



WELSHIE WIZZERS - SYLLABUS

GOLDEN GROOM

RUGS

Find out about the types of rug available and why ponies may or may not need one.

*One-star challenges

- The difference between a turnout and a stable rug
- Identify a turnout rug and a stable rug.
- The purpose of a rug
- Why some ponies will not need to wear a rug.
- Negative consequences of over rugging a pony.
- Put on and take off rug with assistance.

**Two-star challenges

- Coolers, exercise sheets and fly sheets; what they are and when are they used.
- The sizes rugs come in and how to measure a pony for a rug.
- Design your own rug for any animal you want! It doesn't have to be a normal everyday rug it could be one that has hidden superpowers or is trendy enough to be on the catwalk! Be as creative as you can!

GOLDEN GROOM

MANE AND TAIL

Help to get rid of dirt and knots by washing your pony's mane and tail.

*One-star challenges

- Suitable and unsuitable conditions to consider for washing a mane and tail.
- Select equipment required to brush and wash a pony's mane and tail.
- The process of washing a pony's mane and tail and areas that may be sensitive.
- Prepare a suitable area for washing.
- Wash a pony's mane and tail with shampoo.
- Rinse a pony's mane and tail.
- Work around the pony safely
- Give appropriate aftercare to the pony.
- Tidy the wash area after use.

**Two-star challenges

- Bathing the whole pony's coat
- Plait the mane loosely to keep it on one side of the neck.
- How to spot clean to remove stable stains or dirt from their pony before you ride.

GOLDEN GROOM

HOOF CARE

This topic introduces the importance of looking after your pony's feet.

*One-star challenges

- How to care for horse's feet
- Why it is important to care for their pony's feet.
- The points of the hoof
- Pick out a pony's hooves and apply hoof oil.

**Two-star challenges

- Further points of the hoof and internal structure
- Show knowledge of basic foot ailments e.g., abscess, thrush.

GOLDEN GROOM

FARRIERY

Explore hoof care in further detail; why do some ponies need shoes? What are they made from, how do they wear them and how often do they need new ones?

*One-star challenges

- Reasons why a pony may need shoes.
- How shoes are put on a pony and by whom
- How often a pony requires trimming and shoeing.
- Recognise if a horse is shod or unshod.
- Recognise when a pony needs trimming or shoeing.

**Two-star challenges

- The tools farriers use.
- Different types of shoes, what they are made from, what are their benefits and the type of pony/condition they may be used for
- How weather conditions can affect the hoof and hoof growth

PET PROTECTOR

HAPPY PONIES

Ideas to keep your pony happy and relaxed in the field or stable.

*One-star challenges

- Recognise behaviour and body language signs that show a pony is happy and relaxed.
- Know what a pony needs to be happy (5 freedoms met) and ways of doing this.
- Why a pony may become stressed or unhappy.
- Why it is important to reduce stress in ponies.
- The behaviour a stressed or unhappy pony may show.
- Ways to reduce stress in ponies in the field and in the stable

**Two-star challenges

- Stereotypical behaviour in horses and ponies; what this means, and the behaviours associated with different stereotypies.
- Look at different animals and how they show signs of being relaxed.

PET PROTECTOR

PONY HEALTH

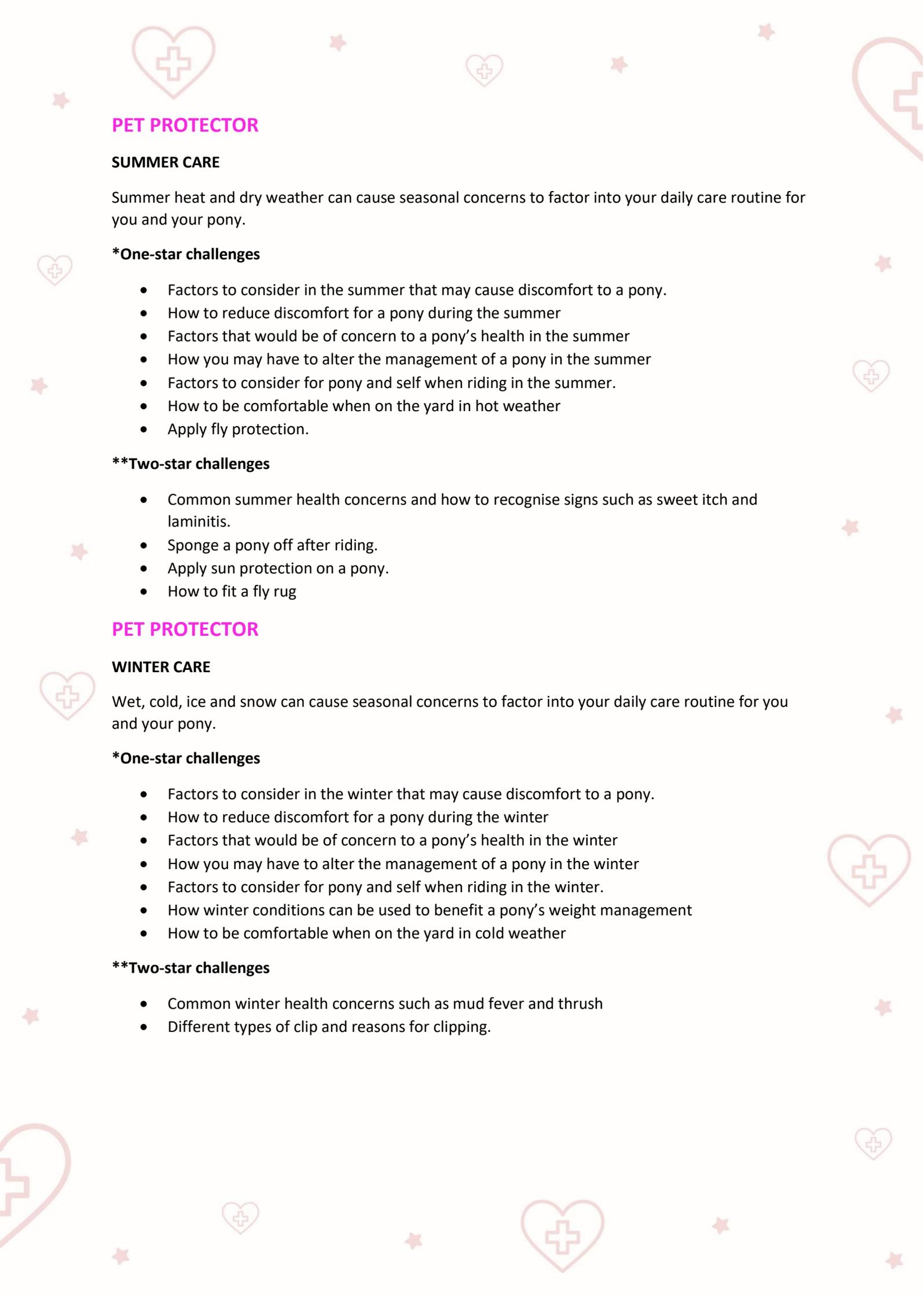
This topic introduces the signs of good and ill health in ponies.

*One-star challenges

- Routine checks for ponies
- Recognise some signs of good health.
- Recognise some signs of ill health.
- What you check for in the pony's environment which may indicate signs of good or ill health
- Speak to an appropriate adult if they suspect a horse looks ill.

**Two-star challenges

- How to take pulse and respiration rates and why these are a good measure to indicate early signs of illness.
- How temperature is taken in ponies and how this can indicate early signs of illness
- Common health conditions such as colic
- How to recognise signs of lameness
- Ways to prevent illness such as vaccinations.



PET PROTECTOR

SUMMER CARE

Summer heat and dry weather can cause seasonal concerns to factor into your daily care routine for you and your pony.

*One-star challenges

- Factors to consider in the summer that may cause discomfort to a pony.
- How to reduce discomfort for a pony during the summer
- Factors that would be of concern to a pony's health in the summer
- How you may have to alter the management of a pony in the summer
- Factors to consider for pony and self when riding in the summer.
- How to be comfortable when on the yard in hot weather
- Apply fly protection.

**Two-star challenges

- Common summer health concerns and how to recognise signs such as sweet itch and laminitis.
- Sponge a pony off after riding.
- Apply sun protection on a pony.
- How to fit a fly rug

PET PROTECTOR

WINTER CARE

Wet, cold, ice and snow can cause seasonal concerns to factor into your daily care routine for you and your pony.

*One-star challenges

- Factors to consider in the winter that may cause discomfort to a pony.
- How to reduce discomfort for a pony during the winter
- Factors that would be of concern to a pony's health in the winter
- How you may have to alter the management of a pony in the winter
- Factors to consider for pony and self when riding in the winter.
- How winter conditions can be used to benefit a pony's weight management
- How to be comfortable when on the yard in cold weather

**Two-star challenges

- Common winter health concerns such as mud fever and thrush
- Different types of clip and reasons for clipping.

JUNIOR JOCKEY

RIDING SKILLS 3

Continue to progress your riding skills and show off your skills!

*One-star challenges

- Rise to the trot
- Carry out balance exercises in halt with no stirrups.
- Walk without stirrups and put feet back in
- Ride 20m circles
- Know at least four ways to change the rein.
- Know the aids for canter.
- Ride a few steps of canter with leader.

**Two-star challenges

- Rise to the trot in time and on correct diagonal
- Know how to cross stirrups over.
- Walk without stirrups without holding on and in a balanced position making changes of rein with minimal help.
- Ride a figure of eight by joining two circles together in walk and trot.
- Ride straight line down centre line to change the rein.
- Know how many beats the canter has.
- Canter along the short side of arena or a half circle, whatever is suitable for the pony. Can be lead.

***Three-star challenges

- Work to improve balance and security in trot.
- Standing up in stirrups including changes of rein and school figures
- Trot without stirrups on both reins and changes of rein
- Ride a tear drop shape and a three-loop serpentine. Can include 4 or 5 loop serpentines.
- Know the footfalls in canter and what it means to be on the right/wrong lead.
- Canter a lap or suitable sized area on each rein. Can include circles etc if required.

JUNIOR JOCKEY

WARM UP, COOL DOWN

This topic introduces the importance of the warmup and cool down for both pony and rider in a riding session.

*One-star challenges

- Why it is important to warm up (both themselves and the pony) before working.
- Why it is important to cool down (both themselves and the pony) after work.
- Recognise when a pony has cooled down after work.
- Follow a warmup and cool down for their pony.
- Follow a warmup and cool down suitable for themselves.

**Two-star challenges

- How to adapt a warmup or cool down depending on the weather or age of pony
- Assist with sponging off a pony if sweating after riding.

JUNIOR JOCKEY

LIVE WELL

This topic introduces fitness and nutrition for Junior Jockeys.

*One-star challenges

- What it means to follow a healthy lifestyle with regards to food and exercise
- Types of exercise and a benefit of being active.
- Examples of fruit and vegetables
- Why it is important to drink water throughout the day.
- How being active and eating a healthy diet will benefit their riding.

**Two-star challenges

- What a healthy, balanced diet contains
- The fruits and vegetables that can be given to horses as a healthy treat.

JUNIOR JOCKEY

BRIDLE AND BITS

The parts of the bridle and some common bits.

*One-star challenges

- Parts of the bridle
- Recognise a snaffle bit.
- Recognise parts of a bit.
- The action of a snaffle bit
- The purpose of bit guards
- Check the fit of the bridle for comfort.

**Two-star challenges

- Different types of noseband
- Other bit families you may have at the yard.
- The consequences of tight nosebands

JUNIOR JOCKEY

PONY FITNESS

The health and fitness of a pony is as important as the health and fitness of the rider.

*One-star challenges

- Why it is important to consider a pony's fitness.
- The signs to observe that may indicate a pony is unfit.
- The benefits of improving fitness.
- Activities that require a low, medium, and high level of fitness
- How to improve a horse's fitness

**Two-star challenges

- Rider fitness- is it important for riders to be fit?
- Create a fitness plan over a month to improve their own fitness, age appropriate.

EQUINE EXPLORER

ROAD AWARENESS

Road signs and markings give instructions and guidance to all road users, so it's important you know their meaning for when you ride out.

*One-star challenges

- Common road signs and markings
- Why road signs and markings are used.
- Hazards when riding on the road.
- Why and how to be aware of potential hazards when riding on the road
- Practice riding past hazards in the arena

**Two-star challenges

- What side of the road should you ride on? Is this same in all countries?
- Create your own road sign. Think about the shape, colour, and size of your sign. Is it going to give information to people or warn them about something? It's entirely up to you!

EQUINE EXPLORER

EXPLORING OFF ROAD

Exploring off road is important for both horse and rider, so it's important to know how to do so safely.

*One-star challenges

- The different environments you can explore off road.
- How to prepare to go out riding and what to take with you.
- The benefits of riding your pony off road.
- What type of ground you may ride across and key considerations for riding?
- How to ride your pony up and down hills
- Hazards you may come across on an off-road ride.

**Two-star challenges

- Some routes may be permissive, understand what this means and how to find out where they are.
- What might not go to plan when riding off road and identify what to do in an emergency?

EQUINE EXPLORER

NAVIGATION 2

Further map reading skills for beginners.

*One-star challenges

- How to read a map
- Identify where rights of way may change on a route and understand how these may need research.
- Identify an off-road route on a map.

**Two-star challenges

- Draw your own map complete with symbols and key.
- Find out how the stars can also help lead the way and point you North.

EQUINE EXPLORER

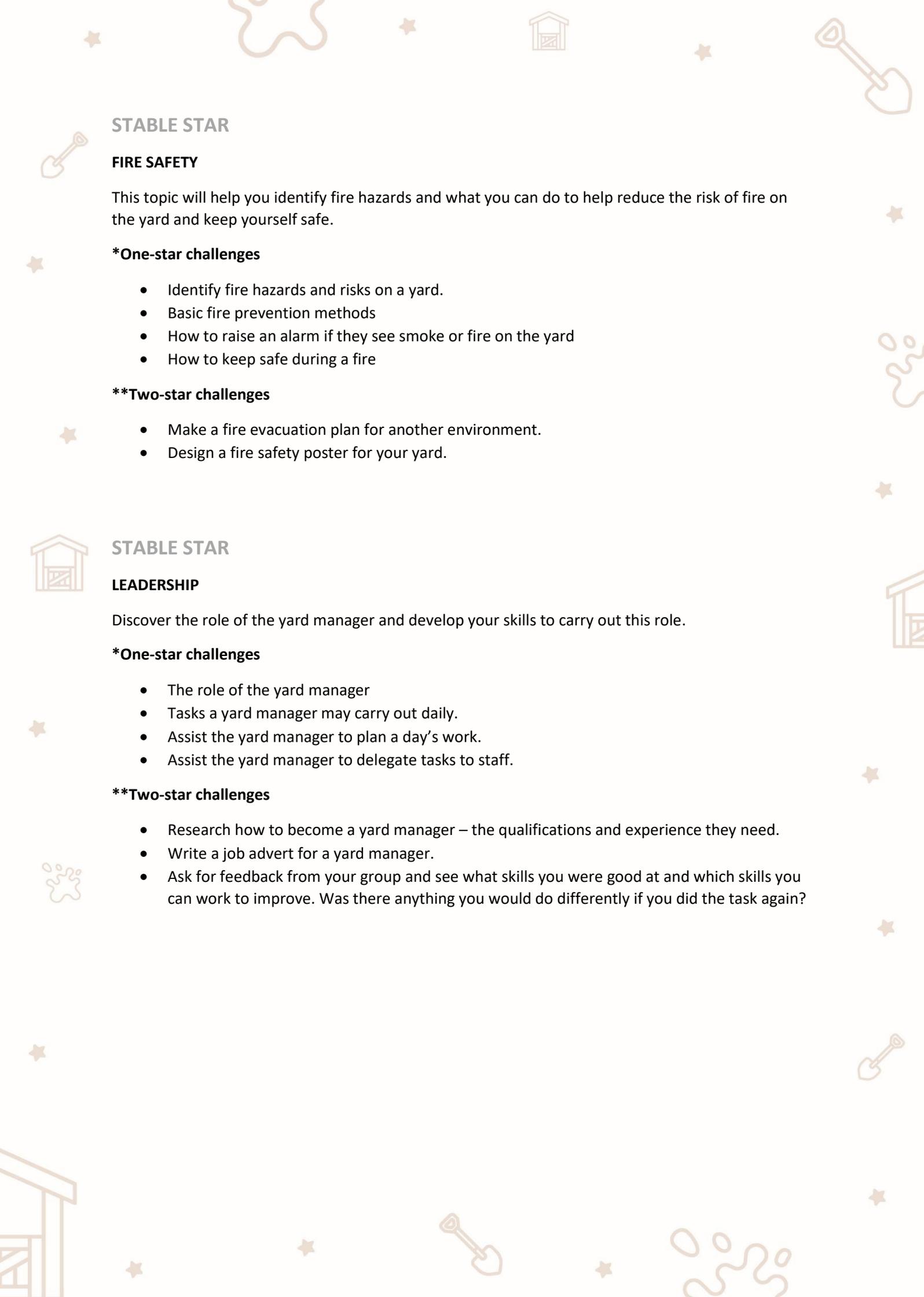
BEACH RIDING

*One-star challenges

- Benefits of riding on beaches
- How to find out if a beach allows horse riders
- Restrictions that may be in place for horse riding on a beach and why
- Tide patterns and how they can be dangerous.
- How to care for your pony and tack after beach riding
- How to safely ride on a beach with relation to other users, wildlife, or conservation areas
- Hazards that could be found on a beach.

**Two-star challenges

- How to ride responsibly on a beach to protect other wildlife.
- How to introduce your pony to walking/paddling in water/the sea and understand the dangers of this if you go out too far
- Share information with other riders about how to stay safe when riding on the beach.



STABLE STAR

FIRE SAFETY

This topic will help you identify fire hazards and what you can do to help reduce the risk of fire on the yard and keep yourself safe.

*One-star challenges

- Identify fire hazards and risks on a yard.
- Basic fire prevention methods
- How to raise an alarm if they see smoke or fire on the yard
- How to keep safe during a fire

**Two-star challenges

- Make a fire evacuation plan for another environment.
- Design a fire safety poster for your yard.

STABLE STAR

LEADERSHIP

Discover the role of the yard manager and develop your skills to carry out this role.

*One-star challenges

- The role of the yard manager
- Tasks a yard manager may carry out daily.
- Assist the yard manager to plan a day's work.
- Assist the yard manager to delegate tasks to staff.

**Two-star challenges

- Research how to become a yard manager – the qualifications and experience they need.
- Write a job advert for a yard manager.
- Ask for feedback from your group and see what skills you were good at and which skills you can work to improve. Was there anything you would do differently if you did the task again?

STABLE STAR

RECORD MAINTENANCE

All yards and riding schools will keep records to help with the smooth running of the business. Find out what these are and the responsibility to keep the records safe and up to date.

*One-star challenges

- Records that may be kept within a riding centre.
- Why it is important for a riding centre to keep and maintain records.
- A basic filing system for keeping records.
- Update a record.
- Know their responsibility when handling records and information.
- The centre's responsibility when keeping and filing records.

**Two-star challenges

- Help in the office or at home with simple tasks like filing or printing.
- Think of a system to organise something at home It could be your books, socks, toys, or anything else you can think of. You could sort them by colour, alphabetically, size or shape or whatever way you want. Take a picture and show your group your organising skills. What was your favourite system?

STABLE STAR

CUSTOMER SERVICE

Be a Stable Star and be welcoming to all guests at the yard that you may meet.

*One-star challenges

- What does customer service mean and examples of good and poor customer service?
- Why a riding centre or yard should always aim for good customer service.
- Demonstrate good customer service to those they meet at the centre or yard.
- Assist to meet and greet a client before their riding lesson.
- Assist with a yard tour or induction for a new client.

**Two-star challenge

- Lead your own tour of the yard. Show off your pony knowledge by showing a small group of friends or family around your yard.



HELPING HERO

RECYCLING

Promote the need for recycling and reusing packaging and other materials to limit waste.

*One-star challenges

- Know what recycling means.
- Identify products that can be recycled.
- How to re-use or upcycle some products that cannot be recycled.

**Two-star challenges

- Think of specific examples for re-using/upcycling items on the yard that are usually thrown away.
- How a composted muck could be re-used.



HELPING HERO

CAMPAIGNING

Create your own campaign for a topic close to your heart.

*One-star challenges

- What campaigning means and how a campaign can help to make a positive change.
- How to support a campaign
- Current campaigns
- Plan a campaign.

**Two-star challenges

- Think of slogans and posters for your campaign.
- Write a letter to your MP about a cause you feel passionate about
- Volunteer or fundraise to support a campaign you are passionate about





HELPING HERO

MAKE A DIFFERENCE



Giving your time to help a friend, family member or your riding centre is an act of kindness that has benefits for all involved!

*One-star challenges

- What volunteering means
- How to help a friend or family member
- What fundraising means
- Why charities rely on volunteers and fundraising to support their charitable aims.
- How volunteers support the work of the BHS
- How a riding centre would benefit from volunteering or fundraising
- Benefits of volunteering.
- Fundraising ideas



**Two-star challenges

- Organise a fundraising event for a riding centre.
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HELPING HERO

CLIMATE CAMPAIGNER

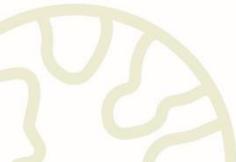
Discover charities that work towards improving the world we live in and inspiring us to make small changes that make a big difference.

*One-star challenges

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- The role of environment charities and some examples
 - Why it is important to work towards improving the environment.
 - What you could do or change to help improve the environment or to be 'greener'.



**Two-star challenges

- Research a climate campaigner and how they have influenced governments to act.
 - Pledge to take part in Earth Hour (usually happens in March)
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