

# YOUNG RIDERS – FOUR NATIONS

## ICELANDIC HORSE SUMMER CAMP 2019



25<sup>TH</sup> – 29<sup>TH</sup> JULY 2019 INGLEBY HALL LINCOLNSHIRE

KINDLY HOSTED BY REBEKAH SPOWAGE – ORGANISER MO HALL

**DISCLAIMER** The organisers have taken reasonable precautions to ensure the health and safety of everyone present. For these measures to be effective, everyone must take reasonable precautions to avoid and prevent accidents. Charlie Day is our Safeguarding Officer and any concerns should be addressed to her in the first instance.

We do not accept responsibility for any accident, injury, loss or illness to horse, rider, spectator or property while present at this event. Submission of this entry form is confirmation that you have your own 3<sup>rd</sup> party insurance in case of accident or injury.

Team	Forename	Surname	Gait Training/ Oval Track	Groups	Fancy Dress	Obstacles	Arena/ dressage	Horse
<b>Scottish Unicorns</b>								
<b>English Lions</b>	<b>Ann</b>	<b>Savage</b>		<b>Arena</b>				
<b>Welsh Dragons</b>	<b>Mic</b>	<b>Rushen</b>		<b>Oval Track</b>				
	<b>Crissie</b>	<b>Edwards</b>						
<b>Irish Wolfhounds</b>	<b>Mary</b>	<b>Concannon</b>		<b>Obstacles</b>				

There will be three formal “training” sessions. One Friday Evening, One Saturday AM and one Saturday PM or Evening. (Schedule TBC)

These will be conducted in groups of similar abilities to as nearly mimic real conditions as possible. Adults attending Ingleby Hall separately will be included in these ability groups as appropriate. Chaperones will be with each group during the whole session.

If you are not bringing your own horse you will be allocated a horse according to those available and your abilities.

# WEEKEND SCHEDULE

THURSDAY — THE ADVENTURE BEGINS — THOSE BEING COLLECTED WILL BEGIN THEIR JOURNEYS AND THERE WILL BE AN OVERNIGHT STOP FOR THOSE TRAVELLING FROM DORSET.

FRIDAY LUNCHTIME — MEET & GREET

FRIDAY PM — FANCY DRESS PREP & FREE TIME

FRIDAY SUPPER —

FRIDAY EVENING — ACTIVITY 1 — GROUP 1 OVAL TRACK, GROUP 2, ARENA, GROUP 3 OBSTACLES

SATURDAY

BREAKFAST

ACTIVITY 2 — GROUP 2 OVAL TRACK, GROUP 3, ARENA, GROUP 1 OBSTACLES

BARN — OVAL TRACK TALK

LUNCH

INDIVIDUAL ACTIVITIES

SUPPER

ACTIVITY 3 — GROUP 3 OVAL TRACK, GROUP 1 ARENA, GROUP 2 OBSTACLES

SUNDAY

BREAKFAST

OVAL TRACK COMPETITION

MORNING BREAK

OBSTACLE COMPETITION

LUNCH

FANCY DRESS PREP THEN COMPETITION

CREAM TEA

ANY ONE STAYING FOR EVENING HACK/HACKS OUT

# OVAL TRACK

Mic Rushen, who is one of the UK Icelandic Regional Horse judges will be taking you through the group classes on the oval track, she will also provide the same instructions you would be getting from the speaker's caravan, getting you used to getting on to the track, following the instructions and you will learn how to pass and be passed safely in group classes, how to turn around, what to do if you lose control. We will also cover warming up, using the collecting ring (otherwise known as the school) and getting the timings right so you are ready as near to the time of your class as possible.

Mic will advise you which classes to attempt in the competition if you are unsure.

We will be training for:

**Novice Four-Gait (V5):** This class is ridden with no more than six riders at once. The sections will be ridden as instructed by the announcer. 1. Any speed tölt 2. Slow to medium speed trot 3. Medium walk 4. Slow to medium speed canter

*For the competition you can choose to do V1 which is the same test plus fast tölt done as an individual rather than a group.*

**Novice Tölt (T8):** This class is ridden with no more than six riders at once. The sections are ridden as instructed by the announcer. 1. Any speed tölt. Return to walk and change rein. 2. Any speed tölt

*For the competition T8 is a group class there are no individual novice tölt classes you can choose to do T1 which is the same test plus fast tölt done as an individual rather than a group.*

**Tölt 4 Open Group Loose Rein (T4):** Preliminary Round: This class is ridden with three riders at once 1. Any speed tölt 2. Slow, steady and calm speed tölt. Return to walk and change rein 3. Slow to medium speed tölt, holding both reins in one hand clearly showing no rein contact with the horse's mouth. The marks for section 3 are doubled.

*For the competition you can choose to do T2 which is the same test done as an individual rather than a group.*

**Five Gait Intermediate (F2):** Riders compete in small groups directed by the speaker showing: 1. slow to medium speed tölt 2. slow to medium speed trot 3. medium walk 4. slow to medium speed canter 5. racing pace: The horses may show racing pace 3 times on one long side. The riders choose the long side by majority vote. In the event of a draw, the speaker will draw lots to decide. The marks for tölt and pace will be doubled. This class is performed on one rein, in this order at any tournament. Riders should indicate on the entry form which rein they wish to ride on. Pace is ridden individually.

*For the competition you can choose to do F1 which is the same test done as an individual rather than a group.*

# OBSTACLE COURSE

Rebekah Spowage & Mary Concannon will guide you around the obstacle course, teaching you how to safely approach the obstacles and addressing as many specific training issues as possible over the time available. See appendix for instructions and guidance on how to approach the obstacles.



# ARENA/DRESSAGE

Ann Savage will lead the arena session. This will be focussed on basic riding skills

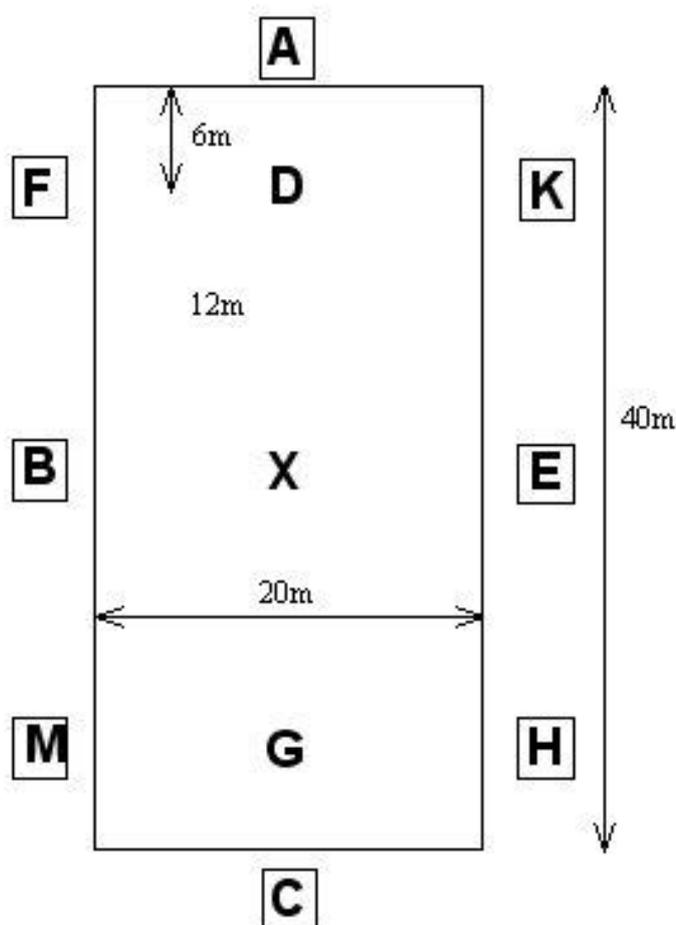
- refining the aids,
- understanding the correct use of the seat to communicate.
- Developing feel,
- which foot is stepping when,
- is the halt square etc.

The training session will be followed by riding the Walk, Tölt, Trot test and discussing the outcome, revisiting anything that needs more work in preparation for the competition on Sunday.

Walk, Trot, Tölt test for Beginners		
	Marker	What you need to do
<b>Step 1</b>	A	Enter at marker A Ride down the imaginary centre line <b>in walk</b> without stopping until you get to marker C (the whole length of the arena)
	C	Turn right using rein and leg/seat aids you have been practicing until you get to marker M (in the corner)
<b>Step 2</b>	M-B	At marker M turn right again in the same way and ask the horse to move into tölt using the leg and seat aids you have been learning until you reach marker B (half way along the arena).
	A X A	At marker B start to use your rein, leg and seat aids to ride a 20m circle <b>in tölt</b> which goes to the end of the arena (Marker A) all the way across and comes back to the middle of the arena (Imaginary marker X in line with markers B & E) and back to Marker A.
<b>Step 3</b>	A-K	Keep going forwards and between Marker A & Marker K gently ask your horse to come back to walk using the leg and seat aids you have been learning.
	E – B	At marker K <b>in walk</b> change direction using the leg and seat aids you have been using and go across the arena to marker B. (This is called Changing Rein)
	B	At marker B gently turn left using the rein, leg and seat aids you have been learning and continue to marker M.
<b>Step 4</b>	M-C	At marker M turn left again in the same way and ask the horse to move into tölt using the leg and seat aids you have been learning until you reach marker C.
	C X C	At marker C start to use your rein, leg and seat aids to ride a 20m circle <b>in tölt</b> which goes to the end of the arena (marker C) all the way across and comes back to the middle of the arena (imaginary marker X) and back to Marker C.
<b>Step 5</b>	C-H	At marker C keep going forwards and between marker C & marker H and gently ask your horse to come back to walk using the leg and seat aids you have been learning.
	H-X-F	At marker H change direction and ask your horse to walk across the diagonal (going over the imaginary marker X in the middle) to marker F. Try to ride this with a loose rein and use your seat and leg aids to direct the horse but allow your horse to walk naturally as much as possible. (This is called free walk on a long rein)
	F-A-K-E	At marker F turn right and continue across the diagonal in a slightly faster walk to marker E (this is called medium walk).
<b>Step 6</b>	E	At marker E use your leg, seat and rein aids to gently complete a 10m half circle right to marker X
	X –B-C	At marker X change rein (change direction) and use your aids to gently turn the horse and complete a 10m half circle left to marker B and continue forward in medium walk to marker C

Walk, Trot, Tölt test for Beginners		
	Marker	What you need to do
<b>Step 7</b>	C-H	At marker C keep going forwards and between marker C & marker H and gently ask your horse to come move into trot using the leg and seat aids you have been learning.
	H-E-K-A	At marker H you should be in trot. Continue forward in trot around the edge of the arena to marker A
	A-X	At marker A start to use your rein, leg and seat aids to ride one and a half 20m circles <b>in trot</b> which goes to the end of the arena (Marker A) all the way across and comes back to the middle of the arena (marker X) back to Marker A and then back to marker X again.
<b>Step 8</b>	X-C	At marker X start to use your rein, leg and seat aids to ride one and a half 20m circles <b>in trot</b> which goes to the end of the arena (Marker C) all the way across and comes back to the middle of the arena (Marker X) and back to Marker C.
<b>Step 9</b>	C-M-X-K	At marker C continue forward <b>in trot</b> and at marker M change direction and ask your horse to <b>trot</b> across the diagonal (going over the imaginary marker X in the middle) to marker K.
	K	At marker K gently turn left using the rein, leg and seat aids you have been learning and continue to marker A.
	K-A	At marker A turn left again in the same way and ask the horse to move into walk using the leg and seat aids you have been learning.
	A	At marker A turn left down centre line in walk
<b>Step 10</b>	G	At imaginary marker G (in line with markers M & H) gently bring your horse to a halt, ask your horse to stand still for a few moments and salute the judge as you have been practicing.

The judges are looking for how smoothly your horse moves (Regularity of gaits), how much effort you have to put into the horse to get it to move (impulsion), how well you and the horse are communicating (Obedience) and how appropriate your seat (how you sit in the saddle) and your aids (leg, rein and body movements) are. All of these contribute to how well you are marked as they demonstrate the relationship between you and the horse.



## The Practice Dressage Arena 20m x 40m

Markers  
A,B,C,E,F,H,K,M  
are position around the arena  
and are visible to the rider

Markers D,X,G  
are not visible to the rider

# INDIVIDUAL ACTIVITIES

Saturday Afternoon you can choose what you would like to do from the list below. We are hoping to have a visiting celebrity or arrange a visit to a local horse charity ([Bransby Horses](#)). We will do a quick headcount and organise people into groups after Mic's talk. Please let your Team leader know what you intend to do and where you will be.

- Fancy Dress Preparation (please familiarise your horse with their costume in motion before the Fancy Dress – this can be done tomorrow, we will allow as much time as necessary .
- Tolt.Club Training Test – Please pair up so you can video each other (we will ask who wants to do the challenge at lunchtime) Someone will be available to talk you through the test if you haven't done it before and you can practice for as long as you like. I will draw two sets of circles, one in the school and one on the field, please use the one in the field for practice and the one in the school when you are ready to record. If you need a caller, please recruit one at lunch time. We will help you uploading the videos this evening if you need it.
- Tolt.Club Individual Obstacles Test – Please pair up so you can video each other (we will ask who wants to do the challenge at lunchtime) Someone will be available to talk you through the test if you haven't done it before and you can practice for as long as you like. I will draw two sets of circles, one in the school and one on the field, please use the one in the field for practice and the one in the school when you are ready to record. If you need a caller, please recruit one at lunch time. We will help you uploading the videos this evening if you need it.
- Craft – lots of choices, from Pyrography, horseshoe painting, mosaics, door hangers. Mo will be in the barn to help.

The cost for the camp is           **£200 per person if being transported and not bringing a horse.**  
  **£170 per person with own transport and no horse.**  
  **£140 per person with own transport and horse.**

**To include all meals, activities and competitions plus transport from anywhere in the UK. The Young Riders Fund is subsidising travel costs and if your young people are able to take part in fund raising activities prior to the camp the Young Riders Fund will match fund any money they raise. The Young Riders Fund is made up from donations and the surplus from events catering at Oakfield Farm and is administered by Mo Hall. Please contact her for details of how to claim your match funding.**

**Adults that wish to attend the camp may book through Rebekah Spowage. £175 to include food and entry to the competitions.**



## PTV Course

On each obstacle there are guidelines on how to tackle it, as per the trec GB rulebook. However, this is a play day so use them how best benefits you and your horse! Just have fun!

On the map, the obstacles written in red are permanent obstacles. The obstacles written in yellow are mobile obstacles so may not be exactly where marked - this map is just a rough idea, mainly to show the entrance (by obstacle 2) and the main layout. There may also be extra obstacles that are either spook busting or 'next level' trec obstacles. There may not be guidelines on these, so just have fun playing!

Most obstacles can be tackled from either direction, but please be aware of others using the course and be courteous if you happen to be approaching the same obstacle from opposite directions. The only obstacle where this is difficult to see is obstacle 18, the sunken road. There are hedges on either side so please call through if you know others are nearby.

Here is a rough guide to our course. You can of course tack the obstacles in any order you choose! Please read these through before arriving.

1. The arena **gate**. We have a mounting block inside the arena, and you may wish to warm up briefly in the arena before venturing onto the course. Please keep your arena time short (ideally not more than 20 minutes) because this is primarily for livery use. Obstacle 1 can therefore be considered the gate leaving the arena – string is attached to make it trec-appropriate.

As you leave the arena and walk straight ahead, on your left after the jump storage is the entrance onto the PTV course. The purple barriers will prevent loose horses escaping, so please ensure these are closed again behind you. Should you require it, there are several obstacles that can be used as a mounting block to get back on board, if you don't have a helper to do the barriers!

2. **Footbridge**. This can be a ridden or led obstacle, and is always done in walk. For 10 points, you both should walk over calmly without stopping and the reins or leadrope shouldn't be tight if led.
3. **Steps / bank**. This is an obstacle that can be tackled in a variety of ways. It can be considered to be steps up, steps down, or banks up and down. The banks are too small to be considered real trec obstacles when ridden but are good starter practice! These can all be tackled led or ridden and in any pace you choose – there are NOT more points for faster gaits, this is all about maintaining the gait chosen and doing it calmly and smoothly.
4. **Ditch**. This is a small ditch, so the perfect starter obstacle! It can be tackled in hand or ridden. The bottom is solid, as are the sides, so it is safe to step on / in as well as over. Can be tackled in any pace, the points come with the style!

5. **Ticket punch.** The pencil is hanging in the hedge on a piece of string. In competition, the judge would give you a card that you would carry into the area, use the punch or pen to mark the card, and then hand it back to the judge. You may want to
6. **Bending.** Just like gymkhana games, the idea is to stay close to the poles to avoid moving too much side to side. To this end, there is a corridor within which to stay whilst bending. The key points are don't break pace (you lose 3 points AND the overall thing is marked on your slowest gait) and don't leave the corridor / touch the poles. To achieve 10 points you have to canter, 7 for trot and 5 for walk. In competition, many go for 'a safe 7'.
7. **Neck-reining.** This can be done in walk or trot (or jog.) Again, maintain the gait. After going through the starter flags – already with the reins in one hand only – ride a figure of 8 around the two markers, and then ride out of the exit flags, still with the reins in one hand. Aim to make both circles equal sizes and ride through smoothly without increasing or decreasing the speed. Definitely don't touch the reins with both hands or swap hands – instant 0!
8. **Tyre jump.** This would not ordinarily be on a trec course. Instead, you may have a hedge jump. Feel free to jump this if you would like to though!
9. **Fallen log.** Like the ditch, there is no set speed, but generally approaching in a faster pace to do a clear jump will gain more style points than stepping over it. This may be ridden or led.
10. **Figure of 8.** This is like an enlarged neck-rein. The movement is the same, still one-handed, but as it is bigger, the gait chosen makes a difference to your points. Canter potentially gains 10, trot 7 and walk 5.
11. **Upright tyres.** Like the other tyres, these are unlikely to be in a trec course but feel free to play!
12. **S-bend.** This can be done ridden or led. Stay in walk and don't stop, step back or touch any of the poles!
13. **Logs.** These may be ridden or led. The marking is as for the previous jumps.
14. **Corridor.** A narrow corridor designed to test straightness. The aim is to maintain your chosen pace all the way through and don't touch the poles. You can gain 10 for canter, 7 for trot or 5 for walk. This can also be done led, where you gain 10 for trotting and 7 for walking.

15. **Shamrock.** Using the 3 barrels laid out in a triangle, draw the pattern of a shamrock or clover-leaf. The barrels are colour-coded. If red, keep it on your right. If white, keep it on your left. In this way, you'll go round the first clockwise, the second anti-clockwise and the third clockwise, so change the rein twice. More points are available for canter (10). Trot can get you 7 and walk 5. Try not to break gait!
16. **Rein-back.** Walk through the rails until the horse's front feet or in line with or in front of the front to painted markers. Once halted, rein back until the horse's back feet are behind the markers. Level 1 and 2 have to rein back 2m, Level 3 and 4 have to rein back 3m and 4m respectively. This obstacle is marked up for all levels but in different colours so note what colour you need!
17. **Immobility.** This obstacle can be done mounted or unmounted. When mounted, there is one circle provided of 2.5m diameter. When unmounted, two circles are provided – 4m diameter for the horse, and another one 8m diameter for the ride to stand on the outside of (so you have to be 2m away from your horse.) We have just marked out one circle, 3m diameter, so you can practice both. If you want to try unmounted, take 2 large steps away from the marked circle – this will be about 2m from your horse. Remember to safely secure your reins and stirrups. When ridden, you mustn't have contact with the bit!
18. **Sunken road.** This is a great obstacle! It can be used as a step down, step up (both ridden or led) and can also be considered a single obstacle as a road crossing.
19. **Mount.** We have provided a block. Lead the horse into the marked out area, stand still, and mount (from ground or block) without the horse moving any feet. Do this efficiently – in competition, you will be timed and the clock stops when both feet are in your stirrups.

The obstacles in the rule book that we don't have are crater, hedge, staircase and water crossing. We have chosen not to provide a trailer on the basis that most people use a trailer to travel anyway! We are looking to add low branches in August.