

# Canadian Pony Club



## NATIONAL QUIZ HANDBOOK

National Quiz Rules  
Revised April 2019



# CANADIAN PONY CLUB

## NATIONAL QUIZ HANDBOOK

2019

Loyalty

Character

Sportsmanship

### Table of Contents

ROTATION OF HOSTING REGIONS .....	2
AIMS AND OBJECTIVES OF THE NATIONAL QUIZ.....	3
ELIGIBILITY OF COMPETITORS AND TEAMS.....	3
NORTH AMERICAN CHALLENGE C LEVEL .....	4
INTERNATIONAL QUIZ.....	4
APPROPRIATE DRESS.....	4
General Rules.....	4
Quiz Specific Rules.....	5
Passports.....	5
WRITTEN PHASE.....	5
ID PHASE .....	6
GAMES .....	6
SCORING.....	7
SCORING FORMULA: .....	7
CAPTAINS' REVIEWS.....	8
PENALTIES .....	8
AWARDS.....	8
NATIONAL RESPONSIBILITIES.....	9
REGIONAL RESPONSIBILITIES .....	9
Tips for Running a Successful Quiz .....	11
Appendix 1 - Games.....	12
Appendix 2 - National/International Eligibility Chart .....	16
CPC GUIDE ON CONCUSSION IN OUR SPORT .....	18



# CANADIAN PONY CLUB

## NATIONAL QUIZ HANDBOOK

**2019**

Loyalty

Character

Sportsmanship

### ROTATION OF HOSTING REGIONS

- 1995 Saskatchewan
- 1996 Alberta
- 1997 Central Ontario
- 1998 B.C. Lower Mainland
- 1999 Nova Scotia/Nfld.
- 2000 Western Ontario
- 2001 B.C. Islands
- 2002 Manitoba
- 2003 New Brunswick/P.E.I.
- 2004 B.C. Interior North
- 2005 St. Lawrence/Ottawa Valley
- 2006 Saskatchewan
- 2007 ANR
- 2008 Central Ontario
- 2009 B.C. Lower Mainland
- 2010 Nova Scotia
- 2011 ABC (hosted in Calgary)
- 2012 Western Ontario
- 2013 B.C. Islands
- 2014 Manitoba
- 2015 ABS
- 2016 New Brunswick/P.E.I.
- 2017 B.C. Interior North
- 2018 St. Lawrence/Ottawa Valley
  
- 2019 Saskatchewan
- 2020 ANR
- 2021 COR
- 2022 BCLM
- 2023 NS
- 2024 ABC
- 2025 WOR
- 2026 BCIR



# CANADIAN PONY CLUB

## NATIONAL QUIZ HANDBOOK

2019

Loyalty

Character

Sportsmanship

### AIMS AND OBJECTIVES OF THE NATIONAL QUIZ

1. To give Pony Club members from across Canada an opportunity to demonstrate their knowledge of horses in a competitive medium.
2. To allow Pony Club members and their educators to expand upon their wealth of knowledge, with the intention of teaching other members what they have learned.
3. To gather Pony Club members from across the country into a fun, social and interactive group.

### ELIGIBILITY OF COMPETITORS AND TEAMS

There will be two levels of competition at the National Quiz: "C" and "A/B". Each Region is invited to send one team for each level, with the host Region being allowed to send two teams at each level.

1. The minimum age for National Quiz is 12 years old prior to Jan. 1 of the current year and any exception must be approved by Regional Quiz Chair and National Quiz Chair
2. **C teams** to be comprised of 4 members.
3. **A/B teams** to be comprised of 3 to 4 members. Best 3 scores will count toward the team scores. **Members from 21-25 may only be part of the A/B Team.**
4. In the event that a region cannot supply a full team, the host region may allow individuals to compete as part of a scramble team.
5. Special permission may be given to Regions to send extra teams.
6. Members may compete at a level above their own Pony Club rating; however, they may not compete at a level below their Pony Club rating. If a "C" team member attains his/her "B" level after having qualified for his/her region's "C" team, he/she may compete at the "C" level for that year. The highest SM rating will be used to determine a member's Quiz level.
7. All ages are prior to January 1 of the competition year.
8. Each team must have a chaperone who is 25 years or older by the time of the competition. All chaperones will be expected to help run the Games Stations and the ID Tables.
9. Regions will be invited to send Horsemasters Teams.
  - Teams will be comprised of 3 or 4 members with the best three scores to count as for A/B.
  - Scoring will be the same as for Active Members, Ribbons will be the same.
  - Regions may send teams of C level or A/B level providing there are at least two teams at the level to make a competition. Regions may get together to make up teams.



# CANADIAN PONY CLUB

## NATIONAL QUIZ HANDBOOK

2019

Loyalty

Character

Sportsmanship

- Fees will be the same as for Active Members as will accommodations. HM not wishing to share 4 to a room will have to pay the difference to have 2 in a room.
- HM teams will not be required to have a chaperone.
- Members of HM teams cannot be chaperones for other teams.

### NORTH AMERICAN CHALLENGE C LEVEL

No longer available.

### INTERNATIONAL QUIZ

An international quiz exchange has been developed between the US, UK, Australia and Canada.

Rotation – every other year, starting in 2020

2014 US

2017 Canada

2020 TBA

Team Size – 4 members plus a chaperone

Age – 16 and up (age prior to January 1 of the competition year).

Level – C2 SM and up (level as of the application date)

Qualifier – must have competed in National Quiz in two of the last three years prior to the International Quiz and have placed in the top 10 at least once.

When the International Quiz is held in Canada, individual CPC members on the team will be eligible for individual placings. The team will not be eligible for any CPC team placings.

International individuals and teams will not be eligible for CPC placings. A complete set of individual and team awards will be offered to the International Competitors.

Details – Canada will provide 5 Games tables when the International Quiz is hosted by the USPC.

### APPROPRIATE DRESS

#### General Rules

All members are expected to be appropriately attired during all Pony Club competitions or events. Shirts must be worn that have sleeves (to the point of the shoulder) and must cover the midriff. Shorts must be mid-thigh or longer (unless discipline specific). Swimsuits are to be worn at swim activities only. Attire is to be respectful. All Regions are to ensure their competitors are aware of this policy.



# CANADIAN PONY CLUB

## NATIONAL QUIZ HANDBOOK

2019

Loyalty

Character

Sportsmanship

### Quiz Specific Rules

Team uniforms/shirts are appropriate for pictures and team activities. Pajama bottoms are not appropriate for wearing outside of the bedrooms.

All members are required to wear their PC pin during the competition.

### Passports and Medical Armbands

When attending National Quiz all team members are required to submit their passports to the registration desk upon their arrival at the competition. A bonus point will be awarded to each individual who complies with this requirement, as has been done in the past. Armbands are to be on site and worn or carried at the written test.

## WRITTEN PHASE

The written test is the most important section of the Quiz as it is worth more than any other phase. It is suggested that the test should be comprised of "fill in the blank" type questions and answers, as they are easy for anyone to mark with the aid of an answer sheet. Multiple choice questions and True & False questions may also be used. Short answer and essay questions should also be avoided as they are difficult to mark with any consistency, especially when using multiple markers.

The written test should not focus in detail on a small number of areas of horsemanship, but rather should touch on as many facets as possible, in order to best determine the most well-rounded competitors. Specific areas may be further tested in the other phases.

All questions must be referenced by book and page number, using books from the Required Reading list below, plus a limited list of other acceptable recommended books.

#### Required Reading List

USPC A/B, C and D Manuals  
USPC Guide to Conformation, Movement & Unsoundness  
USPC Guide to Bandaging Your Horse  
USPC Lungeing & Ground Training  
British Manual of Horsemanship  
Saddlery by E. Hartley Edwards  
Horse Gaits Balance & Movement  
Grooming to Win  
The Horsemaster's Notebook  
CPC National Discipline Rules  
The Horse Conformation Handbook

#### Recommended Reading List

Maximum Hoof Power  
Horseman's Veterinarian Encyclopaedia  
Horsewords, The Equine Dictionary  
Know Your Horse  
Vet Notes for Horse Owners  
Horse Anatomy Colouring Book  
All Horse Systems Go

There will be a special time set aside to allow the Captains to review the written tests.



# CANADIAN PONY CLUB

## NATIONAL QUIZ HANDBOOK

2019

Loyalty

Character

Sportsmanship

### ID PHASE

The ID test should be designed to determine the competitor's practical working knowledge of horses and riding. Articles should be collected from as many areas of horsemanship as possible. These articles may include pieces of tack or equipment from any discipline: Should be themed; e.g.: farrier's tools, veterinary utensils, bits, feeds, etc.

It is imperative that the names of each article are researched thoroughly, and that all correct names are given equal marks (i.e.: bell boot may also be listed as over-reach boot).

This test must be set up so that there is a list of possible answers from which the candidate may choose. This format makes marking much easier.

Because this is an individual test, it is important that team members remain separate throughout the test. This is most easily facilitated if the testing area is not overcrowded.

### GAMES

There are to be a minimum of ten games, each to be weighted evenly. This phase of the Quiz is worth 30 points, which will be added to the team total of the individual ID and written scores of each member of the team. Any points accumulated in the games phase do not apply to individual scores.

The purpose of the games phase is to provide the competitors with an entertaining, interactive experience that encourages a strong knowledge of horses.

The format of the games is limited only by the creative ability of the host region. Ideas may be obtained from game shows, puzzles, board games, etc. New games are always welcome at the National Quiz. It is the host region's responsibility to inform the teams well in advance of the competition of the games to be used.



# CANADIAN PONY CLUB

## NATIONAL QUIZ HANDBOOK

2019

Loyalty

Character

Sportsmanship

### SCORING

The Quiz is divided into two main sections:

Educational                      Written 40 points and ID 30 points

Games                                30 points

There must be a minimum of ten games, all of which are completed as a team. However, many games the host region chooses, all games must be weighted equally.

**INDIVIDUAL SCORES** will be obtained from each individual's written and ID tests. Scores from the Games section do not count toward individual's scores.

Total Possible Points = 70 points

**TEAM SCORES** will be obtained by accumulating the written and ID scores of all members, and then adding the games score.

Total Possible Points: C Teams = 310 points A/B Teams = 240 points

### SCORING FORMULA:

$$Y \times 100/X \times .4 = a$$

a + b = individual score

$$Y \times 100/X \times .3 = b$$

4 a scores = a team score **(3 for AB) (3 for HM)**

+

$$Z \times 100/X \times .3 = c$$

4 b scores = b team score **(3 for AB) (3 for HM)**

+

c

Y = Competitor's Total

Z = Team Total

Team Score

X = Total Possible

A = Written

B = ID

C = Games

NOTE: For AB and HM teams, the best 3 scores to count. (The best 3 scores from each section)

Ties – ties will be broken based on written scores, then on ID scores.

*If a Ghost Score is required due to a team being short one member, the Ghost Score will be an average score of all competitors at that level.*





# CANADIAN PONY CLUB

## NATIONAL QUIZ HANDBOOK

2019

Loyalty

Character

Sportsmanship

### CAPTAINS' REVIEWS

There will be a one-hour period set aside for Captains to review the written tests. Official answer sheets will be provided to them for this task. Captains may also use any Pony Club recognized reference material (any material on the required reading list for testing as listed in the current Testing Procedures plus the Required/Recommended List for Quiz) in order to have answers which do not match the official answer sheet accepted and marked as correct. After panel review, all scores are final.

Captains are to bring sticky notes with them and mark any changes and the reference book used. After the hour, Captains will leave their material in the room and the TD and assistants will check all requests for changes and make the appropriate changes to the scores.

Team captains will have one additional hour in which they may view their team's ID and games papers in order to check addition and to check for scoring errors.

### PENALTIES

Unsportsmanlike conduct (i.e.: cheating) and inappropriate behaviour will result in the following actions:

1. The member and the chaperone will meet with the TD and National Quiz Chair
2. The member will receive a score of 0 on the phase where the behaviour occurred.

Cell phones and other communication devices are not allowed in the competition rooms. Use of a cell phone will receive the same penalty as unsportsmanlike conduct.

Chaperones should ensure that their teams are aware of these rules.

### AWARDS

Awards must be given to at least sixth place for both team and individual overall placings at each of the "C", HM and "A/B" levels. It is at the discretion of the host region to extend the number of placings if the number of entries warrants it.

National will provide a grant to purchase these ribbons.

The "Billie Mann Memorial Bursary" is awarded to the top individual at the "A/B" level at the National Quiz. The award will be \$100 plus a plaque commemorating Mrs. Mann. National will pay for the plaque.

The "Adele Rockwell Memorial Award" is presented to the top individual at the C level at National Quiz. The award will be \$50.00 plus a plaque in the memory of Adele Rockwell. National will pay for the plaque.



# CANADIAN PONY CLUB

## NATIONAL QUIZ HANDBOOK

2019

Loyalty

Character

Sportsmanship

The Apple Saddlery plaque is awarded to the top C team. National will pay for a small keeper plaque for each team member.

The Adelle Coffin Memorial plaque is awarded to the top A/B team. National will pay for a small keeper plaque for each team member.

The four large plaques will be inscribed after the quiz by the winning person or team and will be kept in the winning Region for 1 year. They must be returned to the National Quiz site the following year.

The Phil Crowe Memorial Award will be awarded to one C and one A/B participant who has shown a great commitment to this discipline, to their Branch and to their Region. The award will be offered for at least 5 years and will consist of \$300 to a C individual and \$300 to an A/B individual.

### NATIONAL RESPONSIBILITIES

National pays for:

- Team & individual rosettes for both the CPC Championships and, for the North American Challenge in the year in which Canada hosts. (The Region receives a grant with which to purchase these ribbons)
- 10 keeper plaques
- Transportation of the National Chair to the National Quiz and their entry fee to cover meals and accommodations.
- Transportation of the three Active Member Directors plus entry fee if the members are not already on a Regional team.

National will supply a computerized scoring program upon request.

National, in the person of the Quiz Chair and the Canadian Pony Club Administrator will provide whatever assistance the hosting Region requires, before, during and after the actual competition.

### REGIONAL RESPONSIBILITIES

Entry fees should cover the general costs of running the quiz plus a majority of the meals and all accommodations for the competitors and chaperones.

The hosting Region should keep the other Regions well informed as to their plans for quiz. Several mail outs will be necessary. The Web Master will assist with putting the information on the Web Site.

The hosting Region is responsible for providing copies of the stations and tests along with the answer sheets. These can be used for the Captain's meeting and then can be sent home with the team packages at the end of the quiz. A complete package must be sent to the National Quiz Chair. It is strongly recommended that this package be available on a CD for each Region.



# CANADIAN PONY CLUB

## NATIONAL QUIZ HANDBOOK

**2019**

---

Loyalty

Character

Sportsmanship

All mail outs from the host Region must be sent to the National Quiz Chair and a copy must also be sent to the National Office in Baldur.

The hosting Region is asked to set aside specific time for National Youth meetings. These meetings are very important and should be given due consideration. All members at quiz are expected to attend these meetings. These should be coordinated with the Active Member Directors.

Team photos would be appreciated whenever possible.

Organizers must stay on site until at least noon on the Monday to ensure that all competitors have a way to get to the airport.

It is strongly recommended that the organizers plan some sort of entertainment following the Banquet. This need not be expensive, possibly just have music in the Banquet room so that the kids can dance and talk.



Loyalty

Character

Sportsmanship

### Tips for Running a Successful Quiz

1. Send mail outs early detailing arrangements as much as possible.
2. Send copies to the Regional Chairs as well as to the Quiz Chairs.
3. Send copies to the National Quiz Chair and to the National Office.
4. Make questions as clear and specific as possible. Ambiguous questions lead to difficulties in marking and protests.
5. When asking questions about rules (PPG, Tet., Rallies etc.) specify the level, National or Regional, gender if applicable and anything else that will make the question very clear. Questions on discipline rules should be weighted equally for each discipline. i.e. don't have two pages on PPG and 2 questions on Rally.
6. Don't schedule too tightly as things will go wrong and delays can wreck your schedule if you haven't allowed some extra time.
7. Colour code your sheets. Green for C's, pink for A/B's and Horsemasters at the C level will be light purple and at the A/B level will be light blue. This makes sorting a lot easier and the kids can see immediately if they have the wrong sheets.
8. It is essential that you have a computer for running quiz. If you need a copy of the scoring program, please contact the National Office.
9. Certificates and team photos for each member at the end of quiz, would be a nice touch.
10. Try to have everything ready to send home with the chaperones. This will save mailing costs and will make the Regions very happy.
11. When running stations where the teams or individuals go from place to place, be sure to have a start buzzer and an end buzzer with sufficient time in between for the competitors to get from station to station. Try to be sure that the people running each station clearly understand how to run their station.
12. When marking the written tests, it works well to have a single person mark the same section on every test. It also works well to have separate rooms for the C test marking and the A/B test marking.

New for 2018, please see the Organizer's Guide to Running National Quiz for more detailed instructions.



Loyalty

Character

Sportsmanship

Appendix 1 - Games

Instructions and Sample Questions for possible games stations.

All stations must be weighted the same. A minimum of 10 stations must be used. Regions may use any or all of these stations and are encouraged to come up with at least a few new stations. The games are worth 30 points per team of the total points for the competition.

These are just suggestions. These games can be altered to fit Regional ideas. If you have other games that you use in your Region, please write them up and send them to be included in future updates.

- 1. **Alphabet** A set of 26 cards is produced, each one containing a clue to one letter of the alphabet. Each team receives a master sheet with the 26 letters and space for the answers. The team attempts to match the clues to the letters of the alphabet.

e.g.    A type of girth            A    Atherstone  
           Slow trot                    J    Jog

- 2. **Jeopardy** Based on the TV show. Players choose a topic and a point value from a specially designed board. The answer is read from the card and the player must give the correct question. The harder questions are found under the higher point values. There should be a station with C questions and another with AB questions.

e.g.

Feeding	Conformation	Starts with C	Famous Horses	Foot & Shoeing
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3

Starts with C for 3 points.    A pain in the stomach.    What is colic?

- 3. **Before and After** Players must find a word that connects two other words. At least one phrase is horse related. Players must fill in the blank.

e.g.    church \_\_\_\_\_            boots (bell)  
           stick        \_\_\_\_\_            worms (pin)  
           alfalfa \_\_\_\_\_            wagon (hay)



# CANADIAN PONY CLUB

## NATIONAL QUIZ HANDBOOK

2019

Loyalty	Character	Sportsmanship
4. <b>Initials</b>	Players must write the full names for the abbreviations for common horse organizations, Pony Club books or Pony Club rules. e.g. CPC Canadian Pony Club KYH Know Your Horse T.P.R. Temperature, pulse and respiration	
5. <b>Win, Lose or Draw (Pictionary)</b>	Team members take turns drawing horse related articles. The rest of the team tries to guess what is being drawn. e.g. Balding girth	
6. <b>Famous Horses</b>	Players identify famous horses and/or riders, fact or fiction, using written clues or pictures. e.g. the Lone Ranger's Horse Silver Roy Roger's Horse Trigger	
7. <b>Talk About</b>	Two players leave the room while the other two players 'talk about' a given topic. They try to use the 10 secret words. They get 1 point for each secret word that they use. The other team members return and try to guess the topic by seeing the words that were revealed by the first 2 players. If they correctly guess the topic, the team receives more points. e.g. Topic Feeding Secret Words: rules, nutrients, hay, bulk, water, concentrates, forage, oats, vitamins, corn	
8. <b>Crazy Horse Parts</b>	Players guess parts of the horse based on clues. The clues are not related to horses but suggest a part of the horse. e.g. sits on a lily pad frog a pirate's trunk chest used for a broken bone splint	
9. <b>Parts of the Horse Unsoundness</b>	Players identify parts, areas of unsoundness or bones from pictures or artifacts. e.g. Bones	
10. <b>Bridle Path</b>	Players assemble a bridle as quickly as possible. Can be done blindfolded, depending on the level.	



# CANADIAN PONY CLUB

## NATIONAL QUIZ HANDBOOK

2019

---

Loyalty	Character	Sportsmanship
11. <b>Odd One Out</b>	Pick the item that doesn't fit the category. e.g. standing, <del>dropped</del> , running, Irish wind galls, thoroughpin, <del>fetlock</del> , bog spavin	
12. <b>Concentration</b>	Players look at a set of objects for 90 seconds, then write down as many as they can remember.	
13. <b>Name my Game (Horsing Around)</b>	Pictures illustrate horsy pursuits, sports and occupations. e.g. polo, farrier, saddle maker, combined driving	
14. <b>Number, Please</b>	All the answers to these questions are numbers. e.g. knock down in show jumping, incisors in a mare	
15. <b>Sock it to Me</b>	Identify objects by touch alone.	
16. <b>Stadium Station</b>	A miniature jumper course is set up. Players have to list mistakes in the course and answer questions about show jumping.	
17. <b>Doing Dressage</b>	Players set up a Dressage ring and answer questions about Dressage.	
18. <b>Puzzles</b>	Players work together on a variety of crossword, word search or scrambled word puzzles.	
19. <b>Wheel of Fortune</b>	Players try to guess as many mystery words or phrases as they can in 10 minutes. Players must answer a question correctly in order to pick a letter and guess the puzzle.	
20. <b>Trivial Pursuit</b>	Players try to answer as many questions as possible in all six categories if possible.	
21. <b>Go for the Gold</b>	Olympic trivia - especially important in an Olympic year.	
22. <b>Pin the Disease</b>	Using a large picture or a skeleton, pin various diseases and unsoundnesses on the horse.	
23. <b>Name that Breed</b>	Identify breeds of horses and ponies from pictures or answer questions about them.	
24. <b>Harnessing Up</b>	Identify parts of harness from pictures or real items. Put harness on a horse.	



# CANADIAN PONY CLUB

## NATIONAL QUIZ HANDBOOK

2019

Loyalty

Character

Sportsmanship

25. **Taboo**                      Players try to get their partner to guess a word from clues they give. The only catch is there is a list of words that are “Taboo”. Use one of them in your clue and you lose the point.  
E.g. The word is saddle but you can’t use the following words in your clues: sit, back, girth, stirrup, ride (or any form of those words).
26. **Pyramid**                      Based on the game show, the \$10,000 Pyramid, one member gives clues to a category. The other team members must guess the category.  
E.g. The category is “Things a Horse Might Wear in the Trailer”. Clues might include boots, poll guard, bandages, blanket, etc. You keep giving clues until your team guesses the category.
27. **Charades**                      Players act out equine related phrases.
28. **Headbands**                      Similar to charades. One member wears a hat with a phrase written on it. The other team members act out the phrase for that member to guess.
29. **Zoom-In**                      Members identify closeup pictures of familiar horse related objects.
30. **Green Thumb**                      Pictures of various plants to identify.
31. **Scramble**                      Unscramble familiar horse terms.
32. **ABC’s of Racing**                      Like Alphabet but using racing terms.
33. **Call the Vet**                      Questions, pictures, x-rays, scenarios relating to Vet & First Aid.





Appendix 2 - National/International Eligibility Chart

Quiz

<b>Membership</b>	
<b>National</b>	Active and Horsemasters
<b>International</b>	Active
<b>Age</b>	
<b>National</b>	Min.12 years old prior to Jan. 1 of the competition year.
<b>International</b>	16 years and up
<b>Rating</b>	
<b>National</b>	D/C/AB Members may compete one level higher but may not return to the previous level. Levels are based on SM level. Although D's may attend, competition is offered at the C and A/B levels only.
<b>International</b>	C2sm/AB
<b>Qualifying Period</b>	
<b>National</b>	Same year
<b>International</b>	Three years
<b># and type of Qualifiers</b>	
<b>National</b>	Reg Champs
<b>International</b>	National Champs
<b>Verification of Results</b>	
<b>National</b>	Regional Results
<b>International</b>	National Results
<b>Min Performance</b>	
<b>National</b>	Top 10 at Regionals
<b>International</b>	Top 10 at Nationals
<b>Required Documents</b>	
<b>National</b>	Entry forms
<b>International</b>	National Package
<b>Signatures</b>	
<b>National</b>	Regional Chair and Reg Quiz Chair. Regional Chair will sign a general declaration that they are aware the competitor is competing at the event.
<b>International</b>	Regional Chair, Regional Quiz Chair, National Quiz Chair



# CANADIAN PONY CLUB

## NATIONAL QUIZ HANDBOOK

**2019**

Loyalty

Character

Sportsmanship

### Letters of Reference

**National** Two letters from individuals familiar with the candidate, outlining the suitability of the member to participate in Quiz and serve as a good ambassador for their Region. Must not be family members.

**International** DC, RC, NQC

### Medical Fitness

**National** N/A

**International** N/A



### CPC GUIDE ON CONCUSSION IN OUR SPORT

CPC Risk Management Committee has reviewed the “Consensus Statement on Concussion in Sport 3<sup>rd</sup> International Conference on Concussion in Sport Held in Zurich, Nov 2008.”

After this review our recommendations to Organizers, Coaches and Parents are as follows:

1. If a rider has any blow to the head, face, neck or other part of the body that causes an impulsive force to the head, they should be screened for acute symptoms of concussion.
2. Symptoms to screen for include: loss of consciousness, seizure, amnesia, headache, pressure in head, neck pain, nausea or vomiting, dizziness, blurred vision, balance problems, sensitivity to light or noise, feeling slowed down or in a fog, “Don’t feel right”, difficulty concentrating or remembering, fatigue, confusion, drowsiness, emotional or irritable, sadness or anxiousness.
3. Any athlete with a suspected concussion should be immediately removed from riding, should not be left alone or allowed to drive, and should be referred for medical assessment.
4. Same day return to riding should only be allowed with medical clearance that there was not a concussion.
5. When a concussion is diagnosed, CPC recommends that parents and coaches follow the Graduated Return to Riding Protocol (table 1) allowing at least 24 hours for each stage. This is adapted from the Consensus Return to Play Protocol and time frames may be extended for children under 10 where recovery can be more complicated.

**TABLE 1. Graduated Return to Riding Protocol**

Rehabilitation Stage	Functional Exercise at Each Stage of Rehabilitation	Objective of Each Stage
1. No activity	Complete physical and cognitive rest	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling keeping intensity <70% MPHR; no resistance training	Increase HR
3. Sport-specific exercise	Light flat riding, walk/trot in controlled setting	Add movement
4. Non-contact training drills	Progression to more complex riding on flat	Exercise, coordination, and cognitive load
5. Full contact practice	Following medical clearance, participate in normal training activities (lessons and jumping)	Restore confidence and assess functional skills by coaching staff
6. Return to play	Normal competitive riding	

**THIS CHILD’S BRAIN IS MORE IMPORTANT THAN THIS COMPETITION, TEST, OR LESSON.**

This guide is to intend to support the existing rules regarding falls and shall not be used to overrule the decision of an official, examiner, instructor or safety officer to not allow a participant to continue.

