



Ringwood Horse & Pony Club Inc

K & C* Newsletter

Issue 8

February 2005

Special edition on first aid and bandaging

K Certificate Options - Start Now

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Last newsletter I was telling you about activities that needed to be planned beforehand. Well, now those days are upon us, and with all those long summer days, take time to work on your K & C* Certificates.

Firstly, for a push start, book into the C* & K Camp at Ringwood Pony Club during April. It is being run to help you - so make the most of it. There will be great instruction and heaps of information on completing your Options.

The C* Riders will be given special lessons at the camp, as some of their ridden & horsemastership areas are not covered in the K Certificate course.

All riders will participate in these areas, so that they can decide whether they would prefer to do other Certificate Options. So that you are prepared, there will be extra information in this newsletter, and one being sent out late March.

Start working on your 40K ride. If you do not know where to start, ring Kerry Hill (9722 1416) and she will post out some useful information. The Zone usually runs a 40K ride during the School Holidays in April, but numbers are limited, so book in early.

Spend time now to write up your K Sheets, such as the Compulsory Subjects, like Active Riding, Horse



Care and Pony Club Service. If you don't have the appropriate forms, see Kerry Hill or your Club DC. An official from your club is able to verify that the work has been done.

Check out some of the other options in this newsletter, now is the time to get them underway or completed.

C* & K Camp:

*** 6th & 7th April.**

This is your chance to get ahead with your K Options, with preparation work and some testing. (Tests must be booked in advance)

Heaps of new activities, and top instructors booked.

Evening activities cover theory and craft work.

Congrats to all who sat their Written Exams

What a great effort from all who sat their K and C* written papers early December at Ringwood Pony Club.

Diane Baxter, the K & C* Zone co-ordinator has done a wonderful job to help cater for everyone's

individual needs.

For those interested in sitting their Exams in 2005, there are a few points to note - K Certificate people must have already completed their 40K ride and be well on the way to finishing all their various

options. C* riders must be known to be riding at A, B or a high C Grade. Both K & C* groups should be ready to complete the ridden section at the next ridden exam day.

Our Zone is showing some great results. Well done.

Compulsory K Work Certificates

There are four sheets which must be completed for your K Certificate. Start them now, even if you don't intend to sit your Certificate for another year.

You can always go back, re-read and update your sheet before presenting your book at your written and ridden exams.



"K" Test Notes Booklets may be purchased from the PCAV, or Peter Smith, phone 9876 2871

Active Riding

This may all seem a little confusing, but you are required have extensive experience in at least TWO of the activity options in Section A. They will be looked at alongside your compulsory worksheet, and you need to mention those options on your compulsory sheet.

If you choose a competitive sport, such as showjumping

or novelties, the Work Sheets are to include a brief account of experience in the sport, plus a full account of a day spent at the sport—from the beginning to the end of the day. The two chosen activities must be different from those undertaken in the active riding option.

Experiences and care and preparation of the horse should be noted and verified (by an official from your club)

Horse Care

The candidate must have had the care of his/her own horse over a long period, or worked on a farm or horse establishment.

On the worksheet, you must include a summary of the daily and regular care noting the seasonal variations, etc., also give some idea of the costs involved in keeping a horse.

You will need to note down the amount and type of feed given.

Please explain why you give certain foods, trace minerals, etc., and how the size of the horse, seasonal pasture growth and work requirements may affect what you feed the horse.

An account of your experience in the care of the horse's feet and showing, and own veterinary experiences must be included.

You need to be able to produce a maintenance table showing dates,

items and cost over a twelve month period. (e.g. shoeing, drenching, vaccinations)

It helps to keep a file with all your horses expenses, no matter how unimportant they may seem. You will then find it easy to complete this information. Just don't show your Dad how much it ended up costing. He probably knows, but would prefer not to!

Pony Club Service

This is for non-ridden service to the club.

Some of the areas that could be included are Working Bees, canteen help, Junior Committee, fund raising activities, painting the jump rails, etc.

Anytime that your horse is unable to come to pony club, and you are unmounted at the rally, please present to your D.C. and see what other tasks they have for you. It may be

assisting the Jumping Instructor by picking up poles or assisting the instructor of the youngest class, by holding ponies. It is all Pony Club Service.

Pencilling at Club or Zone competitions is not only a great service, but you will also learn heaps.

Helping with the Club Newsletter, or preparing entry forms and programs for Competitions are ways to help, if



At any Rally or Event there are plenty of opportunities for Pony Club service

you don't want to give up riding time at rallies.

A record of the service given must be recorded on the Work Certificate, and this must be signed by an appropriate Club Official to verify that the work has been done.

Compulsory K Activities, continued

Agility

Points to note -

A snaffle bit **MUST** be used. A running martingale is permitted.

The horse should trot and canter calmly on either rein.

Riders must show some fast work with horse well controlled and do this also using a whip, polo stick or the like.

Tests to show the rider's agility, such as mounting without stirrups, or bareback, and dismounting or mounting at the trot or canter.

Jumping, or any activity that the candidate likes to show.

The candidate must prove that he/she is capable and effective at fast paces and at least moderately agile.

This section will be tested at your ridden exam day. You must com-

plete your Written Paper and Work Certificates first.

The Distance Ride (40K) information was published in Newsletter No. 5 (February 04).



Presentation

When presenting for your K Ridden Exam, you must be in full competition Pony Club uniform, tidy and correct.

Gear must be clean and correctly fitted.

The horse must be groomed, but not necessarily clean to the skin, especially in cold weather.

Hooves should show evidence of regular care and attention.

No jewellery to be worn (Medic-Alert bracelet excepted)

Completing your Certificates

The "K" Test is one for Which Work Certificates are required, so it is rather important to start them of correctly. A loose leaf folder/ring binder is by far the most suitable method for filing Work Certificates. If extra sheets are used for any subject, they can be written up and filed in the appropriate Section. The folder/ring binder must be clearly indexed for easy reference, and the work filed under the appropriate Sections—and in the same sequence as it appears in the Syllabus of Instruction.

Work Certificates need to be started one or two years before the Test is contemplated. It is never too early too early to start. Occasionally it may be necessary for an older "K" Test Candidate to compile Work Certificates in less time than the recommended two year period - however the older Candidate should accomplish this quite satisfactorily by writing up the required information in retrospect.

DO NOT LET THE WORK CERTIFICATES BECOME A BURDON. Candidates should write up details for any event/activity as soon as possible thereafter then the Certificates will be compiled easily and gradually, and without any last minute rush - thus avoiding the possibility of omissions.

All work included in Work Certificates must be signed by the appropriate person/s to verify the work has been accomplished in a satisfactory manner.

WORK CERTIFICATES MUST BE COMPLETED BEFORE THE FINAL EXAM.

NOTE:

If a computer is used to compile Work Certificates, the same format as for the Work Certificates provided, must be used—including the headings.

Handy Hint - Setting out Work Certificates

Make sure all notes are **BRIEF** and **PRECISE**, and that they explain how the related work was carried out and the reasons why.

If we follow the "What" (subject), "How" (work) and "Why" (reason) method for compiling Work Certificate information, all work will be covered adequately and easily. A very basic example of this method is:

WHAT

Giving a pony a piece of apple/carrot

HOW

From the palm of your hand

WHY

So he can't bite your finger

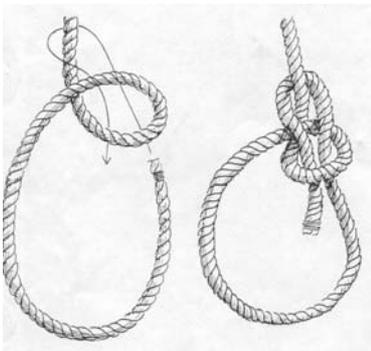


Compulsory K Activities, continued

Horsemastership

You must be able to handle a horse safely and efficiently.

- ◆ Fit saddle correctly
- ◆ Handle the horse's legs safely and efficiency.
- ◆ Know how to take off a shoe and trim the hoof. Recognise a correctly shod hoof.
- ◆ Fit leg protection for exercise correctly.
- ◆ Groom efficiently and effectively.
- ◆ Lead one horse from another at the walk and trot.
- ◆ Saddle a 'touchy' horse.
- ◆ Tie a horse up, securely and safely. Use a knot other than a quick release, e.g. bowline, round turn, and two half hitches, etc.
- ◆ Tie up a hay net correctly.
- ◆ Fit a rope halter under the jaw
- ◆ Fitting rugs and hoods and the care of the same.



Bowline Knot

Horse Health

The Candidate should know and understand -

- ◆ Pulse, temperature and respiration and how to take them.
- ◆ Symptoms and treatment of girth gall, sore back, sore mouth, greasy heel, seedy toe, laminitis, cold, colic, strangles.
- ◆ Recognise when a horse is lame, sick or exhausted.
- ◆ Be able to apply First Aid measures until professional assistance can be obtained.
- ◆ Be able to treat deep wounds and skin disorders.
- ◆ Fit bandages required for first aid.
- ◆ Programme for inoculation and vaccination for tetanus, strangles, etc.
- ◆ Care of the stabled and paddocked horse.

Note: You should have a practical horse First Aid kit and equipment for emergency situations.

- ◆ Feeding in relation to the type of work the horse is doing.
- ◆ Worm, bot and other parasite control.
- ◆ Care of teeth.
- ◆ Telling age by the teeth up to eight years, and be able to make an estimate after eight years.
- ◆ Starting work after a long spell.

General Knowledge

- ◆ First Aid to Humans (minimum Level 1 Certificate)
- ◆ Safety aspects in float for horse and attendant.
- ◆ Knowledge of Road Rules
- ◆ Pony Club structure at Club, Zone and State Level.

IMPORTANT
YOU MUST KNOW HOW TO
RECOGNISE VARIOUS HEALTH
PROBLEMS

Health - Seedy Toe

Signs

Separation of wall from sole at the toe - leaves a pocket or cavity running under wall - if hoof is tapped it emits hollow sound - when shoe is removed and sole is pared back at toe, a hollow cavity is visible - often filled with black, foul-smelling, greasy, decaying hoof - horse may or may not be lame.

Causes

Chronic founder - poor hoof trimming and shoeing—foreign body such as a small stone wedging between wall and sole at toe.

Treatment

With hoof knife, cut away dead, black horn lining cavity until you reach good healthy horn - paint inside of cavity daily for 7 days with solution containing 10% formalin. Most cases that recur do so because dead horn has not been cut out completely. If seedy toe is of a deep nature call your veterinarian, as antibiotics and tetanus injection may be indicated.

Note the stretched laminae at the toe. This gives the hoof capsule the elongated shape typically associated with seedy toe.



Health - Tetanus

This disease is found throughout the world and affects all domestic animals except the cat. It is common in horses. Tetanus is a toxæmia or poisoning produced by the bacterial agent *Clostridium Tetani*. It is characterized by spasmodic muscular contractions. In many cases resulting in death.

Signs

Stiffness - rigidity of whole body - third eyelid partially cover the eyes - difficulty with taking food into mouth and chewing - drooling a mixture of saliva and food - general stiffness leads to convulsions and death in up to 80% of cases.

Cause

Clostridium Tetani produces a toxin or poison that affect nervous system - organism lives in soil and horse faeces (manure) - tetanus spores persist in ground for long time and are resistant to many standard disinfectants, including steam at 100 C for 30-60 minutes. Puncture wounds of hoof are not infrequently associated with development of tetanus - entry of tetanus is usually via a deep wound—even then, it may lie dormant for 4 months until conditions are suitable for tetanus spores to multiply and produce toxin.

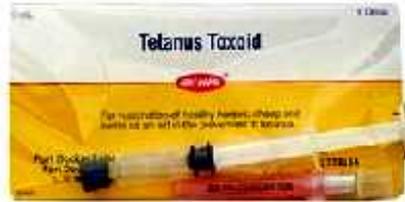
Treatment

Call your veterinarian immediately. However, supportive therapy by the owner can be almost as important as veterinary treatment.

Place horse in a quiet, dark stall, with a deep bed of straw - if possible, do not handle - remove any objects that could cause injury - place feed bins and water containers at such a height that the horse does not have to bend down - feed it bran mashes to minimize necessity to chew as well as to prevent constipation.

Vaccination & Prevention

Vaccination with tetanus toxoid extremely important for all horses—active immunity takes 14 days to develop - horse must be vaccinated before exposure to infection - initial course usually consists of two doses given about 4 weeks apart. Injection of tetanus toxoid often produces swelling in muscle at site of injection - disappears



You may give the vaccination - Tetanus, and Strangles/Tetanus combinations may be purchased from most Saddlery Shops.

in about 4 days - not true that vaccination will adversely affect horse's performance for rest of its life.

Foals should be vaccinated at 3-4 months of age - mares in last month of pregnancy so that temporary immunity will be passed onto foal - outside mares on arrive at stud should have a booster vaccination - all horses should have booster vaccination because of frequency of cuts, nail pricks, castration wounds, foaling lacerations and general trauma.

If your horse has suffered a wound in which tetanus infection likely, your veterinary surgeon can administer an antitoxin that will give immediate protection and afford temporary immunity for about two weeks. Any person involved with horses should consult their doctor about tetanus vaccination.

Bran Mash

1kg bran
30 grams salt
300 ml molasses

Place in clean bucket; add 2 litres of hot water and stir thoroughly. Allow mixture to stand for 10 minutes before offering it to the horse.



Health - Strangles

Strangles is a highly contagious acute disease of young horses, characterized by abscess formation, especially in the sub maxillary glands (under the jaw), and inflam-

mation of the upper respiratory tract with nasal discharge.

Signs

First symptoms are loss of appetite followed by slight cough. Within a few days, bilateral nasal discharge develops which becomes copious. Lymph nodes of head and neck become inflamed and swollen, those under the jaw being first affected. If sinusitis or inflammation of guttural pouches develops, surgical attention may be necessary. Lar-

ngitis may develop and lead to laryngeal hemiplegia (broken wind), if a horse is exercised.

Strangles can spread to other parts of the body and localise in areas such as lungs. If it does, it is referred to as 'bastard strangles'.

Causes

Organism causing strangles is bacterium *Streptococcus equi*, which can be found in pus discharge from nose or from abscesses under jaw. The bacteria in the pus are fairly resistant to the environment - their presence in paddocks, feed or water troughs is a source of infection - gain entry into body by ingestion or inhalation. Outbreaks of strangles occur most commonly when large numbers of horses are kept together - many outbreaks thought to be initiated by a carrier, i.e. an infected horse which appears to be normal.

Treatment

Call your veterinarian - he will treat horse with antibiotics and surgically attend to any abscesses if drainage required. Which waiting for the veterinarian to arrive - isolate horse from any others - provide good general nursing - early treatment often brings about a quick cure - prevents spread of disease to other parts of body.

Vaccination is used extensively in treatment of strangles - it was developed because recovery from strangles usually accompanied by lasting immunity. Newly developed vaccine has minimal side effects - initial course involves 3 vaccinations given 2 weeks apart - effective immunity is reached 2 weeks after last vaccination.

Health - Stringhalt

Stringhalt is observed when the horse is in motion. One or both hind legs are alternatively raised with a high-stepping, jerky, almost spastic type of movement. The condition can be mistaken for a more common one in which the kneecap becomes fixed, locking the leg (locked stifle).



Horse showing the high leg action caused by stringhalt.

Signs

When a horse moves or turns, hind legs are raised alternatively with sudden high action as if horse were reacting to sharp pain in foot. When horse is motionless, there is no evident sign of disease.

Causes

Condition is uncommon - true cause is not known, although diseases of nervous system are impli-

cated - in Australia, horses grazing on pastures containing dandelion weed may develop stringhalt.

Treatment

Check pasture for dandelion weed - move horses to different paddock - if no improvement, call your veterinarian, who may recommend surgical removal of a section of tendon that crosses the outside of the hock.

Health - Greasy Heel

This is a dermatitis or inflammation of the skin at the back of the pastern and between the heels. It is found more frequently in the hind limbs than the forelimbs.

Signs

Affected areas sore to touch. In early stages, skin inflamed, after which it becomes raw and bleeds - hair loss and deep cracks with thickened skin on either side may develop. In severe cases, swelling of pastern and fetlock accompany lameness.

Causes

Standing or exercising in wet or

muddy conditions predisposes skin to infection - skin at back of pastern may be abraded by exercising on sandy surfaces or by rope burns - if area constantly wet and washed with soap it may become irritated

Treatment

Keep horse's legs as dry as possible - reduce hosing to minimum - put horse in well-drained, dry yard - work on dry surfaces - wipe any grit from backs of pasterns and from between heels after exercise - grit can have an abrasive action, es-

pecially when embedded in cracks in skin.



Some heels in very good condition

If skin condition old, dry and hard apply zinc cream to soften skin and minimize cracking - if skin moist and oozing, apply gentian violet to dry it out - leave skin open to air - bandages often keep surface moist and collect grit which acts like sandpaper - if pasterns swollen and oozing, call your veterinary surgeon for professional advice and treatment.

Health - Coughs

Coughs can be caused by a virus infection from another pony, bronchitis, worms, choking or dust. It is best to get help to determine the cause as soon as possible. The sooner treatment starts, the easier it will be to clear the cough up.

Treatment - Keep the pony warm, dampen all feed, especially hay, don't ride him without veterinary advice and isolate him from other ponies.

Take notes - When does the horse cough: constantly, when first ridden, during or after exertion? Type of cough: hard, soft, deep, causing distress, gasping or choking? Is it accompanied by cold and discharge from the nose. (see notes on Colds)

Note - A horse with no outward signs of a cold will often cough as he starts to work. After a trot or two he no longer coughs. It will do this horse no harm to work but if

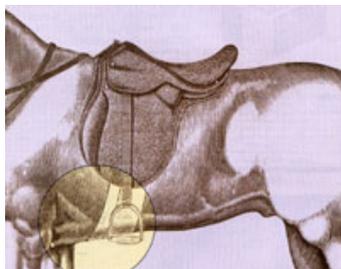
he coughs continuously he should not work, as continued effort could permanently damage his wind (lungs and breathing pipes).

Also coughing can be a sign of **round worms**, Part of their life cycle requires a horse to cough the larvae up from his lungs and then swallow them, so that the round worms may mature into egg-laying adults in the intestine.



Health—Girth Galls

Girth galls -- open sores that form just behind a horse's elbow -- may look like minor wounds, but they can be enormously painful to a saddled horse. Imagine walking a mile with an emerging blister on your heel and no sock or bandage to protect the raw flesh, and you get the idea.



Horses which have not been ridden for some months will have very tender skin and may quickly develop girth galls.

Galls are created when the girth pinches and rubs loose folds of skin. They typically occur under one or more of the following conditions:

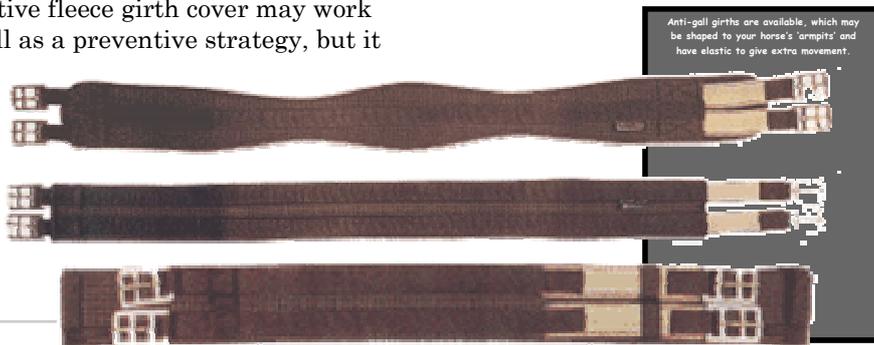
- The horse's conformation -- usually an upright shoulder, "mutton" withers and a wide torso -- causes the girth to stay very close behind the elbows no matter where the saddle is initially placed.
- A recent tack change or a new saddle may position the girth differently, causing irritation.
- The horse is not well conditioned for his current work, leaving the

skin vulnerable to damage.

- A dirty, stiff or ill-fitting girth concentrates friction on the sensitive, mobile skin behind the elbows.

Treat girth galls with careful cleaning and application of a thick, protective ointment, such as Ichthammol or Desitin. Then, stop riding the horse (or ride him bareback) until the sore heals completely, which can take as long as three weeks. Continued girthing will worsen the damage and, no doubt, the horse's attitude about being ridden. If you must ride the horse before the gall is completely healed, armor the sore with a thick layer of ointment, and use a fleece cover over a soft girth. A protective fleece girth cover may work well as a preventive strategy, but it

has to be cleaned often to maintain its cushioning properties. Gall-prone horses may do better in neoprene, string or the hourglass-shaped "balding" girths that produce less friction behind the elbows. After girthing up whatever model works with your horse's shape and fitness level, lift and stretch each of his forearms forward to settle the girth in the least galling location. If galls persist or recur, consider a change of saddle or girth.



Health - Colds & Sore throats

A cold may be caused by a virus infection from another pony or from being tied up in a cold or draughty spot when hot. Colds must never be neglected or the horse worked, particularly at faster paces, until the cause has been identified and the symptoms subsided.

The first sign is a runny nose -- the discharge is usually yellow and rather thick. There may or may not be a cough. Although colds are fairly common, they should not be taken

lightly, especially if the pony has a cough too. They can easily lead to serious problems, and can be the start of strangles.



If your horse looks dull, he may be developing a cold

Treatment - As for coughs. Clean the nose thoroughly with damp cotton wool at least twice daily. The cotton wool should go straight into the rubbish bin. A little Vicks may be smeared round the nostrils, but

not pushed up into the sensitive part of the nose.

Urgent warning signs - Should the pony appear dull, have a rise of temperature, noisy or rapid breathing or thick nasal discharge - all signs of possible lung infection, seek veterinary advice at once.

Symptoms of a sore throat are reluctance to swallow - especially water - the head and neck held stiffly. There may be a cough.

Bandaging - Uses & Types

1. Veterinary

For keeping a poultice or other dressing in place - applying pressure to control swelling in sprains, etc.

Travel type bandages are best for applying a poultice (see notes on right). Other dressings, depending on the site and nature of the injury, normally require crepe or stockinette. The usual principles of bandaging always apply - ample padding, and even tension, but some areas need special techniques. If in doubt, ask your vet.

For pressure bandages, use crepe, elastic or stockinette, 7-10cm by 2.30m

approximately. In some cases, two bandages may be needed.

They are applied over gamgee* from knee or hock to coronet. Ask your vet to show you how much pressure is required. While they must be firm, great pain and damage will be caused if these bandages are too tight. Normally both legs should be bandaged.



Traditional lightweight elasticated wrap. Provides support and protection but without the bulk of larger cotton wraps.

2. Travel & Stable

For protection against knocks and treads, for extra warmth when traveling or stabled, especially for a sick horse. Made of wool, flannel or stockinette, 10 cm wide, preferably 3m in length (needed for the hind legs of a big horse).

Putting on. Wrap a layer of cotton gamgee or similar material round the leg from the knee or hock to cover the coronet. It must be flat and have a good overlap.

Hold the bandage with the roll towards you and be sure to bandage in the same direction as the overlap of the gamgee. Leave a short 'tail', which is turned down after one circuit and covered by the next, before moving down the leg.

Cover about two thirds of the bandage each time, and keep the tension *light* and *absolutely even* throughout. Continue down to the

Plain Stockinette bandages are primarily used as a protective covering following the application of greasy ointments for the treatment of dermatological conditions.

coronet, and return as far up the leg as the bandage will allow - it must come at least halfway up the cannon bone. If the bandage is too short, it will be necessary to start lower down, especially for a travel bandage, where it is essential to protect the coronet.

Tie the tapes on the outside of the leg, using a reef knot or bow, and tucking the ends in carefully. Never tie the tapes tighter than the bandage, or on the back or front of the leg.

The gamgee should protrude above and below the bandage, otherwise circulation may be impeded. It should be possible to insert a finger comfortably in the top of the bandage.

Important Note:

Unless bandages are correctly applied, they are not useful and may be the cause of injury or an accident.

If a horse is considered to need bandages for normal work, he should not be working but



spelling in the paddock until he is properly sound. The bandages will not help him in any way.

Never put bandages on your horse just to look smart or for some other idea of your own, Use them only after professional advice and when you have been instructed how to put them on.

Poulticing

Poultices are a means of applying continuous heat to wounds or bruises for the following purposes:

1. *To 'draw' a puncture wound, and thereby remove pus, thorns, or other foreign bodies.*
2. *To clean up an infected wound or any type.*
3. *To reduce pain and inflammation.*

They can only be used where they can be kept in position by a bandage

Animalintex

A proprietary brand of poultice, consisting of gauze, impregnated with a dressing and backed with cotton wool. To use it:

1. Cut off a piece big enough to cover the injured area plus about 3 cm all round and lay it in a flat dish or tray. Pour on sufficient boiling water to soak it thoroughly, then let it cool until it is comfortable on the back of your hand. Wring out the surplus water.
2. Apply the dressing with the smooth gauze side against the skin. Cover with plastic, foil or other waterproof material, a layer of gamgee* or cotton wool and bandage. The bandage should be similar to a travel bandage, covering the whole leg from knee or hock to coronet, and just firm enough to keep it in place.
- 3.

**Veterinary Gamgee - Highly absorbent, the latest, hospital quality cotton wool enclosed in a non-woven cover. The soft, wound interface minimises wound disruption and provides a fibre and particle barrier.*

Continued next page

Antiphlogistine or Koalin Paste

Very soothing and with good drawing power. To apply it:

1. Remove the lid of the tin and replace it loosely, otherwise the steam may blow it off as the paste heats. Put the tin in a small pan with water about halfway up the side of the tin and heat until the paste is warm.
2. Spread the past on a piece of lint or thick brown paper. Do not apply to the horse until it has cooled to a comfortable back-of-the-hand temperature.
3. Cover and bandage as in Animalintex 2.

Bran

Used for foot injuries, such as pricks or bruised sole.

1. Take about half a small bucket of bran. Dissolve a handful of Epsom salts in boiling water and mix with the bran. Allow to cool.
2. If a poultice boot is available, this is by far the best way of applying a poultice to the foot. Put a layer of bran in the boot, put the horse's foot in, then pack more bran around it, up to coronet level, and fasten the boot round the pastern. Failing this, several layers of sacking may be used, similarly fastened round the pastern. In this case, it would be preferable to keep the horse boxed or yarded so that he will not move around too much.
3. Poultices should generally be changed night and morning, unless the vet orders otherwise.



Foot injuries - Tubbing

An alternative treatment for foot injuries

Method:

1. Use a rubber, heavy plastic or wooden tub or bucket, *not* a metal one, about two-thirds full of hot water to which a handful of Epsom salts has been added. You must be able to bear your hand in it comfortably.
2. Grease the horse's heel with Vaseline, then put his foot in the tub and keep it there for ten to fifteen minutes, topping up as needed with hot water to maintain the



A bad case of neglected hooves,

- temperature. Repeat as often as possible, at least two or three times a day.
3. You may have to be quite firm about this at first, but most horses will stand happily once they realize how much relief this treatment gives to a sore foot.

Injuries from Kicks - Formentation

This is a method of applying heat or cold to parts which cannot be bandaged or tubbed. Particularly useful for kicks and other bruises after initial application of cold water or ice packs.

Requirements: Hot water and Epsom salts, as for tubbing. A towel or other large, fairly thick cloth. Dip the cloth in the bucket, leaving the ends out, then wring it out by the ends. Apply to the injured area, warming up again as necessary. Ten to fifteen minutes, several times

daily. If a cold application is required, use iced water.

WARNING - Great care must be taken in applying heat to horses. In spite of their hair, which might be thought to give some protection, they are very easily scalded, and cannot stand such high temperature as humans. If in doubt, cool it!



Horses are best washed with warm water.

Inflammation - Ice Packs

Ice packs are valuable for relieving acute inflammation. Ice and water in a plastic bag tied at the top and held or lightly bandaged in place makes a useful application. Alternatively, special packs may be obtained and stored in the freezer.

The small frozen icypole sticks may also be used - wrap some around a horse's leg and they can be held in place with a floating boot or bandage.



Ice packs may be used on horses and humans. Wrap in a cloth before placing on the skin.

Bandages - Continued

3. Exercise/work, support

For protection, bandages are generally less efficient than boots, and they take more time and skill to apply, and are dangerous unless properly secured.

For support, opinions vary as to whether bandages can actually support tendons and/or ligaments, or whether they are even desirable. Do not use unless absolutely necessary, preferably on veterinary advice.

Made of crepe, cotton or stockinette - other materials are also available. 7cm by 2.3m approximately.

Putting on. Apply as for travel bandage, but in this case from close up to the knee or hock to the fetlock joint. It is not normally desirable to go over this joint, as it is liable to restrict its action. The bandage should be firm, but not tight. Bandage both legs.

Methods of securing:

1. Tapes - Adequate for exercise, provided they are tied with a reef knot and well tucked in. Either

insulating tape or Velcro strip. Adequate for most purposes - must never be tighter than the bandage.

2. Stitching - The only safe method for cross country. Oversee each layer of bandage, as well as the end.

NOTE: Nearly all leg bandages must have gamgee or other padding underneath. Stitching gamgee along the cut edges prolongs its life and enable it to be washed.

Removing bandages - Unfasten and unroll the bandage from hand to hand - do not roll up as you go. Keep bandage and gamgee clear of gritty surface. Rub leg briskly with palms of hands - especially important after pressure or support bandages.

4. Tail bandage

- Used to protect the tail when travelling, and to shape a pulled tail. Materials and size as for an exercise bandage.

Putting on - Thoroughly damp the tail, not the bandage, which may shrink. Unroll about 30cm of bandage

Applying bandages correctly takes much practice. Poor bandaging does more harm than good. Never leave any bandage on longer than necessary. Exercise bandages should be removed on return from work, most veterinary bandages should be removed every twelve hours, maximum twenty-four, and tail bandages after four or five hours maximum. For very long trips, use a tail guard.

and place under the tail, keeping it as high as possible and making sure all the hairs are lying flat. Hold the end of the bandage with one hand, angled slightly up to form a very short "tail". After one turn of the bandage, fold this "tail" down and bandage over it. Continue down the tail, covering about two thirds of the bandage each time, or using a herringbone pattern. Go to about 3cm from the end of the dock, then come up again about halfway.

Tie with tapes on the outside, using a reef knot or bow and tucking the ends in neatly. The tapes must not be tighter than the bandage. Bend the tail back into a comfortable position.

Removing the tail bandage - Hold firmly on either side at the top, and slide down. Do not unroll unless the tail is plaited, in which case it is better to use a tail guard.

Rolling a bandage - Curl the tapes together, roll the bandage over them. Keep the tension firm and the spare end over your shoulder, off the ground. Apart from cleanliness, bandages

In pony club, horses must not be ridden with bandages. If you need leg protection - there are several jumping boots, etc, available

Bandaging large wounds

There are many parts of the horse where it is impossible to cover with a bandage and a wound in such an area can only be protected from flies, etc, by the use of suitable ointments. A wound on a leg or neck can be kept covered. In order to avoid pressure on the wound itself which would be painful, keep the dressing in place by covering it with a large piece of clean material and keep this in place by bandaging above and below the wound. A bandage placed in this way, clear of the wound, can be applied

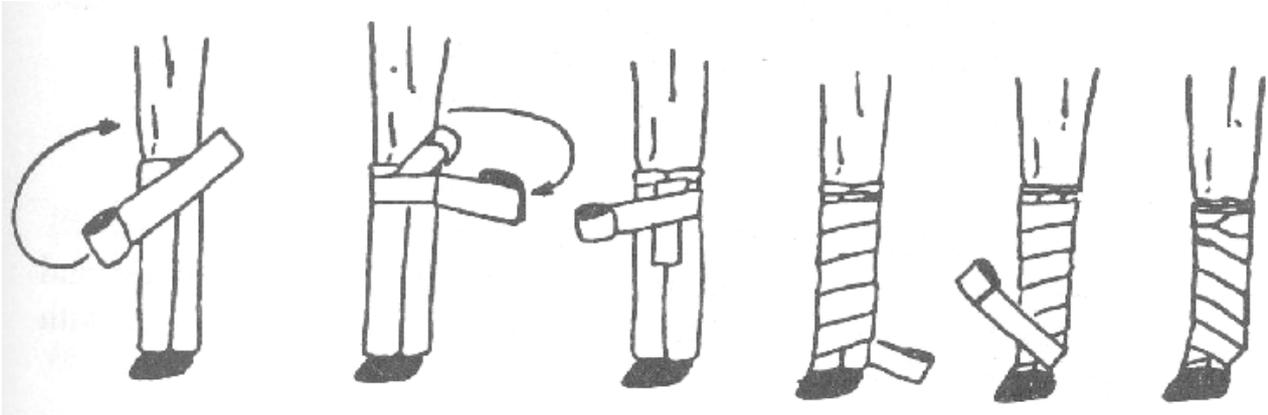
firmly so that it does not slip. This method is especially useful for covering a wounded knee or hock, as a bandage above and below the joint does not interfere with its action.

Most people also use 'Elastoplast' bandages. These bandages adhere to the horse's skin/hair and are often used as an outer barrier to prevent dirt from entering the bandages. Like all bandages, these do need to be checked and replaced on a regular basis.

A knee bandage, keeping the wound clean, but allowing movement.



Bandages - Putting on a float or stable bandage



Travelling

You may wish to bandage before traveling, but the bandages must be well put on, not too tight but firm so that they will not slip or come undone.

Float boots have largely taken over the place of bandages for travel. Though expensive, they are safe, quick and easy to use. They cannot be put on too tight and no harm comes if they slip or come loose. The tail bandage should be a stretchable type and must not be put on tightly. Too tight a tail bandage produces exactly the same reaction as a colic. If a horse is behaving as if he has colic and he has on a tail bandage, take it off and he may be immediately normal.

Jumping & Cross Country

Protection when jumping or going cross country is of very doubtful value.

The horse has to go through water and mud and it must be extremely uncomfortable to have grit inside the boot or bandage. When a bandage gets wet it will shrink somewhat and this may just be enough to make it too tight.

Any horse who goes soundly and normally straight is far better with his legs unfettered. If a horse strikes himself - i.e. - sometimes hits one leg with the other foot, boots are better and safer protection.

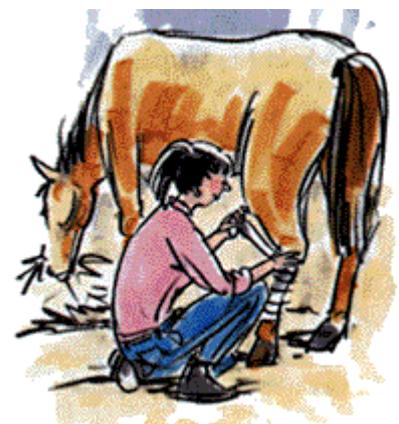
An exercise or Support bandage.

It is a false belief that a bandage to a foreleg will give support to a weakened tendon. The stress on the tendon is along its length. A bandage around this length can do nothing to relieve the stress. The only way to do that is to lessen the movement of the fetlock joint. This is sometimes done by building a high heel onto the shoe.

Pressure Bandages

A pressure bandage applied with skill to a foreleg which has thickened due to an injured tendon can help to reduce the swelling. It can only be used after the acute pain has subsided. A stockinette bandage is useless. It must be a strong crepe bandage which has some spring in it. This is placed over cotton wadding, and the degree of firmness is all important. Too loose it will have no effect and too tight it can cause pain, and do much harm by interfering with the circulation. If plastic foam is used it should be kept from contact with the skin by putting it in an envelope of cotton material. Like-

wise horses working in bandages for protection can show soreness from the discomfort caused by restriction of the circulation. If a horse needs protection because he brushes or knocks himself in some way, it is safer to use boots because these stay in place without being tight. When the horse wears boots they must be kept clean and should be checked frequently to remove grit and any foreign matter that may have lodged inside them and which would cause discomfort and rubbing. This is especially necessary in sandy or muddy going or after going through water. Always take off boots

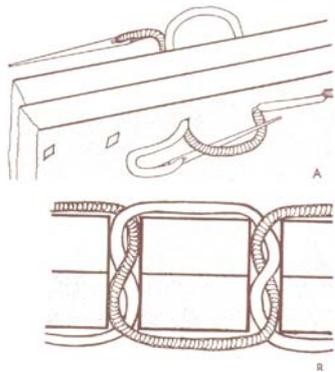


during a break in work. Careless use of boots can cause permanent damage to legs.

C* & K Activities

1. Leatherwork

The Candidate must make an article for presentation at the Practical Test - e.g. Head collar, stirrup leather, belt, purse, etc. He must be able to cut out and stitch leather and do simple repairs and present samples of some finished work on the day of the Practical Test.



Simple Leatherwork & Tools will be covered at the April Camp

The candidate must provide the necessary equipment for the Practical Test, and demonstrate his skills to the Examiner on the day.

The Candidate must be knowledgeable on the tools in the basic kit - e.g. pliers, leather punch, waxed thread, sharp knife, diamond awl point and holder, blunt harness needles and a clamp of some kind, and know their particular uses.

The candidate should be familiar with the repair sequences - replace piece or repair - cut strap to size, angle cut ends, punch holes for buckle tongue, thread two needles, punch stitch holes, sew towards oneself, back stitch and stain and soften leather if

necessary. The Candidate must have good knowledge of the care of leather.

The work Certificate must show a record of repairs carried out, stating the tools and sewing techniques used. The Work Certificate must be signed by the appropriate person/s.

Reference Books: "Saddlery" E Hartley Edwards and "The Bushman's Hand-crafts" R.M. Williams. The R.M. Williams book may be purchased from the Rural Store in Donvale—contact Jim Lowden by emailing: service@theruralstore.com.au

2. Western Riding

Note: If doing this as Part of Section B, under the choice of 'Any Other Activity', the horse must have a bit in its mouth for Western Riding as a Pony Club Activity.



The near horse is wearing a Bosal (a bitless bridle), the far horse has a Western Curb Bit.

As with English Riding, there are several different Western Classes, and you may wish to specialize in one or two areas.

However you will be expected to correctly describe a western saddle, bridle and other tack - using the correct terms and explaining the uses of the different pieces of tack.

1. Showmanship and Halter Classes - the ability to effectively handle and show a horse in hand.
2. Confirmation Classes - assessing the quality of breeding animals
3. Equitation Classes - the art of riding, requiring correct overall rider position and proper use of the natural aids
4. Western Pleasure - The horse should look as though he is enjoyable and comfortable to ride.
5. Western Tail - A calm, alert horse that negotiates set obstacles.
6. Western Reining - Often referred to as Western Dressage. The horse

has a set pattern to ride which may include sliding stops and roll backs.

7. Cutting - Working with cattle.

Pony Club Riders doing this Option would need to keep a log of their training and competition work.

3. Vaulting

Vaulting is a relatively new sport to Australia, but it is long established in Europe and North America. Vaulting began in Australia with the mounted police.

Vaulting is gymnastics on horseback and combines the skills of both gymnastics and horsemanship. It provides for both individual and also for team participation in sport. A period of vaulting improves a riders seat, balance, rhythm and coordination as well as their confidence on the horse. In many clubs in Europe a period of vaulting is a prerequisite to riding.

Vaulting is one of the most spectacular, and at the same time safest, of the equestrian sports. It is an ancient sport dating back to the Minoan period demonstrating flexibility and mobility whilst on horseback. This was particularly important when horses were widely used in conflicts (horses were active in war through to the end of WWII). There are a large number of competitors in North America and Europe with over 50,000 vaulters in Germany alone. In competition (similar to skating and gymnastics) there are compulsory routines as well as freestyle and it is all performed to music, so musical interpretation is also important.

It is an internationally competed sport and its competitions include World Championships every two years, European Championships in the alternate years and the World Equestrian Games which are held every four years. In 1930's vaulting was also an Olympic discipline and has been demonstrated at the last two Olympics.

Success in vaulting requires the training not only of the competitor but also of the horse. The execution of the more difficult vaulting movements requires high levels of agility and rhythm as well as strength. The moves are practised on the floor and on a barrel before being transferred to the horse. At the higher level, movements on the horse are executed at the canter and for this to be done successfully the vaulter must not only be in control of their own rhythm but must also interpret and predict the rhythm and capabilities of the horse. In order to withstand the rigours of competition, and of regular practice, which is essential for improvement, both the vaulter and the horse need to be fit. In addition, it is important for a group or team of vaulters to have more than one horse available for practise and use.

Vaulting, although not one of the Olympic sports (in the Olympics currently there is a limit of 3 equestrian sports) is one of the 6 official international FEI sports. Australia has been represented at each of the World and European championships since 1994.

Source: National Equestrian Centre

How do you start?

At first exercises are practised on a barrel, then on a horse at walk, and as you get better at the canter.

In Australia there are vaulting groups and clubs associated with the EFA, RDA and PCA. That means that you don't have to have your own horse, which makes vaulting a relatively inexpensive horse sport.

For vaulting you need gymnastic outfits and soft shoes with non-slip soles. Beginners may wear a helmet.

The horse wears a bridle, (with the lunge line usually attached direct to the inside bit ring), and a specially designed roller with two large handles either side of the withers. The roller is used to keep a large back pad in position and the handles enable the vaulters to mount and carry out various exercises on the horse with a great feeling of security.

Competitions

There are three main types of competition. These are individual, for one person, pas de deux, for two people, and teams, for a group of eight people.

In Australia we also have teams of four, as some clubs are not yet large enough to have a full team.

In individual and teams competition, there are two sections – [compulsory](#) and [freestyle](#).

Pas de deux is freestyle only.

The compulsory consists of seven exercises that all vaulters must perform. Each is given a mark out of ten, which are then averaged to give your compulsory score. Each member of a team must also perform them. (In teams events they are then added together and divided by the number of vaulters in your team.)



4. Polocrosse

We will be having a Polocross Game on the Second day of the April Camp. We will be going over the rules the previous night. Here is a brief explanation, so that you have some idea of what to expect.

Polocrosse is considered to be a game for everyone. Only one pony per player is allowed and both rider and pony play alternate chukkas. There are six players to a side, three playing at one time while three are resting.

Girls often play this game. They are usually set to play against girls in the opposing team, but it is not unknown for girls to play alongside the men as well.

Ponies are limited to a height of 15 hands and must be fit and well trained. A good polocrosse pony is guarded with his owner's life and is seldom for sale while his rider continues to be interested in the game.

For the K Certificate Option, the Candidate must own a current Polocrosse Rule Book - available from the Polocrosse Association at www.polocrossevic.org.au

The Candidate must be familiar with the Rules for Polocrosse and they must be thoroughly sure and clear on any Rules that pertain to the safety of the horse and rider.

The Candidate must have a summary of their experience recorded in the Work Certificates, which must be signed by the appropriate person.

Some typical questions could be:

How many players in a team?

There are six players to a side

How many players on the field at the one time?

There are three playing at one time, while three are resting.

How long is a chukka?

Periods of play between 6 to 8 minutes. Eight Chukkas usually comprise a full match, although depending on the level or grade of the players, six chukkas are often played in the lower grades.

In the two minute break between chukkas, the sections change and the direction of play changes each time the number One section rides

onto the field.

The maximum time any one horse may play in one day is 54 minutes.

Name the positions of the players.

The three players in each section consist of a Number One or 'attack player', a Number Two or 'centre' and a Number Three or 'defence'.

The Number One is the only player who can score a goal. The Number Two, usually the pivot of the team, can only play in the centre area. The Number Three is the only player who can defend a goal for their side.

The Number One of the attacking team

and the Number Three of the opposing team are the only players allowed into the goal scoring ends.

The Number Two player plays both attack and defence and can only play in the centre-field.

Players may change positions during the game but only under certain conditions. For example, players cannot be changed from one section to another, however a player can change positions within their section in between chukkas.

Are players permitted to carry the ball on either side of the horse?

No, at no time may a player's racquet cross the centre line of the horse during a throw. The centre-line is an imaginary line starting between the horse's ears, down the neck and along the spine to the tail.

At all times the racquet and ball must be carried on the player's racquet side (on their right-hand side if the player is right-handed or the left-side if the player is left-handed). The ball can be picked up or caught on the player's non-racquet side but must be brought back to their racquet side immediately they are in possession.

At the start of each match, the umpire must be informed if there are any left-handed players in the team.

Once the match has started, players may not change the hand in which they carry the racquet. The ball must only be caught or carried in the racquet, although riders are able to block the passage of the ball with their body.

What are the rules pertaining to the Penalty (30 yard) line?

The Penalty line(s) separate the Goal Scoring Areas from the rest of the field.

The ball cannot be carried over the Penalty line, but must be bounced or



Rider ready to start playing, note bandages and bell boots.



Polocrosse Field showing the two Scoring areas and goal circles. The total length of the field is 146.5m long by 55m wide.

4. Polocrosse (Continued)

tossed over it. Any player carrying the ball over the penalty line, regardless of whether it is in or out of the goal scoring area will incur a penalty.

What are the rules pertaining to the 10 metre semi-circle?

A player can only shoot for goal from within the goal-scoring area, but must be outside the 10 metre goal circle.

The combined goal scores of both sections at the end of the game determine the winning team.

What is the correct way to dislodge the ball from the opponent's racquet?

When a player has the ball in their racquet the opposing team members can try and hit it out. Players are only permitted to 'hit' when the other player is in possession of the ball or is reaching for the ball.

The racquet may only be hit in an upward direction, and the player attempting to hit must be on their opponent's racquet side. A player must not attempt to hit or 'give wood' by reaching across the ball-handler's horse's neck or rump, or below the horse's belly, nor behind the ball-handler's back to dislodge the ball.

A free throw is awarded if a player hits down on the ball handler's racquet or if the umpire feels that a hit to a racquet is a wild swing meant to injure or intimidate the ball-handler.

Give three (3) examples which would be termed dangerous.

1. Contact: Players are permitted to push each other with the upper arm and shoulder as long as the player's elbows are kept to their sides. Elbowing and hitting

another player with the hand or head will result in a penalty

2. Broken Gear: In the case of broken gear, the Umpire will stop the game if consider the breakage to be dangerous to the horse or rider. For example a loose bandage.

3. Crossing the Line of the Ball: This is one of the most dangerous violations and of the most frequently misunderstood by the inexperienced. Players must understand the line of the ball and keep from crossing it during play.

Crossing the line of the ball occurs when one player rides in front of the ball carrier's line of travel, or crosses the line of the ball as it rolls along the ground or is traveling through the air. If two players are following the ball, the player who most closely follows the line of the ball has the right of way.

If a ball becomes stuck, for example, between the rider's upper leg and saddle, it must be dropped immediately and is not to be thrown or touched with the rider's hand.

No player may cross the line of the ball or stop on the ball if they are likely to cause a collision or injury to themselves or other players.

Explain correct bandaging procedures for practice and match play.

Bell boots and leg bandages are an essential part of the polocrosse horse's equipment.

During the course of a game, your horse will be in close contact with others, and bell boots will protect the sensitive areas of the hoof, particu-

larly the coronet and heels from overreaching and blows by other horses' feet or the ball and racquet.

Likewise, leg bandages will protect the horse's lower legs from injury, especially to the ligaments and tendons.

The bandages may be elastics and may or may not be padded.



This player is left-handed and would have had to tell the Umpire before the game started

When wrapping bandages special care must be taken not to make them too tight and cause restriction in

movement to the lower legs, its tendons and ligaments. They should not be too loose either, as a loose bandage on the field will cause loss of time while play stops to rewrap the offending bandage.

Starting from front to back on the outside, commence the wrap on the leg just below the knee or hock. Leave 8-13cm from the end of the bandage so that it can overlap after the first turn with the second turn wrapping over the flap. Continue to wrap evenly down the leg with firm (but not tight) tension down to but not over the fetlock.

If you decide to use padding under the bandages, make sure it is not too thick or stiff. Use pads that are easy to wash and dry quickly.

If a Candidate selects this Option, they must have actually played in a polocrosse team. They must be familiar with the Rules for the Game, and they must be thoroughly sure and clear on any Rules that pertain to the safety of the horse and rider.

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Major Reference Books:
**Horse Mastership for the
Australian Rider - Kay
Irving**
**NZ Pony Club Manuals 1 &
2 - Elaine Knox-Thompson**

If you would like to continue receiving this newsletter in 2005, you must complete and return the slip below.

There is an annual subscription of \$10, for four newsletters.

Riders who attend K & C* camps during the year, automatically receive copies of the newsletter, as this fee is included in their camp costs. This will be the last free copy of the newsletter to be sent to those riders who went to camps last year. If you book into the April 2005 Camp, you will have your newsletter renewed at no charge.

Articles in the newsletter will be related to areas that the K C* examiners feel riders



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Next Newsletter will be published in March.
Watch out for the new Show Jumping Series Competition. You can compete or help with