

South Trent and Cottesmore Branches of the Pony Club

Summer Camp

Monday July 31st to Friday 4th August 2017

at Field Farm, East Road, Wymeswold, Leics. LE12 6ST

We in the South Trent are very pleased to have the Cottesmore join us again for our popular camp. Last year new friendships were made and everyone enjoyed the venue, friendly atmosphere, team games and good instruction. There were some outstanding examples of how much progress could be made in one week. The facilities at Field Farm are ideal for camp, thanks to our hosts Fergus and Jo Shields. It is flat, spacious and quiet with indoor and outdoor schools and a XC course with fences from very small for those new to XC to 1m+ for the more experienced. Most riding is on grass. We try to make camp suit both the competitive and the non-competitive member; the novice and the advanced member. There are plenty of enjoyable and varied riding activities available without the pressure of tests or competitions although some of the training is ideal preparation for both of these. All supervisors including junior staff and instructors have DBS certificates and have received safeguarding training. There is 24hr first aid cover

Main (Cottesmore Intermediate) camp is for 11 – 18 yr olds.

Junior Staff are 18/19 – 25yrs

Junior Staff have a normal camp with a few extra benefits but are expected to help out e.g. assisting with activities, helping members. Junior staff must have attended at least 3 main camps and been a troop leader.

All ages as at 31/8/17.

The South Trent hold their mini camp and a small adult camp at the same time. The 3 day mini camp is for 3 – 11yr olds and runs from July 31st to 2nd August (Monday to Wednesday) and is totally separate to the main camp. Eleven year olds have the choice of residential mini camp with a parent staying or main camp without a parent.

The 2 ½ day adult camp will run from the 2nd to the 4th August (Wednesday to Friday) for predominantly ex-/over 21 PC members who are not junior staff. As with mini camp it will be totally separate with safeguarding a top priority.

Members from other branches and PC Centres are welcome by arrangement with their DC/CP.

Attendance options

1. Full residential – member and horse/pony stay
2. Residential horse/pony – member sleeps at home each night, no reduction in cost
3. Non-residential – member and horse/pony attend daily, neither stays in camp overnight, reduced cost
4. Singles day – for members who have a genuine reason why they cannot attend the whole camp e.g. medical condition. This is set for the Tuesday.

Unfortunately camp fees have risen by 12% this year. They have been at £250 for 3 years and prices have increased significantly in that time. The two branches will be giving a substantial subsidy as the real cost of camp is even higher! However, it still represents good value when compared to other similar opportunities.

If your pony/horse has particular habits or requirements detail them on the application form. You will still be welcome! Examples could include

- never done XC
- 1* eventer needing advanced work to keep sane
- pulls back when tied up
- gets excited in company
- only ever hunted
- bites

for the rider

- not used to mucking out
- gets homesick
- lacks confidence
- competes at BE novice and requires similar level of instruction

- used to private lessons in a menage (not a group in a big field)

The following is some explanation on how camp will run and what members can expect. Please contact Jane Foster, the South Trent DC, if you have any queries (jane.foster37@ntlworld.com 01509504179/07761881303) or Chloe Slater (slater_116@hotmail.com 07708714654 or via facebook) or Linda Pearce ADC of the Cottesmore.

Stabling

Ponies are stabled in small wooden temporary stables on grass but there will be 10 larger stables available to larger horses (158cm/15.2hh+) or those with a proven need of a bigger stable. There is a £25 surcharge for the large stables. There is no grazing, therefore, ponies/horses living out must be prepared for a few days of stabled life. Hand grazing is only allowed in certain circumstances.

Members usually make stable door plaques no bigger than A3 and possibly laminated in case of wet weather. These say a bit about the rider, the horse and their troop including some drawings or photographs. Obviously they cannot be fully completed until the troop details and theme are published about 2 weeks before camp. However, a lot of the preparation can take place beforehand. Troop points are awarded for all plaques. It is very interesting to look at the plaques and read about the member/horse.

Stable equipment, hard feed and other items are kept in trailers offered by parents to act as store rooms. Last year there were insufficient trailers available which meant a longer walk to the camping area to gather equipment. Please try and plan ahead so everyone has sufficient storage. A tent may be provided by the Cottesmore branch for this purpose with priority being given to those who do not have a trailer. This obviously keeps the cost down rather than hiring extra stables. Tack and other valuables should be stored securely. Hay and haylage will be provided. Please supply your own hard feed and bedding.

Some members bring huge water containers which even the largest horse never drinks down. A guide using flexi tubs is for a horse, 36 litre capacity, large pony 24 litre capacity and small ponies 14 litre capacity. It is a good idea to have a clean, easy to carry, smaller bucket for topping up the stable water bucket. If your horse is known to knock its water bucket over have a plan! Water is from a trough so a clean bucket is kept in the trough for the sole purpose of filling other buckets.

Please be very clean and tidy at camp, e.g. keep all loose items in one big chest. Keep all stable items labelled and in the designated place. Strong string can be looped across the inside of a stable wall to put rugs on if your horse can be trusted not to pull them down in the night.

At the end of camp the stable must be completely cleaned out.

Riding

Check that shoes will last camp easily and that tack fits well and is in good order as we have no farrier or saddler (to do repairs) in camp. Worm ponies before coming to camp and ensure they are in good health. Tack will be checked for fitting and safety on the first ride by instructors.

All ponies/horses should be at least 5yrs old due to the amount of work. Those new to camp often do not realise how fit they and their horses need to be to get the most out of the instruction. However, riders must be comfortable with their horse's fitness level and not feel out of control! A more experienced pony/horse can sometimes lead to a more enjoyable camp although inexperienced ponies/horses and riders learn a lot.

If someone cannot do one of the activities, e.g. pony too strong for XC, rider doesn't jump, an alternative activity will be provided. Everyone should have a balanced programme over the week. Rides consist of 6 – 8 riders who will do approximately 18 hours of riding under instruction roughly broken down into

- 6 hrs flat work including riding a dressage test
- 6 hrs show jumping/grid work
- 4 hrs cross country
- 2 hrs games for younger members and an alternative for older members
- Riders' Choice session

If it rains heavily, the ground is very hard or there are other unexpected circumstances then suitable alterations will be made to the programme.

There is also one hour of stable management/care instruction per day

Catering

Breakfast and lunch will be very similar to last year but the evening meals have been totally revised and will be prepared by Cottesmore parents. All those preparing food will hold the level 2 Food Hygiene Certificate. Special diets e.g. gluten free, vegetarian, diabetic etc can be catered for. There is some choice and drinks and biscuits will be available at all times in the marquee. Drinks will be taken out to the rides in the morning. Cake will be served in the afternoon and be an alternative to pudding in the evening along with fresh fruit or yogurt.

Camping

Members will sleep in caravans, horse boxes/trailers or tents provided by them. Do ensure that accommodation is storm proof. It is prudent to share but not to overcrowd so do ask round who is going. You need lots of storage as well.

A list of who is sleeping where must be declared at the start of camp **after approval by the relevant parents**, to Genevieve Stewart-Smith. Do not move accommodation without informing Genevieve. Genevieve will then follow up with parents to see if the move is approved.

Anyone found sneaking off site will be sent home. If you are under 18 and need to go off site then you must go with a parent and inform Genevieve beforehand. It is polite if 18+ members inform Genevieve they are going off site and are asked to return by 10pm. It is quite a distraction for campers to leave camp so try to avoid dental appointments, etc and showering at home. These guidelines are for everyone's safety, enjoyment and well-being.

Bed time for 11-14yrs is 10pm and 15yrs+ 11pm.

Members need to sleep although they dispute this fact, and so after 10pm there must be total quiet. Accidents are far more likely to happen with tired members who also miss out on the fun. It is particularly unpleasant if a member becomes bad tempered through being tired.

Please note that no alcohol is allowed on site and the whole area is non-smoking.

The farm/stable yard, duck pond, schools and haylage bales are out of bounds.

Main campers are not allowed in the mini/adult camp site and vice versa.

Patrols take place by approved, db's checked staff throughout the night.

Evening Entertainment

There will be an opportunity to go fun swimming (or for a shower as there are no on-site showers) on Wednesday evening at Keyworth or East Leake Leisure Centres. Football and Whacky Races proved popular last year and another non-horsey entertainment or a demonstration will be available. The Quiz will be mainly non-horsey topics.

Visiting

Visitors are welcome at most times but are asked

- not to interfere with the activities taking place nor visit the stables after 7.30pm
- to park in the designated area and leave by 8.30pm
- to take care with young children brought into camp
- to observe any safety rules
- not to smoke
- not to bring alcohol
- not to bring dogs

For many members camp is better with minimal parental attendance. When parents come into camp they are expected to help out (see Help Form).

Family and friends are particularly welcome on Thursday 7 – 8.30pm for Whacky Races and Friday afternoon from 1.30pm to watch the parade, final ride of the week and the presentation.

The help form needs to be returned to ensure there is enough help and that the work load is evenly distributed. It is expected that each parent should only have to help out once during the week.

Do not disturb the ponies in their stables unnecessarily as they need to rest. No-one is to be in the stable area after 7.30pm except troop leaders, deputies and camp staff.

Troop Competition

The troop (team) competition includes stable care, tack and turnout, use of initiative and non-horsey activities. It does not start in earnest until Tuesday morning to give campers chance to get to grips with what is expected but the first chance to earn points will be at the football tournament on Monday evening. To be a troop leader a member needs to be aged 16, 17 or 18 and have attended at least 2 camps in the last 3 years. For this second year of the joint camp Cottesmore members that attended in 2016 and preferably attended intermediate camp before 2016 will be eligible to be deputy troop leaders. In 2018 it is hoped to have Cottesmore troop leaders.

Main Camp Daily Routine

7.00 am	Tea or squash in marquee
7.05	Roll call and meeting
7.15	Small haynet, water, muck out, groom
8.10	Feed
8.30	Breakfast, change for riding
9.25	Tack up and ride
11.45	Brush down, small haynet, check water, skip-out
12.10pm	Lunch
1.00	Stable Management
2.00	Tack up and ride
4.00	Brush down + drinks in marquee
4.30	Clean tack
5.30	Skip out, set fair, full haynet, water
6.00	Feed
6.30	Evening meal – time may vary according to evening entertainment
8.30	Troop Leaders, Deputies and Junior staff <u>only</u> check stables
10.00	Lights out for 11-14yr olds and start of quiet time
11.00 pm	Lights out 15+

Day members with residential ponies need to arrive at 7.30am and leave between 6 and 8pm. They can eat all their meals in camp.

Day members with non-residential ponies need to arrive by 9.25am and leave by 4.15pm. Lunch is provided and hay for the pony. Bring enough clothes for all weathers, a grooming kit, water bucket and haynet. They will need to provide a trailer or similar for the pony during breaks from riding. The same goes for Taster and Single day participants.

Costs, Kit List and Application/Help Forms – see separate attachments

Main Camp Weekly Routine

Sunday 3-7pm or Monday morning	Set up caravans/tents, prepare stable (parents help set up show jumps and dressage arenas)
Monday 8.15-9.00am	Ponies/Horses arrive
Monday 9.15am	Welcome in Marquee
Monday 9.30am	Tack up and follow daily routine
Monday evening	Football tournament, first part of the troop competition
Tuesday	Follow daily routine – Singles and Taster day
Tuesday evening	Quiz
Wednesday	Follow daily routine
Wednesday evening	Optional swimming trip
Thursday	Follow daily routine
Thursday evening	Family and friends welcome 7 – 8.30pm to watch Whacky Races
Friday	Follow daily routine – family and friends welcome from 1.30pm (SJ and dressage boards can be taken down at 4pm)

Caravans and tents can be removed early on Saturday morning if preferred

Leave the site in as perfect condition as possible. In particular leave no rubbish and the stable clean.

Details of rides, stable numbers, ride programme, menu and any other information will be sent out in July along with medical forms.

Make sure your friends have an emergency number for you as well as giving it on the forms.

Bring as few valuables into camp as possible, look after your stuff and come determined to enjoy yourself!