

ROCKINGHAM FOREST RIDING CLUB

UNAFFILIATED

TREC



Sunday 2nd August 2009



**Brick Kiln Road
Denford
Northants**



By kind permission of Mr G Whittaker

Enjoy a pleasant hack in beautiful countryside with a map of the route (and a partner if you want). Test your skills and partnership with your horse or pony at a variety of optional obstacles. Find out why so many people enjoy both the social and competitive side of this fast-growing sport.

CLASSES Level One - Individual and pairs

POR Length	CP	PTV Heights
Up to 12 kms	Up to 150m	60cm approx.

CLASS 1 INDIVIDUAL

CLASS 2 PAIRS

Entry Fees RFRM Members £18.00
Non- Members £20.00

£10 refundable deposit required on the day for the hire of bibs

Entries to Mrs C Harvey, 4 Church Street, Ringstead, Northants,
NN14 4DH

Deadline *25th July 2009*

Times Telephone 07764 489433 Wednesday 29th July, between
7pm-9pm only, or check the website, ***www.rfrf.org.uk***

Prizes Rosettes to 6th place
Prizes in kind to 3rd place
Completion rosettes to all competitors

The Event is split into the following 3 phases:

Phase 1:

Control of Paces (CP): Competitors are required to canter as slowly as possible along a 150 metre max. length, between 2-4 metre wide corridor, and to walk back along the corridor as quickly as possible, without breaking pace or leaving the corridor.

Phase 2:

Cross-country Obstacles (PTV): Competitors are required to negotiate a course of obstacles such as would be met out hacking, e.g. riding up and down hills, low branches, etc. Each obstacle is marked out of 10. Opting to omit any obstacles does not incur elimination.

Phase 3:

Orienteering (POR): Competitors must mark and follow a given route following an ordnance survey map to a max. distance of 12km at an optimum speed. Speed indicators are given at various check points along the route.

COMPULSORY EQUIPMENT (Tack and equipment will be checked.)

The following **must** be carried on the POR phase:

Hard hat to current BHS standard*

Fluorescent/hi-viz clothing

ID tag on rider and on horse

Compass, Map marking pen

Torch or suitable light

Headcollar and rope (or combination bridle)

Waterproofs (ie jacket)

Basic First Aid Kit for horse and rider, Whistle

Medical Armband (or similar)*

Recommended

Map case, drink/snack for rider, coins for emergency call, digital watch (or stopwatch), mobile phone (switched off).

NB Pairs competitors may have all the compulsory items between them unless advised otherwise. However, they must **EACH** have hard hat, waterproofs, headcollar/rope, whistle, competitor ID, horse ID, medical armband, and fluorescent clothing and are encouraged to carry the full list if possible.

* Hard hat and medical armband required for **ALL** phases of the event.

HEALTH AND SAFETY

The event manager/organiser should take all 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 officials and stewards on the day.

Trained First Aiders will be present at the event and should be summoned through an official in the event of an accident. The event manager/organiser will provide contact telephone numbers for emergency veterinary and farriery service.

Competitors are asked to safeguard valuable tack and possessions. Young children must be supervised at all times. Neither the event manager/organiser nor the land/course owners can accept responsibility for loss or injury to persons or animals howsoever caused.

This event will run according to BHS Trec Rules.

2009 BHS TREC RULES

Rules as per the current BHS TREC Rulebook (Fourth edition - 2009) and general rules detailed below. Some events may additionally have rules specific to their event and circumstances.

1. BHS TREC Competitions are open to all horses and ponies providing that they are a minimum of four years old in 2009 (i.e. a horse born in 2005 may compete in BHS TREC in 2009).
2. Mares more than four months pregnant should not be competing.
3. Competitors must hold suitable third party liability & personal accident insurance.
4. Riders under the age of fourteen on day of competition may only compete in Pairs classes and must be accompanied by a rider of 16 years or older. Pairs ride together for POR and separately for CoP and PTV. Parents/guardians of competitors under the age of 16 will be required to complete a Parental Consent Form.
5. Competitors competing in BHS TREC Qualifiers or the Championship of Great Britain must either be a BHS Gold Member or a BRC member.
6. Clearly visible coloured tail wraps/ribbons should be worn to advise other riders of a potential hazard – Red = Kicker, Green = young/inexperienced horse, Blue = Stallion.
7. For Level 1 and Level 2 competitions any riders who have represented Great Britain at TREC in the last two years will be ineligible to compete as individuals. They may compete as part of a pair but will be penalised 25 points per phase for both the POR and the PTV.
8. No rider will be permitted to start any phase of the competition unless wearing a hard hat, which meets a standard currently recommended by the BHS (PAS 015, EN1384 or ASTM F 1163, and bearing the kite mark or SEI).
9. Riders may choose to wear a body protector during any phase of the competition. If worn, Beta 3 standard is strongly recommended.

10. Riders must wear suitable riding footwear, or use suitable enclosed stirrups.
11. Standing Martingales and other fixed reins are forbidden.
12. Whips must not exceed 75cms (1m for side-saddle). Spurs if worn must be rounded, not exceeding 3cms in length and pointed downwards.
13. Mobile phones may be carried for use in emergency but must be declared prior to entering the map room and be switched off.
14. Riders in BHS TREC competitions must wear fluorescent/reflective hi-viz clothing during the POR phase. The minimum requirement is clearly visible fluorescent strips (or garment) on the rider's torso. It is strongly recommended that this is also reflective, and is supplemented by a fluorescent/reflective hatband and fluorescent/reflective hi-viz on the horse.
15. Riders will be required to carry personal ID during the POR. This should be visible, and should consist of (minimum) rider name; competitor number; emergency telephone number for event.
16. ID will also be required to be carried on the horse during the POR. This should be visible, and should consist of (minimum) competitor number, and emergency telephone number for event.
17. All competitors are required to display a medical armband or similar during all phases of the event. This should contain basic information to help any First Aid staff to assist you and should be easily visible. Information should include: Name; Address; Next of Kin with contact details; Registration number of vehicle; any relevant medical information; Allergies; Any current medication. Medical armbands can be purchased from the BHS Bookshop priced £5.99 Tel: 01926 707762.
18. The decisions of the BHS Technical Delegate and the Judges are final and must be complied with at all times. Competitors may be eliminated from the competition for any of the following reasons:
 - Excessive use of the whip
 - Dangerous riding
 - Abusive language/rudeness

RULES AND CONDITIONS OF ENTRY

- 1) It is a condition of entry that each competitor has read, understood and agreed to abide by these rules.
- 2) The organisers and all persons connected with the event, accept no liability for any accident, damage, illness or loss of or to any horse, rider, spectator or any other persons or property whatsoever.
- 3) No entry is accepted without the correct remittance.
- 4) In case of adverse weather it is the responsibility of the entrant to enquire if the event is postponed.
- 5) Any competitor jumping any fence outside the jumping rings other than the allocated practice fence will be disqualified.
- 6) The organisers reserve the right to refuse or refund entries.
- 7) Any objection must be lodged at the secretary's box within 15 minutes of the end of the class with a deposit of £10. The panel's decision is final. If the objection is over-ruled, the deposit is not refundable.
- 8) All competitors MUST, when mounted, wear riding hats to the current BSEN1384 minimum standard fitted with a three point harness. Hair must not hang below the collar. Penalty for not obeying this rule is elimination.
- 9) No galloping is allowed outside the ring(s).
- 10) Competitors eliminated or retiring must leave the course/ring at a walk and may not jump after retiring.
- 11) We advise wearing a back protector at all times when mounted at all shows and events, although this is not compulsory.
- 12) All DOGS must be kept on leads and under control at ALL TIMES unless securely left inside vehicles. *Remember dogs will die if left in hot cars*
- 13) In the event of cancellation by RFRS, 80% of entry fee will be refunded.
- 14) Photographer attending, if you do not wish your child to be photographed, please notify the Secretary upon entry.
- 15) Please **DO NOT** muck out your lorry/trailer onto showground, penalty for doing so is **£10**

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