



## AREA 13 TETRATHLON/TRIATHLON TRAINING DAY

Monday 14<sup>th</sup> April 2025

Munstead Cross Country, Heath Farm, Godalming, GU7 1UN

A fun training day at Munstead (**venue for Area 13 Tetrathlon Qualifier, and 70/80 Regional Eventing Qualifier**), pick from the following:

**PC Tetrathlon Training** – Cross Country (SJ for those 60cm & under) riding, slip rail and gate, shooting and running coaching. For those with experience of tetrathlon, and an introduction for those who are new to the sport. No swimming.

**PC Triathlon Training** – Shooting and running coaching, for those not wanting or not able to ride.

**XC Ride Only** – Ride coaching only.

Entries Close: 1<sup>st</sup> April 2025 or when full – places are limited.

Times for coaching sessions will be sent out via email on or before 10<sup>th</sup> April.

### **Shooting:**

Any 8yrs and over can shoot but anyone not signed off as competent and safe by a Pony Club RCO or equivalent will be grouped with 'first time shooters', this will be checked with your branch tet manager.

Under 8s (on 14/04/2025) are not able to shoot but will take part in a fun bean bag session.

Guns which will not be under the direct supervision of an adult during the day must be clearly labelled and left at shoot control. At no time must anyone under the age of 18 be carrying the gun other than on the range.

Shooters must wear full length trousers, clean shoes (no boots) and protective glasses.

Parents/guardians must be present for the shoot phase

Please mark on entry if you or your club is not able to provide an appropriate pistol.

### **Running:**

Groups will be taken out for run coaching. Trainers or spikes can be worn.

### **Riding:**

Cross Country instruction will be provided for those competing at 70cm+. Please put on entry form the height you are currently competing at. Groups may include riders who are not taking part in the Tet training day.

For those wanting to jump 60cm and under (including lead rein) instruction will be using show jumps.

Appropriate rally attire for cross country riding to include body protector and hat with pink hat tags. For those going cross country hats must not have fixed peaks.

SPURS - Only permitted with the evidence of a yellow hat tag. Please make sure you have your evidence of your C+ Test or Spurs test if you not have a tag.

### **Slip Rail/Gate:**

Those entering the Tetrathlon Training will be able to practice the slip rail and gate that are found on Tetrathlon courses

### **Clothing :**

Pony Club sweatshirts/hoodies/t shirts. Be prepared for wet weather.

### **Food:**

Please bring your own snacks, drinks, including own water bottle and lunch. We will have a 'tuck shop' run by volunteers offering snacks, hot & cold drinks. **Contributions of cake would be very welcome!**

***A Volunteer: These events cannot run without the help of volunteers. Please nominate one person from each club (not your branch tet manager) to help throughout the day, no prior knowledge of Tetrathlon required. Please do not nominate anyone without their knowledge.***

***Parents/guardians are expected to stay and be responsible for members during the day.***

Organiser: Megan Rees email: tetcoordinator.area13@pcuk.org

How to book:

[Tetrathlon/Triathlon Training Day](#)

[Cross Country Only](#)

**Reasonable Adjustment:** The Pony Club is committed to ensuring that, wherever possible, members are able to access all aspects of the Branch and Centre activities we offer. Reasonable Adjustments are any actions that help to reduce the effect of a disability or difficulty. Any requests for Reasonable Adjustment must be made by **1st April 2025**

**Legal Liability:** Save for the death or personal injury caused by the negligence of the organisers, or anyone for whom they are in law responsible, neither the organisers of this event or The Pony Club nor any agent, employee or representative of these bodies, nor the landlord or his tenant, accepts any liability for any accident, loss, damage, injury or illness to horses, owners, riders, spectators, land, cars, their contents and accessories, or any other person or property whatsoever. Entries are only accepted on this basis.

**Health and Safety:** Organisers of this event have taken reasonable precautions to ensure the health and safety of everyone present. For these measures to be effective, everyone must take all reasonable precautions to avoid and prevent accidents occurring and must obey the instructions of the organisers and all the officials and stewards