



LOG BOOK G452

EQUESTRIAN – SHOW JUMPING – MID BAND 1 – 27

There is no content page.

A good log book which covers all aspects with detailed information.

There is good coverage of the planning of the course and the course details.

Equipments aspects are covered well as indeed are the safety aspects.

The code of ethics is outlined well.

The course used for assessment is discussed and the performance evaluated.

Physical Education

OCR Advanced Subsidiary GCE Unit G452

Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Equestrian – Cross Country, Dressage, Eventing, Show Jumping

Centre Number		Centre Name	
Candidate Number		Candidate Name	

Please indicate below to which Outdoor and Adventurous Activity the log book and authentication statement relates.

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Log book element required	Present? (please tick)
Details of the test/course undertaken for the assessment	
Details of personal equipment and the reasons for using it	
Details of horse's equipment and the reasons for its use	
Discussion relating to safety principles applied	
Details of any code of ethics relevant to the activity	
Details of course planning together with relevant safety measures	
Evaluative comments in relation participation and performance in the activity	

Assessment Band Descriptor which log conforms to

Band 1: A detailed and comprehensive log containing all the prescribed information is present	
Band 2: A detailed log containing all the prescribed information is present	
Band 3: A detailed log containing most of the prescribed information is present	
Band 4: A log containing some of the prescribed information is present	
Band 5: A log containing little of the prescribed information is present	
Mark Awarded	

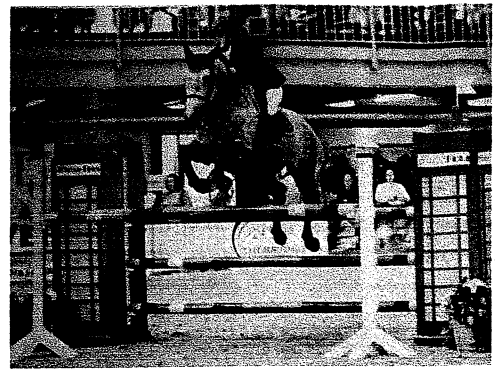
Authentication statement

I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

Name of instructor/teacher responsible	
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Signature		Date	
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Log Book (AS)



Name:

Candidate number:

School/College: !

Date: 3rd March 2010

Sport: Equestrian- Show Jumping

Horse: Kelly's Mirah

Level: Elite as competed at National and International events on a regular basis

Event: Welsh Home Pony International- David Broom Event Centre

Organisation: British Show Jumping

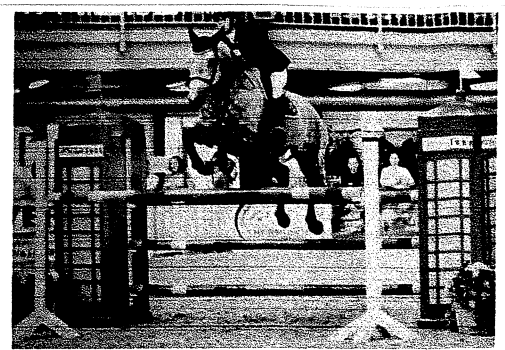
Details of the particular course under taken for the assessment

I have created a course plan of the course which I jumped which is near the end of my log book. From walking, jumping and assessing the course I feel that it is quite technique course due to many related distances, jumps of corners where you would need to make shore that you ride the corner correctly so that you didn't gain any penalties. The height of the course was 1.15m with pony striding distances within the related distances, a double and one combination. The timing for the competition I was competing in was 325m/s and it was a table A7 event, which consist of two rounds with the first one not against the clock although there is a time limit, this round is then followed by the timed jump-off second round which you can only compete in if you jumped clear in the first round. Although this is not shown on the video evidence I did jump in the timed second round and was placed second, which I was pleased with as it was an international competition.

Personal equipment

The personal equipment which I was wearing and using in the competition were a riding hat, riding boots, jodhpurs/ breeches, riding jacket, spurs and whip. The reasons for why I was wearing a riding hat are that I feel it is the most important piece of equestrian clothing. Riding hats consist of a hard shell lined with shock absorbing material and provide vital protection for the rider's head should they fall from a horse or be kicked by a horse. As well as wearing a riding hat at all times when riding, it is also wise to wear a riding hat whilst lunging, or handling any horse from the ground. Riding hats should always be replaced immediately if they suffer a severe impact as a result from a call from a horse, being dropped onto a hard surface or kicked by a horse as although no visible damage may be seen, any severe impact to the riding hat can result in diminished protection. In addition the protection offered by any riding hat diminishes over time as the padding inside becomes compressed and so any riding hat should routinely be replaced every 3-4 years even if there

are no visible signs of damage, wear or tear. There are a variety of different companies which make hats as well as many different regulations which they must follow. During last year I decided to purchase a hat which is made by a UK company and is seen to be the world's safest horse riding hat as it can handle a large amount of impact before seeing viable damage, the advantage of this hat is that if I were to find myself in a horse riding accident, if the horse were to role onto my head the hat would not break and limit the chances of brain damage, this is because it has been made out of similar materials to a motor bike helmet. The hat which is wear is approved by standards of British Show Jumping, British Eventing, British Riding Clubs and the Pony Club.



The reasons for wearing riding boots rather than other shoes are that it is one of the BS rules but as well as it is important to where a specific shoe which has a low level heel but must have a small heel with low grip levels so that if I were to fall off for some reason I would want my foot to get stuck in the stirrup due to my shoe wear. If my foot got stuck in the stirrup it could mean I would get dragged which could lead to more physical damage if not death.

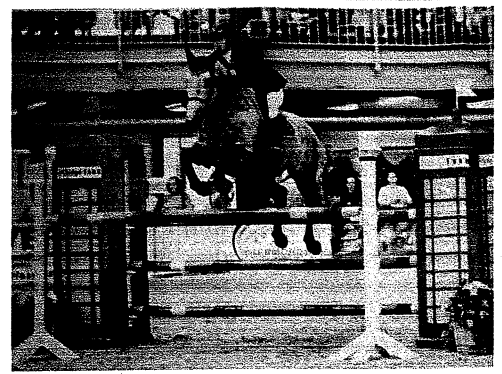
It is important that I wear jodhpurs/ breeches when riding as if I were to wear trousers which were too 'baggy' they may get stuck in parts of the saddle which could affect my performance level. This is another one of BS's rules that to compete in competitions you must wear white, cream, or beige jodhpurs/ breeches. It is also much more comfortable to ride in jodhpurs or breeches as they contain extra padding in area which the saddle may pinch your legs which would not be very comfortable for the rider.

I am wearing a riding jacket because jackets are an invaluable piece of riding equipment for keeping riders warm and comfortable in cold weather and dry when it rains. But special riding jackets are needed, as ordinary jackets do not benefit from the many features which manufacturers are now putting into special riding ones. Riding jackets also have a role to play in terms of appearance. Smart, tailored riding jackets are necessary, and usually compulsory, for competitions, which in British Show jumping they are, in all competitions.

Although spurs are not essential like previous pieces equipment which I have mentioned above, I do wear them on this pony due to it been slightly lazy but also when show jumping I feel it is important that when you ask for a particular movement you get it immediately for example, if I were coming to a jump and I didn't see a particular good stride and as I came around the corner I realised that I needed to lengthen the ponies stride to make the jump as comfortable as possible and give the best chance of getting over it, as well as clearing it; however if I tried to lengthen the ponies stride by using my leg but I didn't get a reaction quick enough it could mean that I would reach the jump on a bad stride and the pony would not be able to jump the jump. I also carry a whip with this pony to offer gentle encouragement when I feel is needed.

Horse's equipment

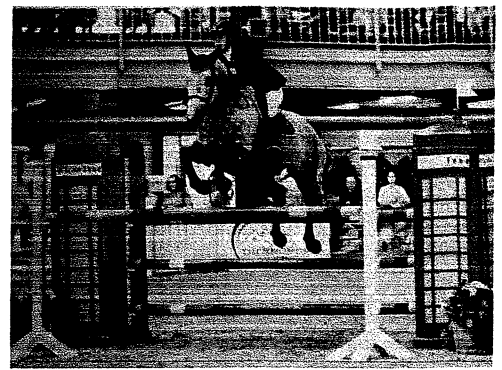
The ponies equipment which I used in this competition were: a Cavesson flash bridle, a show jumping Pessoa saddle, stud girth, tendon boots, fetlock boots and a Cheltenham Gag bit. There were many reasons for why my pony wore the following in the competition, which are shown below.



The reason why I use a Cavesson nose band on my bridle for him rather than a Grakle/ Mexican noseband is because my pony is not strong or very forward and I did not want to restrict him further by using a Mexican noseband on him. I do have a flash on his bridle to stop him opening his mouth to wide and then crossing his jaw which would then affect my stirring, I have on the pony and when on a pony or horse stirring is one of the most important think as a horse or pony must go where you want at all times, for it to be trained correctly. Many people show jump with a martingale on however as I have had this pony for three years I feel that he goes better without one, this may be because some horses find them restricting even if fitted correctly, especially horses which are not particularly forward going. Due to my pony been 148cm I bought a Cob sized bridle for him as it was the best fitting as Pony was too small and Full was too big, it is important that the bridle is fitted correctly so it does not fall off while you are riding. The bit which my pony is wearing is a Cheltenham Gag I feel this bit suits him as it works as a snaffle the majority of the time but it also gives me extra control if required for example, if I were to need to add a stride before I get to the jump it has a poll action making them take a shorter stride. The Cheltenham is a running gag with Eggbutt bit rings, which help prevent lip pinching. It is used mostly on horses that lean on the bit or take hold. The cheek pieces of the Cheltenham gag has slip through slots in the bit rings to give a clearly defined aid.

The saddle which we have for him is a Pessoa saddle out of their show jumping range; I specifically have a show jumping saddle due to have larger knee roles for support of my leg which can help balance the pony. The show jumping saddle is a "close contact" design, which has a forward flap and a seat and cantle that is flatter than saddles designed for general all-purpose riding. This construction allows greater freedom of movement for the rider when in jumping position, and allows a shorter stirrup, allowing the rider to lighten the seat on the horse. The size of his saddle is 17.5 as I have a long upper leg so the saddle needs to be bigger so that my knee will fit in the knee role, but the saddle cannot be too big otherwise it could injure his back which could lead to needing time off. The width of the saddle is 'm' as he is a full Connemara so he is quite broad, so needs a medium fit. I use a stud girth on my pony as he has a good technique over the fences and sometimes will kick the underneath of his belly, which could lead to bruising or injury so to prevent this he wears a stud girth which are also known as belly girths. On the saddle I have modern style of stirrup which is called Sprenger Bow Balance Safety Iron. The new design ensures improved leg position. Changing the weight ratio on these stirrups; results in perfect

balance and greater comfort for the rider. Shock absorbing grip is achieved by a widened tread made of rubber with two types of properties. The internationally renowned System 4 Technology used in these stirrups enables immediate release of the foot in case of emergency. By flexing in four directions impact on the rider's cartilage and ligaments is softened, without feeling unstable. Bow Balance design provides easy "pick up" upon mounting as they require very little effort on the rider's part - a simple touch of the foot to the stirrups and it gently folds onto the rider's foot.

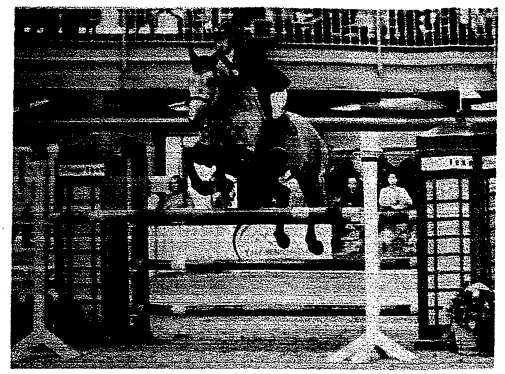


I wear tendon Boots when jumping him, due to the fact that they may easily injure their legs when landing or when making tight turns at speed. I use open-fronted tendon boots on his forelegs, because they provide protection for the delicate tendons that run down the back of the leg, but still allow the horse to feel a rail should it get careless and hang its legs. I use fetlock boots on him on his rear legs, to prevent him from hitting himself on tight turns.

Health and Safety

Safety principles which need to be applied at all competitions and the majority of time which I ride are: riding in good quality well fitting tack, this is so that the tack does not fall off when the horse is been ridden as if the bridle were to fall off then the rider would have no control of the horse which could be very dangerous especially if it could frightened and galloped off the rider would fall off from high speeds so the injury could be fatal. Riding in poor quality tack could lead to sores on the horse which is not very pleasant for them as well as it could snap leaving you with no or very little control. It is important that I wear a good standard of riding hat and boots when I ride, this is because if I were to fall off wearing a hat of a high standard could definitely safe my life or prevent brain damage which would affect mine and my family's life forever. If I was not wearing riding boots my fit may be too big for my stirrups and if for some reason I needed to get off quickly and my foot got stuck in the stirrup I could break my leg but also it could be fatal if the horse was to kick and tread on my head. It is a rule of British Show Jumping that there is first aid on site at very competition in case of an accident, as many injuries can occur riding some which are more serious than others but all which need medical attention. At every competition a health and safety risk assessment should be carried out by the organisers, on the jumps there should be white and red flags on the top of every wing to show which way the jump should be jumped, the red should always be on your right and white on your left. When a competitor falls off in the ring they are not allowed to get back on and continue their round they have to leave the ring in case they have an injury. Walking the course before the competition can also be seen as a safety principle as it is important that you learn the striding in distances before jumping them as if a distance is five strides but you thought it was four it could lead to the horse dipping up over the jump leading to a nasty accident. At every event they have arena party so that if a pole was to be knocked down they could pick it up quickly before the

next person went in but more importantly if a pole fell down but then the pole was in the way of another jump they would be able to move it to prevent the horse from tripping or falling over the pole. Having a good surface can always be much safer to jump off than a bad quality arena which may be very deep which could cause injury to the horse and rider as if a horse is jumping out of a deep arena many times it could cause tendon damage, just through jumping off it but on landing it could affect the way the horse lands as their hoofs would sink further than they expected which could lead to them falling over and an injury may occur.



Code of ethics

There are many rules which must be followed when competing at a BS show so here are some of the areas and a rule from each section: there are rules based about the organisation; for example notice must be given in writing and official forms. Membership, for example all applicants for membership must be made by notice in writing to the BSJA office. Competitions, for example an affiliated show is a show for which the show organising committee has received affiliation to the BSJA in accordance with rule 73. The turnout or the horse and rider, for example competitors must at all times wear correct riding clothes complete with jackets, as specified in rule 101.3 whenever they enter the arena. Practise obstacles, for example no pole of obstacle of any kind is to be held by hand for the horse to jump. Courses, for example the starting line must not be more than 25m nor less than 6m from the first obstacle. Timing, for example the speed of all jump off should be the same as the speed in the first round. Communications, for example rule 172- the bell is rung: to instruct competitors walking the course to leave the arena, to give the signal to start, to stop the competitor during the round, to give the signal to the rider to continue their round, to eliminate a competitor, to disqualify a competitor and to retire a competitor. Scoring, for example different competitions under table A, C and special competitions will occur different penalties and different scoring systems. Penalties, for example one pole down will encounter 4 penalties within the round. Conduct, the code of conduct for pony riders is:

This code is designed:

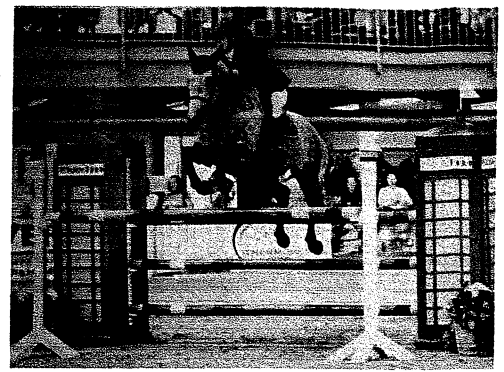
- *To maintain the element of enjoyment and satisfaction in Pony Show Jumping with absolute consideration being given to the welfare of the horse/pony.*
- *To make adults aware that young people participate to satisfy themselves and not necessarily to satisfy adults or members of their own peer group.*
- *To improve the physical fitness of youth by making it attractive, safe and enjoyable for all young people.*
- *To constantly remind Administrators, Coaches, Officials and Parents that Show Jumping must be administered taught and provided for the good of those young people who wish to participate in the sport and to give education in the humane care of ponies and horses.*
- *To promote the reputation of the sport and take all possible steps to prevent it from being brought into disrepute.*

SIX VALUE STATEMENTS

- 🕒 *Enjoyment - for keeping the fun in sport*
- 🕒 *Fairness - for competing fairly within the Rules*
- 🕒 *Respect - for the show organisers, competitors, officials, horses and ponies and rules.*

***REMEMBER* – NO RESPECT, NO SHOWS, NO SHOW JUMPING**

- 🕒 *Achievement – for doing our best rather than winning or losing*
- 🕒 *Sportsmanship – for promoting the highest levels of sportsmanship*
- 🕒 *Thanks - for the people who make sport happen*



PONY RIDERS CODE

1. Know the rules.
2. Never argue with an official.
3. Control your temper. Verbal abuse of officials, show organisers, show secretaries or other riders is not acceptable. Under no circumstances must you lose your temper with your pony.
4. Treat all participants in your sport as you would like to be treated.
5. Be a good sport. Applaud all good results.
6. Participate for your own enjoyment and benefit, not just to please your parents and trainers.
7. Remember that the sport should be fun, forming a partnership with your pony and improving your skills.
8. Provide proper care for your pony at shows.
9. Respect the rights, dignity and worth of all participants, regardless of their gender, ability, cultural background or religion.

PARENTS CODE

1. Do not force an unwilling child to participate in Show Jumping
2. Remember, young people are involved in Show Jumping for their enjoyment, not yours.
3. Encourage your child to know and compete within the Rules. Respect the decisions of officials.
4. Teach young people that honest effort is as important as winning.
5. Help young people work towards improving their riding and good sportsmanship.
6. Remember young people learn best by example. Be a positive role model by showing respect for show organisers, officials; their authority and decisions and the rules and regulations of the sport.
7. Never use inappropriate language and gestures.
8. Support all efforts to remove verbal and physical abuse from Junior Show Jumping.
9. To ensure humane treatment of ponies/horses at all times.
10. Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

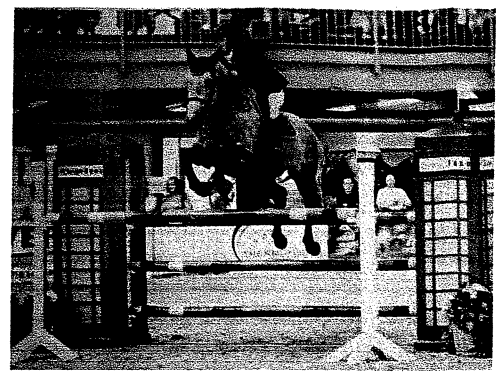
COACHES CODE

1. Encourage young people to develop their skills.
2. Create opportunities to teach appropriate sports behaviour as well as their skills.
3. Make young people aware of the positive benefits of participation.
4. Keep up to date with coaching practises.
5. Help young people understand that knowledge of the rules is their responsibility.
6. Promote the well being of the pony/horse and the requirement for their humane treatment at all times.
7. Display control, respect and professionalism for all involved with the sport. This includes competitors, officials, show organisers, the media, parents and spectators. Encourage riders to do the same.
8. Never ridicule or shout at a rider for making a mistake or not performing well.

9. Any physical contact with a rider should be appropriate to the situation and necessary for the rider's skill development.
10. Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

OFFICIALS CODE

1. Know the rules.
2. Make a personal commitment to keep informed of rule changes
3. Be consistent, objective and courteous.
4. Be aware of the necessity to oversee the humane treatment of the ponies and horses whilst at shows.
5. Understand your authority and responsibility for ensuring fair competition.
6. Be aware of and discourage behaviour that may bring the sport into disrepute.
7. Respect the rights, dignity and worth of all participants, regardless of their gender, ability, cultural background or religion.



'*Remember* – no respect, no shows, no show jumping' I think this is a very good point to make and should be made clear to all riders and remind them of it continuously to influence good behaviour at all times.

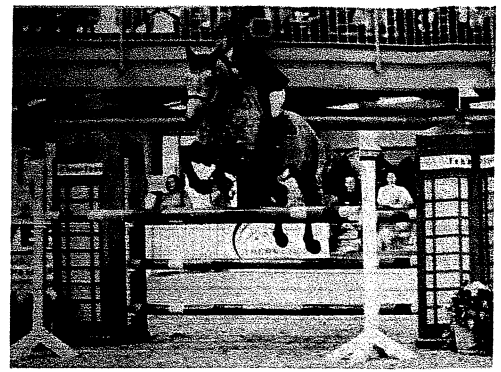
The reasons for British Show Jumping having these rules are for the benefit of everyone that takes part in the competition so that it is fair as well as for health and safety reasons.

Course planning and safety measures which need to be carried out

Although I did not create this course myself due to me competing in the competition the course builder was Sue Barratt who is a very experienced course designer and builds course for the top international shows on a regular basis. The course which she designed for this competition had set pony striding so that the related distances and doubles were not too long for the ponies, if the ponies were jumping of horse strides it could lead them to be in an uncomfortable position in the air and could lead to a problem in landing, leading to more accidents within the competition. Barratt used a variety of uprights and spreads throughout the competition to make the rider in the competition show a variety of different skills needed to jump verticals and spreads correctly and to clear them. For a similar reason she also involved one double which was one stride and a combination which from the first part to the second part is two strides and from the second to the third part is one stride. The course builder also involved related distances such as fences 4 to 5 which was a dog leg on 6 strides, the reason for a course builder involving this is that if the dog leg was not rode correctly then once the rider had got to fence 5 they would be on a bad stride which may be a half stride so the pony may stop, so having a related distance will help test the accuracy of the rider and the control they have over their pony.

Safety measures which she would have had to consider when building this course and every other course which she builds is that she must follow all the rules and regulations which

British Show Jumping set when building a course, such as the course designer/ builder must be employed for all affiliated competitions which is rule 34.5, course builders and not allowed to ride in a competition for which they have designed the course. The reason why the course builder must be employed is so that the organisation knows that they are capable of building a good course which British Show Jumping will agree is suitable for the competition. If anyone was allowed to build/ design a course for a national or international event they may not have been taught all the regulations which they have to follow which could lead to injury of both the pony/ horse and rider, which is why it is considered as a safety measure which they have to follow.



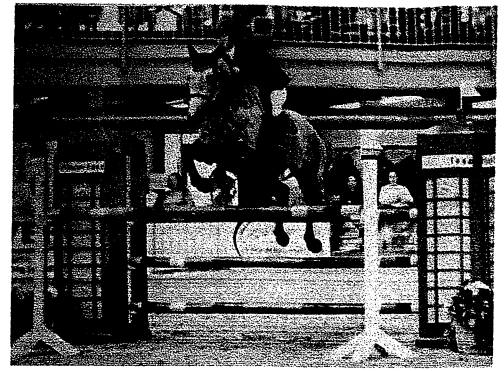
The course builder also has a large responsibility as if there was an issue with the course or many accidents occurred within the course it would not be a very successful course design and the course designer could have complaints held against them. It is important that the course designer 'flags' the course although it is only mandatory that water jumps are flagged as they are only to be jumped in one direction only, although this is the same with spreads/ ox-sores/ parallels it is not as important. When fences are flagged they are to be jumped in one direction only with red on the right and white on the left wings, used in rules 122.5 and 139. However it is compulsory for turning points to be flagged with red and white flags and marked on the course plan as defined in rules 122.5 and 139. Failure to pass on the correct side of a directional flag incurs elimination as you would be jumping the jump the wrong way. When designing the course the start and finish line must be a minimum of 6 metres and a maximum of 25 metres from the first and last fence, and the start and finish lines must each be defined by two flags or markers.

For different tables of competitions there is a different number of jumps which must be within the course and must be clearly numbered, as if the competitor was to forget the course and jump the wrong jump backwards it could lead to the horse falling over which could lead to injury. This also applies to the jump off as there must be 6 obstacles included when competing outdoors and 5 in an indoor competition, although if the course designer wanted to they could have more. This is a safety measure as if the jump of course was too short it could lead to tighter and faster more dangerous turns to win so as they were less jumps which needed to be cleared which could lead to injury on the horse legs or could lead to a fall over a fence which is very dangerous as the horse may land on the rider causing a serious injury.

The course builder would also have to make sure that all the obstacles were safe to jump as if there were nails standing prominent out of a pole which the horse was jumping if they were to touch it may cut them badly and good even lead to needing time off from competing and been exercised as well as needing a vet.

Evaluation of the course

From re-watching the course of jumps which I jumped in the competition I thought I rode quite well due to coming 2nd in an international competition, as well as keeping a good position around the course of jumps, however I can see where improvements could have been improved from my riding or if I had rode the course differently would I of faced difficulties leading to penalties.



From the beginning, I feel I came to the first fence with a good established canter to start the course with as it was short but powerful as well as in control. I thought the approach I made was good although if I was riding a pony which hadn't been taught how to change legs in mid air coming off the right rein may have been more suitable as they would have stood a higher chance of landing on the right leg after the jump ready for the second fence.

However this did not apply to me as I have taught my pony how to do flying changes and how to change the leg in mid air, so I was able to make a good approach of the left rein and still land on the correct lead ready for fence two.

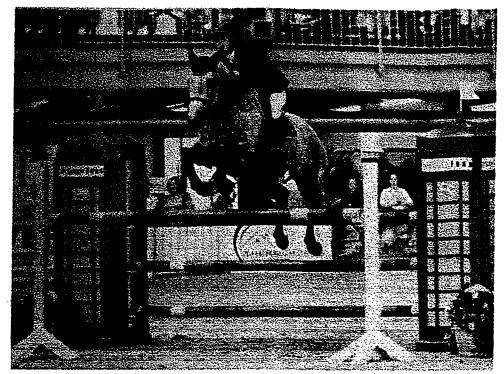
I thought my approach to fence two was quite short although I was straight but this was the way the course was designed, if I had turned later it may have lead to my pony falling out of his shoulder making it more difficult for him to clear the fence, also if I have turned earlier he may have missed the fence completely which would have lead to four faults and effected my place in the competition.

I thought fence 3 was quite a difficult jump to jump to it just coming of the side of the arena, although I added an extra stride in front of the jump, my pony is careful and cleared the jump, if I had not have ridden the jump like I had then he may have made a poor turn and fell out of his shoulder and ran past the jump, which is why I rode quite far down the edge of the arena before turning to give him a definite turn to the jump which I wanted him to jump.

On the approach to the double I feel it is important that I made sure I had a good enough canter to get through both parts of the double as if I had trotted around the corner or had a long flat canter my pony would have been less likely to jump both parts of the double. In the double I didn't lean too far forward over the first part so that I could sit up quickly in the middle, take a small check to re balance the canter but also ride forward for the second part, as if I had not sat up in the middle then he would have landed with a long, flat canter and would have narrowed the chance of jumping the second part of the double clear.

It was also important that I sat up quickly after the double as I was jumping into a related distance so I needed to land and re-balance my canter as soon as possible but also looking for my stride as well as where I was going. After the double I rode to straight strides then one stride turning to face fence 5 and then 3 forward but short strides to the style (fence 5,

as the poles were much thinner than the other poles so I needed to ride the jump more carefully so we didn't knock it down as well as getting very straight to it with it been a narrower jump.

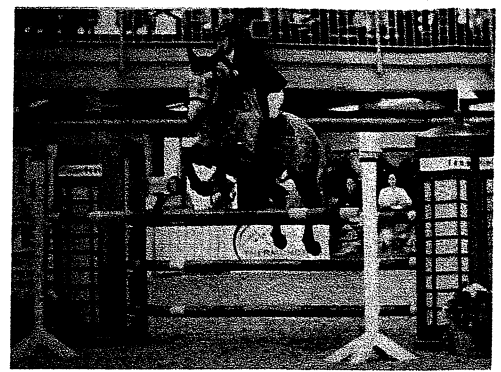


As I went round the corner to fence 6 I made sure I was on the correct canter lead and made sure that my canter was short, powerful and balanced as it is only natural for horses and ponies canter to get longer and flatter as they canter for longer around a course of jumps, but I still had some technical lines which needed riding to my best ability. As I went around the corner I made sure I was looking at fence 6 so that I could start to judge the distance in which I needed to adjust my stride such as shortening or lengthening it to get to the jump at the best possible time. As I was jumping into a related distance it was important that I was on the best stride possible as well as been straight. As I got to fence 6 on a good stride it meant that I got just maintain a good forward canter for the four stride related distance to fence 7.

From fence 7 to 8 there was a dog leg but there was a variety of different strides which people could make to fence 8, which I put 7 strides so I was riding forward to the spread, as my pony is quite spooky and didn't like the light coloured poles and planks. As I got to the jump as I could feel he was backing off I gave him a tap with the whip I was carrying to offer encouragement to him, so that he would jump the jump first time. Sue to him backing off the fence 8 it meant I got a little close to the spread which was a weakness of how I rode the turn as I may have cut the corner slightly around the turn making the distance shorter, if I had rode a bigger turn he may have reached the jump a bit further away, but although I was close it did not faze him and he jumped it clear for me.

Round to fence nine the combination which had three parts to it, it was even more important that I corrected the canter to make it more balanced by adding more power but shortening the stride. As I was turning to a combination which I knew was not far from the edge of the arena from when I walked the course at the beginning it was just as important that I looked for the jump as soon as I thought I could start to judge whether I would reach the jump on a good o bad stride as when jumping into a combination it is more important than jumping into a double that you jump in on a good positive stride. As I made the turn as it was quite sharp and only 3 strides from the edge of the arena it was important that I had a strong left leg so that he did not fall through his shoulder on the approach and affect the chances of him getting all the way through the double. As it was only a few strides from the turn it was more important than other combinations that I was to ride forward out of the corner. Similar to jumping into a double I did not get too forward with my body position in mid air so that I could land re-balance my canter in the two strides before the second part of the combination. With there been three parts to the combination it was important that I jumped the second part like I jumped the first part, which I did, so that I good re-balance my canter again to clear the third part.

After the combination the course did not give me much time to retain the canter so I just had to ride what I had got for the final two fences because they were both on a curve. When fences are on a curve it is still important to try and get as straight as possible to them but because you are always turning you may need to ride forward at the point you see a good stride which is what I did over the last fence 11, which meant I did not jump the jump in the middle, which could have caused penalties if I had not got straight and lose control over the canter as it would have been a good opportunity for my pony to run out, which would have been disappointing after jumping all the way around clear, although when I turned and I knew I was not straight I channelled my hands and made sure he was in my 'leg to hand' so that he stay straight and jumped it on a small angle. After the final jump I then rode forward to make sure I was within the time limit which the course builder/ designer had set, as if I had got time penalties I would not have been placed 2nd in the competition.



Throughout the course it is important that I keep a soft hand so that I do not damage my pony's mouth or pulling back on his mouth which he may find restricting. It is also important that I keep a good lower leg position so that I could balance him and support him over all stages of the jump. Over the jumps I also needed a good body position so that I do not 'collapse' onto his neck effecting the support and balance of the canter on landing as well as effecting my jumping position. It is also important that before and in-between jumps that I sit on the saddle and do not rise in canter as it can let the canter power which needs maintaining escape, as well as if I went into my jumping position too soon, it would unbalance the canter so the pony of horse would not be able to take of correctly and may lead to penalties. It is important that my personal equipment and the horses equipment is only used when necessary and not over used as the horse may become 'immune' to those signals, and I want to respect my horse. Throughout the course it was is also important that stayed in control at all times, as well as containing and maintaining a good balanced canter, but not been to steady that I gained time faults, it is also important that I judge the speed which I need to go at around the course as well as where is suitable to cut corners if the time was tight so that I did not gain time faults.

Throughout the round which I have been analysing I feel I did these entire things above quite well which is why it lead to my success.

