

Spring 2023

**From your Chairman
Claire Knight**



It seems a bit late but Happy New Year to you all, I hope that everyone managed to have some horsey as well as family time over the Christmas period? Unfortunately I am not allowed time off at Christmas but as I write this I am enjoying a week off spending lots of time hacking Gucci.

The evenings are getting lighter, and daffodils and snowdrops are popping up everywhere reminding us that (thank goodness) spring is just around the corner. It's my favourite time of the year so I hope that you too can manage to start increasing your riding time and enjoy getting out and about a bit more.

We will soon be entering our 'summer' events schedule so please take a good look and book on anything that tickles your fancy. I am certainly looking forward to some of the specialist clinics on offer.

Hope to see you all soon, stay safe and enjoy the joys of spring!

Love from Claire and Gucci

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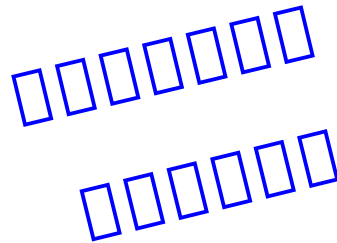
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REMEMBER Clocks go forwards

Sunday 26th March 2023
Hello lighter evenings and rides after work!!





Volunteer Reward System 2023

For every 4 hours of volunteering you will receive a £5 credit.

Each quarter the volunteer spreadsheet will be reviewed and those who have accrued 4 hours will be offered their £5 credit. Debbie Pickford our Treasurer will contact you.

The quarters are;

Quarter 1 – January, February, March. Credits will be issued at the beginning of April

Quarter 2 – April, May, June. Credits will be issued at the beginning of July

Quarter 3 – July, August, September. Credits will be issued at the beginning of October

Quarter 4 – October, November, December. Credits will be issued at the beginning of January.

Any hours under 4, and over 4, will be carried forward to the next quarter.

Credits cannot be used in the quarter they are earned – they will be issued at the end of the quarter for use by the end of the membership year.

The credit offered must be used in the same membership year. Unused credits will NOT be carried forward to the next membership year.

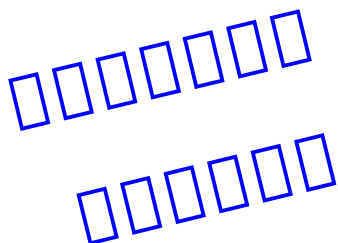
The exception is if the credit is accrued in October, November and December, this can be carried over and is to be used before the end of March of the following membership year.

To use the reward, email Debbie when you make your payment so she can update her records.

The maximum rewards that can be earned throughout the year is £40 – so virtually the equivalent to two clinics.

If the system becomes onerous or complicated, we reserve the right to amend it.



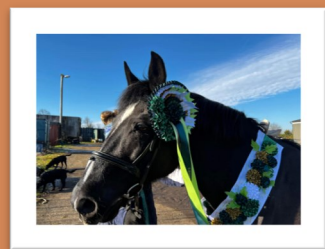
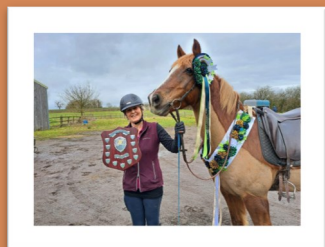
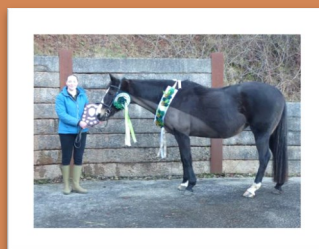
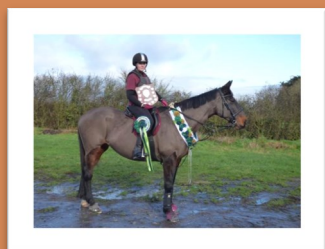


EMRC Dressage Ninja's E-Riders Riding Club League



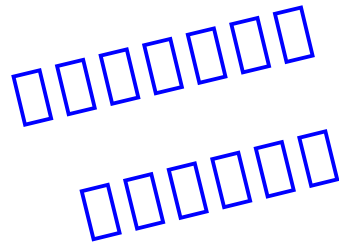
In the last newsletter, we shared the great news of EMRC winning the E-Riders Riding Club Summer League, March - August 2022. Below are the worthy winners proudly showing off the massive rosette, sash and shield. With the weather we have had lately, there hasn't been as many taking part in the current winter league, but most have plans to continue their dressage journey with better weather forecasts ahead.

For anyone wishing to give it a go, please contact Ella Hooper. There is no pressure to enter a test every month, and you don't need a smart arena or white jodis! Just a flat field (admittedly a struggle for some on the Mendips!), a friend to film you, and you're part of the Ninja family!



Ever wondered why we are called Dressage Ninja's last year our competitors at Solent Riding Club were trying to make a come back for the champions spot after we had won the previous league. But we weren't going to give it up that easily and all put in amazing tests to retain the champions spot! Their words to each other were 'they must be ninja's'.... well yes we are, and all having fun with our ponies!!





EMRC Merchandise

Visit www.gggear.co.uk for purchasing any of these lovely items!



Adults East Mendip Riding Club
Royal Hoody



East Mendip Riding Club Adults
Royal Unisex Polo Shirt BA301



Royal Blue East Mendip Riding
Club Hat Silk



East Mendip Riding Club Adults
Royal Sweatshirt BA409



Adults ladies fit East Mendip Riding
Club Royal Softshell Jacket 46800



Adults Unisex fit East Mendip
Riding Club Royal Softshell Jacket
46600



Adults Pegatta Dover Jacket, Royal
Blue, East Mendip Riding Club



Adults EMRC Royal Base Layer



Unisex East Mendip Riding Club
Royal Softshell Bodywarmer 46601



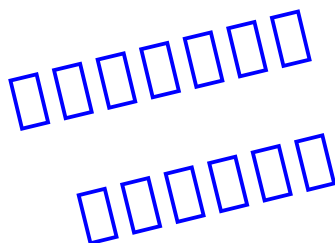
East Mendip Riding Club Women's
Royal Softshell Bodywarmer 46801



East Mendip Riding Club Adults
Royal Unisex Long Sleeve Polo Shirt
BA301L

Insulated mugs and baseball caps
available from Kingfisher on dates that
clinics are running





Genes not Greed NAF

Research confirms what pony owners know - they can live on fresh air! Native ponies and cobs evolved to thrive in harsh conditions with poor grazing in all weathers. Unfortunately, such adaptations mean, for domesticated animals, overweight and obese equines are common, together with related conditions such as laminitis, EMS and osteoarthritis.

A forage only diet provides more than enough calories for most, and often requires further restriction. Balance the forage only diet with NAF Slim to naturally provide micronutrients, and support a healthy metabolism in good do-ers.

For more on obesity in equines, read on

Are your 'genes' feeling tight?

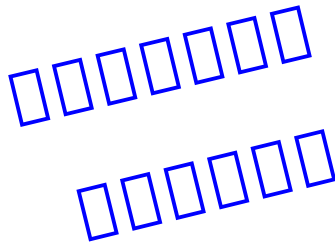
Kate Hore RNutr(Animal), R.Anim.Technol. Head Nutritionist.

Research shows that the obesity epidemic is growing, both in people and our companion animals, including dogs, cats and horses. In horses it is thought that around half of the equine population are overweight or obese, with that figure increasing to 70% in native pony breeds. There is likely to be some commonality as to cause across species, such as decreased exercise, and easy access to high calorie diets, a situation known as an 'obesogenic environment.' However, we all know individuals – both people and animals – who live in that environment without weight gain, while others are piling on the pounds. Considerable evidence now exists to show obesity is not just down to poor diet, but the result of a complex combination of environmental and genetic factors¹.

That research confirms what any pony or cob owner already knows, and that is they can live on fresh air! Of course, when we consider the evolution of our Native ponies this should come as no surprise. Just think of the breed names – Highland, Dartmoor, Fell – these are all exceptionally beautiful, but brutally harsh, environments. Ponies live out all year round, without rugs or additional feed, and their metabolism has adapted to eek out subsistence from, what can be, meagre rations – particularly over winter. Now, as the weather warms, rich spring grass is growing and over-wintered ponies who will naturally be looking a little lean, can gain condition while the grazing is good. This yo-yo dieting is perfectly natural and healthy in our native ponies. However, unfortunately, it is not limited to just our naturally living ponies, and weight gain is still seen in domesticated leisure horses when they have already come through winter in 'good' or, more likely, overweight condition².

Exacerbating the risk of obesity is our perception of equine body condition. Unfortunately, as an equine society, we have long normalised overweight animals, even selectively choosing them as preferential for the show ring. In a large-scale study of horse owners, respondents were asked to assess photos of horses, firstly for their body condition score, then also for their suitability to different disciplines. Half of the photos shown were of overweight animals, but only 11% of horse owners correctly identified all of those. Of concern was also the result that some of the horses and ponies presented were given significantly lower scores – tending towards actually being *underweight* – when asked for their suitability in showing classes, compared to other disciplines³.

The risks of excess weight gain to horses and ponies are wide ranging, most notably including laminitis, EMS, osteoarthritis, behaviour changes, poor performance, respiratory challenge and reproductive inefficiency⁴. Therefore, it is important – whatever our horse or pony type – to carefully monitor their body condition to maintain a healthy weight all year round. Knowing that there is a strong genetic link does not give us the excuse to say 'it's not him, it's genetic', rather it helps us understand the issue and better manage it.



Continued ...

Online guides to Body Condition Scoring can be useful, and owners of leisure horses and ponies should aim for a score of 2-3 on the 0-5 scale. Regular use of a weigh tape is also advised, as while they can be notoriously inaccurate, if the same person uses the same tape they will consistently show you a change over time.

For most leisure horses and ponies a forage only diet will more than meet their calorific requirements. In fact, for many, energy restriction will be required. While equines require approximately 2% of bodyweight (dry matter) for maintenance, research shows some are able to intake far higher, even 5% bodyweight on free access to pasture⁵, meaning excess weight gain would be inevitable. If you do need to restrict their intake, try to do so while maximising turnout time. Such is the evolutionary driver to adapt to conditions, if we simply restrict access time, through stabling or dry lot turnout, research shows equines can adapt their Dry Matter Intake Rate (DMRI), so that there is actually no difference between their energy intake and that of horses with ad lib access to forage⁶. Therefore, it is advised to look at options such as Track System, strip grazing or use of a grazing muzzle as alternative options. If using preserved forages, look for one with low Water Soluble Carbohydrates (<10% ideally), but if this is not possible forages can be soaked to reduce sugar content. While opinions vary on the ideal treatment times, around a three hour soak offers a good compromise between lowering sugar content while maintaining hygiene and fibre quality.

While a forage only diet usually meets energy requirements for our leisure horses and ponies, even when competing, it's worth remembering that the same is not true for micronutrients. Soil deficiencies will be seen in the forage, and in the U.K. deficiencies including selenium, zinc and copper are relatively common. If using preserved forage, levels of fresh nutrients such as vitamins E are also lower, and nutritive loss can be further exacerbated if the forage is soaked⁷. Therefore, it is advised that all horses and ponies on a forage only diet should receive supplementary micronutrients to balance the diet. For good do-ers choose **NAF Slim Pellets** to naturally balance the diet while supporting healthy metabolism. For those who work from forage without weight gain, **NAF Optimum** is a great choice for balancing the diet without the need for hard feed.

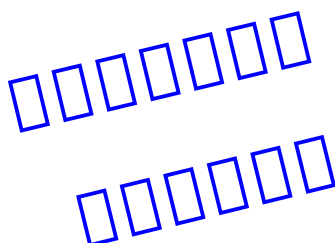
Tips for maintaining a healthy weight.

- ◆ Regularly assess Body Condition Score and bodyweight.
- ◆ Avoid the habit of normalising overweight equines.
- ◆ Monitor grazing and turnout.
- ◆ Soak forage to reduce sugar levels.
- ◆ Limit the use of rugs.
- ◆ Gradually build exercise and aim for regular canter work if possible.
- ◆ Allow natural weight loss over winter.
- ◆ Supplement the diet to balance micronutrients.



Selected References

1. Wallis N and Raffan E (2020) *The Genetic Basis of Obesity and Related Metabolic Diseases in Humans and Companion Animals*. Genes. 11 : 1378 doi:10.3390/genes11111378
2. Giles S.L, Rands S.A, Nicol C.J and Harris P.A (2014) *Obesity prevalence and associated risk factors in outdoor living domestic horses and ponies*. PeerJ 2:e299; DOI 10.7717/peerj.299
3. Morrison P.K, Harris P.A, Maltin C.A, Grove-White D, Barfoot C.F and Argo C McG (2017) *Perceptions of Obesity and Management Practices in a UK Population of Leisure-Horse Owners and Managers*. Journal of Equine Veterinary Science. 53 : 19-29
4. Rendle D, McGregor Argo C, Bowen M, Carslake H, German A, Harris P, Knowles E, Menzies-Gow N and Morgan R (2018) *Equine Obesity : Current Perspectives*. UK-Vet Equine 2 Sup5
5. Longland A.C, Ince J & Harris P (2011) *Estimation of pasture intake by ponies from liveweight change during six weeks at pasture*. Jn of Equine Veterinary Science. 31: 5, 2750276
6. Glunk E.C, Pratt-Phillips S.E & Siciliano P.D (2013) *Effect of Restricted Pasture Access on Pasture Dry Matter Intake Rate, Dietary Energy Intake and Fecal pH in Horses*. Jn of Equine Veterinary Science. 33: 421-426
7. Martinson K.L, Hathaway M, Jung H & Shaeffer C (2012) *The Effect of Soaking on Protein and Mineral Loss in Orchardgrass and Alfalfa hay*. Jn of Equine Veterinary Science. 32: 776-782



BRC Body Protector Guidelines 2023 v1

Only body protectors to the following specification are acceptable at any BRC competition where the use of body protectors is mandatory:

A BETA Level 3 displaying either a <u>Purple 2009 Label</u> OR <u>Blue 2018 Label</u>		
2000 NO LONGER PERMITTED	2009	2018

Any other levels / dates are NOT acceptable* and will not be allowed at any BRC competition. If a label containing a correct date is not present, the body protector will not be accepted.



Please Note; these pictures are only intended for illustrating where the BETA label can often be found. A full list of BETA Level 3 body protectors can be obtained from www.beta-uk.org

- Where the use of a body protector is mandatory, air Jackets are permitted but MUST be worn over a permitted Level 3 body protector and if activated, MUST be deflated or removed before continuing. Air jackets may be worn without another body protector underneath only where the use of a body protector is not mandatory for that phase
- Hybrid Air-Jackets (a manufactured Level 3 Body Protector with an Air Jacket all-in-one) are permitted but if activated, MUST be deflated before continuing
- Blouson jacket type air jackets are permitted in accordance with point 1 above
- *Exo Body Cage body protectors continue to be permitted (see below) but the competitor MUST inform the Secretary at the event, who must then inform the paramedics and XC Control

Air Jacket



Hybrid Air Jacket



Blouson Jacket



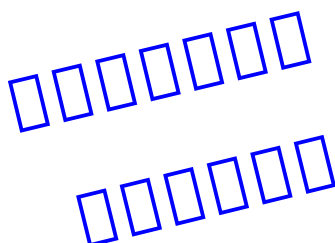
Exo Body Cage



IMPORTANT INFORMATION

*The ONLY exception to the requirement for a BETA Level 3 2009 or 2018 label is that Exo Body Cages will continue to be accepted, provided they have a BETA Level 3 2000 purple label.

From 1 January 2024 BRC will no longer accept the 2009 Purple labels



BRC Hat Rules 2023 Information for Competitors v1

How does this affect me?.....

For 2023, the requirement remains for all BRC members to have their hats tagged with a **PINK** hat tag before competing in any BRC Qualifiers or Championships. Due to the removal of the PAS 015 1998 and SNELL 2001, the aqua hat tags will no longer be accepted.

BRC, British Eventing and The Pony Club have joined together to unify hat standards, resulting in a single hat tag now being accepted across all three Member Bodies. This means that each organisation will be using the same pink coloured tag, but it will carry the logo of the body that tags the hat. However, any pink tag, with any of those three logos, will be permitted at all three organisations, preventing the need for separate tags for each Member Body competition.

When you arrive at the competition, take your hat with you when you go to declare. The Official Steward will then check that your hat complies with an accepted standard, and will place a pink BRC tag on it. It is a good idea to allow a little extra time when arriving at a competition for this to be done. Please note, you will not be allowed to ride anywhere at that event if your hat has not been tagged, and hats which do not comply with an accepted standard will not be tagged under any circumstances.

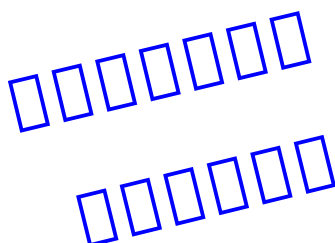
It is the competitors' responsibility to ensure they arrive at a competition with a hat to the correct standard so it is therefore imperative that you check your hats before you get to the event, in order to avoid disappointment. To do this:

- 1) Use the following information or the BRC 2023 Handbook for reference
- 2) Check that your hat clearly displays one of the accepted standards
- 3) Check that the standard also shows the correct corresponding date
- 4) Check that your hat also displays the correct corresponding quality assurance mark
- 5) Make sure that you do not remove any labels from inside your hat which may hold the relevant information, as a hat will not be tagged without all of the required information visible and attached.

Only hats which comply with **all of the above steps** will be accepted for tagging. If you're in doubt, please contact the BRC office for further advice. If your hat cannot be tagged, you will not be allowed to ride wearing that hat under any circumstances.

Please note: No alterations, protrusions or additions are to be made to a hat under any circumstances. For the Quadrille competition, please see the Quadrille rules in the Handbook for further information regarding costumes. Important additional information regarding hats for XC and head cams, can be found below.





BRC Hat Rules 2023 v1

Only hats to the following specification are acceptable at ANY BRC activity.
At all BRC Area Qualifiers and Championships, hats must show a visible PINK 'hat tag'.

This can be a BRC, BE or PC pink tag.

Any other standards / dates are NOT acceptable and will not be tagged.

Hats must meet ALL of the requirements of one of the following rows:

	Standard and Date	Quality Assurance Mark	Examples
1	PAS 015 2011	AND MUST HAVE BSI Kitemark Or Inspec IC Mark 	
2	VG1 01.040 (2014-12)	AND MUST HAVE BSI Kitemark Or Inspec IC Mark 	
3	ASTM F1163 (2004a or 04a onwards)	AND MUST HAVE SEI mark 	
4	SNELL E2016	AND MUST HAVE Official SNELL label and number 	
5	AS/NZS 3838 (2006 onwards)	AND MUST HAVE SAI Global mark 	

IMPORTANT INFO FOR THE CROSS-COUNTRY PHASE: Only a "Jockey Skull" of an even round or elliptical shape with a smooth or slightly abrasive surface, having no peak or peak type extensions may be worn for any XC phase. Noticeable protuberances above the eyes or to the front, not greater than 5mm, smooth and rounded in nature are permitted. It must also comply with the 'Protective Headwear' criteria and be tagged as set out above. A removable hat cover with a light flexible peak may be used.

The use of HEAD CAMS are strictly prohibited at any BRC affiliated competition. This includes use on the head, chest, bridle or any other part of the horse or rider.