for this activity

GOLDEN GROOM

ANATOMY 2

Learn more points of the horse including major bones and muscles.

*One-star challenges

- Use the correct names for points of the horse.
- Identify where major organs are.
- The role of each major organ
- The digestive system and circulatory system in the horse
- Identify where major bones are
- Identify the axial and appendicular skeleton

**Two-star challenges

- The bones from the knee and hock down to the inside of the hoof
- Another organ system and the role, where the organs are and what they do
- A pony's eyes and vision

PET PROTECTOR

POISONOUS PLANTS

This topic introduces the plants, shrubs, trees, and other foods that are poisonous to horses and ponies.

*One-star challenges

- Recognise common poisonous plants, shrubs and trees found in the UK
- Tell an appropriate adult if they see any poisonous plants in a horse field
- Feed that should not be fed to horses and ponies as treats.
- Why grass cuttings shouldn't be fed.

**Two-star challenges

- Other poisonous plants and any that are common to the UK. Are there any common to your region or location?
- Seasonal variations and the plants to look out for
- Safe removal and disposal of poisonous plants from grazing land
- Pick two plants, trees or shrubs that are poisonous to horses and find out if they are poisonous to any other animals and how the animals know not to eat them

PET PROTECTOR

DISEASE PREVENTION

How to minimise the risk of disease and ill health in domestic animals.

*One-star challenges

- Benefits to vaccinating domestic animals and pets
- Diseases all ponies should be routinely vaccinated for in the UK and why
- Routine vaccinations for other domestic animals
- Who administers vaccinations for animals?
- How to record vaccinations
- Steps to take to prevent disease in ponies

**Two-star challenges

- Discuss an initial course and timings for boosters for equine influenza and tetanus
- Discuss what could happen if an outbreak or increase in disease cases were reported in horses and ponies
- Discuss other vaccinations that are compulsory for breeding ponies and why

PET PROTECTOR

WORM CONTROL

Understand how worms can affect ponies and how to manage them

*One-star challenges

- Worms that can affect ponies
- Why it is important to manage worms in ponies
- Worm testing
- Worm treatment
- How to get worming advice
- Worm resistance and how to reduce the risk of this occurring
- The principles of good pasture management for controlling worms

**Two-star challenges

- Other worms such as pinworm and lungworm
- Demonstrate administering a wormer via syringe
- Create a worm plan/chart for the centre
- Help to collect samples for a worm test

PET PROTECTOR

CONDITION SCORING

Body condition scoring can help you to assess and monitor your pony's weight and condition

*One-star challenges

- What body condition scoring means and its purpose
- How and why a pony's body condition score could change over time
- Key features to look for when body condition scoring
- Recognise the difference between muscle and fat
- Body condition score a pony.
- Interpret the results of a body condition score and make suggestions for management
- Other methods to monitor a pony's condition and weight

**Two-star challenges

- The increased risk of certain health issues as a result of the pony being overweight.
- The Cresty Neck Score as an additional method to monitor weight
- The donkey condition scoring guide and compare differences

PET PROTECTOR

FIRST AID FOR PONIES

This award introduces the basics of first aid for horses and ponies should an injury occur.

*One-star challenges

- Basic checks to make each day with regards to healthcare
- Tell an adult or experienced person about an injury or illness
- Demonstrate how to treat basic wounds
- Items in a pony first aid kit
- How a pony's behaviour might change if they are in pain or unwell

**Two-star challenges

- Temperature, pulse, and respiration rates and how this can help to determine a pony's health. Take Pulse and Respiration rates of pony in stable
- Common ailments such as colic, lameness, laminitis
- Different types of wounds, their severity and treatment

JUNIOR JOCKEY

RIDING SKILLS 4

This topic will progress basic riding skills.

*One-star challenges

- Know what the correct riding position looks like
- Know why the ball of the foot is in the stirrup
- Demonstrate how to hold, lengthen, and shorten the reins.
- Understand what a trot diagonal is and how to check and why it is important
- Ride changes of rein in trot
- Ride 20m circles at A, C, E and B
- Ride variety of school figures
- Describe a square halt
- Know how the pony moves in walk and trot
- Be able to give aids for halt, walk and trot

**Two-star challenges

- Ride in walk and trot without stirrups
- Ride in a light seat position in walk and trot (seat lifted out the saddle, upper body slightly inclined forward)
- Ride simple canter exercises
- Recognise the correct and incorrect canter lead
- Ride as lead file
- Know what lead file responsibilities are
- Know what open order means
- Ride a simple exercise in open order under instruction
- Walk and trot over single ground poles in a line
- Walk and trot over a simple course of single poles
- Give some reasons for using poles

***Three-star challenges

- Know about the rider lines: Ear/shoulder/hip/heel and elbow/arm/hand/rein
- Discuss with coach and recognise own position issues
- Know which exercises off the pony will help improve position
- Understand what a working pace is
- Recognise when the pony they are riding is working actively
- Be able to ride transitions
- Describe what a progressive and direct transitions are
- Progress your pole work exercise by adding more poles to your straight line
- Research some pole exercises and draw diagrams of the layout and describe how to ride the exercise. Show these to your coach and together pick an exercise to try in your session. After your lesson take some time to reflect about the exercise. What you liked, did it ride as you expected and is there anything you need to work on to improve?

TACK CARE

This topic introduces how to look after and care for riding tack.

*One-star challenges

- Recognise leather or synthetic tack
- What is needed to clean a bridle or saddle
- Wipe down a saddle and apply saddle soap (if a leather saddle) or equivalent
- Wipe down a bridle
- Clean a bit
- Why tack should be cleaned regularly and how often
- Recognise cracked leather or broken stitching and know to tell an adult

**Two-star challenges

- Take apart a bridle for a full clean, apply saddle soap (if leather) or equivalent, and put back together again
- The difference between balms, oils and soaps and how they can help to look after the leather.
- The cost of tack

JUNIOR JOCKEY

HANDY PONY

This topic introduces fun activities and games on horseback – all whilst improving riding skills!

*One-star challenges

- Complete handy pony and/or mounted games type activities and games to help improve riding skills and have fun!
- Help your coach to design and build a trail of obstacles and challenges for you and your pony to complete.
- Turn it into a competition with your group. Who can complete the course in the quickest time, or with the least mistakes? Your coach can award points for each obstacle and challenge completed. Take pictures or video yourself completing the course.
- Which obstacle did you enjoy the most? What was the hardest challenge you had to complete?

**Two-star challenges

- Participants to design and complete their own course
- Adapt the activities to challenge the riders according to their ability
- Design the wackiest handy pony obstacle you can imagine! Create a detailed design of your obstacle and include a description of how to negotiate it.

JUNIOR JOCKEY

TACK FIT

The comfort of your pony is your number one priority. Find out how to check if your tack is comfortable and the professionals that can help you do this

*One star

- The importance of correctly fitting tack
- The negative impact poorly fitting tack will have on a pony
- The role of a saddle fitter
- How to find a suitably qualified saddle fitter
- Check a bridle for comfort
- Check a saddle for comfort
- When a saddle fitter should be consulted with

**Two-star challenges

- Recognise white hair markings on back/withers can be a sign of a previous poor fitting saddle being used for a period of time.
- Career paths available within the equine industry related to tack and tack fitting or making
- How saddles are made

JUNIOR JOCKEY

READY TO RIDE

Know how to get your pony ready for riding, tack up and untack!

*One-star challenges

- Carry tack appropriately
- Put on a bridle
- Put on a saddle with saddle cloth or numnah and girth
- Put on a set of front brushing boots
- Lead a tacked-up pony to the arena.
- Untack a pony
- Wash off a bit
- Care for tack and equipment during use
- Store tack and equipment appropriately

**Two-star challenges

- Put on a bridle with different type of noseband
- Put on a martingale and/or breastplate/extra pieces of tack
- Check the fit of a bridle for comfort

*

EQUINE EXPLORER

HIGHWAY CODE

The Highway Code for pony riders

*One-star challenges

- The Green Cross code
- The Highway Code
- The rules of Highway code relating to being a passenger in a car
- Why the Highway Code is implemented for all road users
- The relevant rules relating to horse and pony riders
- Hazards that can be on or near a road
- Why it is important to be aware of surroundings when walking, cycling, or riding near a road.

**Two-star challenges

- Different types of road users are and how they may use the Highway Code
- The rules for horse riders and why they might be beneficial for other road users to be aware of as well.
- Create some top tips to help new pony owners stay safe on the road. Illustrate your top tips to make them stand out.

EQUINE EXPLORER

TRAVELLING

It's exciting to get out and about with your pony and explore, but to do this you should understand how to travel your pony safely.

*One-star challenges

- Why you may need to travel a pony
- Travel equipment and its use
- Put on travel boots and a tail guard
- Safety checks to carry out on the vehicle before travelling
- Safety considerations when loading and travelling a pony
- Items to take with you when travelling a pony
- Prepare a vehicle ready to load a pony

**Two-star challenges

- Different size trailers and horseboxes and the recommended size for a pony compared to a shire
- Different scenarios for travelling a pony and what you may need to take with you
- The payload of a lorry or trailer and what this means.

EQUINE EXPLORER

BE PREPARED

Looking after your horse's welfare when out and about is very important. An accident or incident will hopefully never happen, but being prepared will help you to stay calm and react appropriately, and most importantly, look after you and your pony

*One-star challenges

- Considerations to think about before going for a hack: traffic volume, time of day, sun position (winter), daylight, weather conditions, road conditions, local activity such as shoots, hunts, cycle races, running events
- When it would be better not to go for a hack or to change the intended route
- Accidents or incidents that might happen when out on a ride
- What to do if someone you are with has an accident
- How to find your location when on a ride
- Less common hazards: wind turbines, solar panels, low flying aircraft, bird scarers
- How to introduce pony to these and extra precautions to take out hacking.

**Two-star challenges

- Find out about organised (fun/pleasure) rides.
- Considerations if want to take pony on one: fitness, travelling, control in open spaces, riding a group,
- Who to report incidents and accidents to?
- What to do if meet loose dogs out hacking

EQUINE EXPLORER

GATES

You may need to navigate you and your pony through a gate when exploring off-road routes

*One-star challenges

- Open and close a gate using the 'heels to hinges' method
- Safely lead their pony through a gate from ground
- Types of gate that can be found on a bridleway
- Recognise if a gate needs to be improved for equestrian use and how to report this
- Open, ride through and close a gate from horseback

**Two-star challenges

- Why gates are used on bridleways
- Why it is important to close gates behind them if the gate is not self-closing.
- Identify route markers on gate post
- Make a video guide or picture guide to negotiating gates safely on horseback.

STABLE STAR

STABLES

This award introduces some common yard tools, what a stable is, what a stable should have or not have, how to keep it clean and how to provide the food and water for a pony in a stable

*One-star challenges

- Stables and their use
- Basic requirements for a safe and suitable stable
- Skip out a stable
- Clean food and water buckets
- Refill a water bucket and hay net.

**Two-star challenges

- Further detail about the requirements ie specific sizes, height of tie ring (for haynet), electric fittings
- different ways to provide water, forage and food and advantages and disadvantages of each
- Different types of bedding and the advantages and disadvantages
- Mucking out and how to do this.
- Why it is important for horse health to skip out and muck out and health problems that can arise if not done
- Does a pony require a stable? Reasons for and against.

STABLE STAR

PADDOCKS

Want to know what makes a great paddock for a pony? Find out in this topic.

*One-star challenges

- An ideal paddock for a pony
- Identify any hazards found within a paddock
- Basic paddock management
- Clean out a water trough
- Poo pick a paddock

**Two-star challenges

- Types of fencing in horse paddocks and which should be avoided
- Paddock care in winter
- Why paddock care is important to the welfare of the horse

STABLE STAR

FENCE BUILDING

Learn about different types of fences and how to help build them.

*One-star challenges

- Recognise a variety of show jumps
- When and why different types of cups are used
- Fillers and their use
- Features of a safe fence
- Differences between types of show jumps
- White and red flags and numbers on fences
- Help to build a variety of show jumps

**Two-star challenges

- Related distances and how they vary
- The role of a course builder at a show jumping or cross-country competition and the qualifications or training they will need
- Design and build a show jump course
- Course walking

STABLE STAR

BIOSECURITY

The importance of good hygiene on the yard for the safety of humans and ponies

*One-star challenges

- Why it is important to follow general good hygiene practice when on a yard
- Good hygiene rules to follow when on a yard
- Equine diseases that can be passed between ponies
- How an equine disease can be spread on a yard
- Rules to follow on a yard to prevent a spread of an equine disease
- Rules to follow if a pony is in isolation and what it means

**Two-star challenges

- Choose two common diseases that you researched in task one and find out more information about them. Create a fact sheet for each.
- The implementation of a traffic light system during an outbreak on a yard
- Herd immunity

EVENTS

Develop your organisation and leadership skills to help your riding centre plan and run an event.

*One-star challenges

- Types of equestrian or non-equestrian events that could be held at a yard.
- Plan an event of their choice.
- Assign roles to helpers and staff.
- Safety considerations for events

**Two-star challenges

If the event for your group was a success, ask your coach if your group can organise an event for several groups or the whole yard to take part in.

Decide on which event you would like to organise and get planning! Use what you learned in task one to help you.

As it is open to a wider group of people you could design posters to advertise the event and a schedule if there is more than one class. Don't forget the entry forms!

Allocate roles to everyone in the group and discuss your plans with your coach.

Your coach will help you complete a risk assessment for the event.

Write a report for a magazine about your event and include some pictures.

HELPING HERO

HEALTHY MIND

This topic supports positive mental wellbeing and wellbeing for participants.

*One-star challenges

- Be aware of their own mental wellbeing and what good mental wellbeing means
- Know who to talk to if they feel sad or upset
- Strategies to adopt to look after mental health and wellbeing
- Know who is in their support network

**Two-star challenges

- How mental health can affect everyone and how to spot signs of poor mental health. How to talk to someone and signpost them to get help
- Make a horseshoe chain of positivity for the yard
- Make a resource informing others of mental wellbeing and why it is important form task 1
- Share an act of kindness with someone in school or at the yard or home.



HELPING HERO

Yard helper

Be a Helping Hero on your yard.

*One-star challenges

- Help to keep a yard tidy
- Skip out empty stables
- Sweep the yard
- Tidy away equipment
- Clean feed buckets
- Prepare a pony for a lesson
- Tack up
- Untack
- Assist a coach in a session under supervision
- Lead pony safely to the arena ready for the lesson
- Poo-pick the arena

**Two-star challenges

- Muck out an empty stable.
- Add more bedding to a stable
- Provide hay and water to a pony in a stable
- Catch and turn out a pony in a suitable paddock
- Prepare and hold a pony for a rider to mount
- Show rider how to position feet in stirrups and hold reins following coach instructions.
- Lead a pony safely during a lesson.



HELPING HERO

FIRST AID (2)

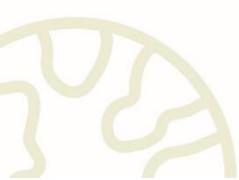
Further develop your first aid skills.

*One-star challenges

- 
- 
- 
- 
- 
- 
- 
- 
- 
- Basic injuries and conditions
 - How to put apply a basic dressing and bandage
 - The recovery position.
 - How to check for a pulse
 - How to check for breathing
 - What to do in the event of a back, neck or head injury
 - The considerations when assessing a first aid situation that takes place on a yard or within a riding lesson.



****Two-star challenges**

- Common injuries that may be seen on a yard or when riding
 - Every yard should have a first aider. Find out who the first aider is on your yard. Where is the human first aid kit kept? Any accidents should be recorded in an accident book. Find out where this is kept and what type of information is recorded
 - Diabetes is a series condition that affects a person's blood glucose levels. Find out what the signs are if someone with diabetes blood sugar level is too low or too high.
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 