

The Zone 16 Camp Guide

(By Camp Commandant, Mark Thorek)

It's March already and hopefully you are all preparing for camp!!

Bring on climate change – KEEP THIS WARMISH WEATHER GOING!!

IT IS LIKEKLY TO BE WET!!! Be prepared for this for horses and participants.

IT WILL BE COLD AT NIGHT – warm rugs for horses and firewood for yourselves

And so it is Camp again – seven days of fantastic fun, fatigue and growing larger on Mike's wholesome meals; and the occasional ride on a horse which is what it is all about.

This guide is very similar to ones of the past – but does take up in what was a surprise last year, changes in demographics and cut out bits that are no longer relevant. If you think you've already read about something – don't despair. It is not the onset of Alzheimer's – I have probably repeated it (either for emphasis or my Alzheimer's).

Each year is different. Each year the people are different.

This guide is designed for new starters as the main focus. It provides some useful information to answer the questions in the back of your mind when everyone says – "Oh Campit just happens". However, as for previous years, it does help as a reminder for some of the old stagers who have experience – but need the odd nudge and the "Oh yeah, forgot that last year".

Most of all it helps everyone be comfortable at Camp and know what's what and who to ask for more assistance.

There are also some new bits of info hidden in this missive – just for those who think they have it all covered!!

This is also a work in progress – if we have forgotten anything please email me so that we can ensure clarification and that everyone benefits – particularly for future years. It also supplements the other information forwarded out and located on the Zone Website.....oh that's right we don't have one yet so please pass between Clubs and Secretaries

IMPORTANT STUFF!!

Coffee (that's important). We have them back again – I think they may start riding lessons for their littlies soon as they really enjoy coming along. They plan to start about 07:30 AM. This is not a replacement for breakfast, nor to detract from an escape into town for those who can – just a way to improve the ambience – and wake up! We are not paying for their presence nor gaining income. Hopefully this will also help those who cannot escape into town such as the Troop Leaders etc.

YARDS

There are no more wooden yards left on site. Yaaaayyyyyy!!! However, we are still to fix some of the steel pony yard fronts. Hopefully these will be done by Camp – contracting out (yes I know we said it last year,,,,). On an important note, should anyone notice something awry with the yards (eg missing the plastic caps) TELL ME!!!

The yards will have been sprayed and there is a polocrosse comp between now and Camp so all should be well and truly beaten down – that's twice this year for spraying and a 4 hour job. There may be a need to rake out the debris before putting down sawdust bedding, so be prepared.

Also there will be a requirement to centralise the daily waste so we can get rid of it during Camp rather than just leaving it there for someone to clear away after everyone has gone. Please bring extra barrows etc that will make this job easier!!

NOW TO CAMP

Don't panic – that still comes the day before camp when the horse has thrown a shoe (again), the farrier has thrown his back, and the tyres on the float are flat.

Most of the information pertains to all phases of the Camp:

Pre-Camp – yes you should have started preparing as the kids do in the week after last camp. Still can't find 3 missing and mismatched socks? They have gone! Buy some more.

During Camp – stop and drop, staying on, where to go and how to do it.

Post Camp – How and when to get the little darlings and their riders home.

WHEN IS IT?

Finally we have the alignment of the planets and stars – at least in a school holiday sense Easter is well before Camp so will not have the benefit of a full moon – nor howling in the treelines! – relevance of the last....easier for the Commandant to sneak up on recalcitrants in the horse yards; but more likely to do damage stepping on unseen rakes in the dark (more on that later).

03 Apr – Bungendore Adult Riders and Pony Clubs are doing restoration and repairs on the XC Course that day – critical as several key jumps recently badly damaged. This is an opportunity for all in Zone to lend a hand as we are a major user of this facility.

That day is also good for yard cleanup.. The earlier rains and fair temperatures have really been good for growth and the Trust has been busy spraying to get the weeds down so that all is well within the lay-off times. There will be a need for some other activity then such as labelling the yards, marking out the showjump arenas etc; but we will advise as this is likely on Sunday 03 April so working bee on 09 April can get stuck in!. May not occur so will keep all posted. OK that is also the time where everyone stakes out their claim for their Club. Amazing how rope and string suddenly appears in the Camping area.

Point of Note – if you stake a claim that surrounds a power access pole so no one else can access it - it will be removed. Please share access reasonably.

Pre Camp Week – labelling yards, preparing packs for riders and troop leaders etc – more on this as help will be needed.

09 April - Working Bee and Setup (tarps, halls, kitchen and dining, showjump arenas, etc). A good opportunity to also prepare your yard without Neddy **AFTER AFTER** the above are finished. Those staying overnight let the Commandant know so yards for during the day can be allocated. Yard allocation will be advised early in order to conduct preparation – NO YARD EXTENSIONS!!!.

10 April – Arrival day (registration, yards, settling in, gossip, vet check, gossip, race home to get that other bridle etc).

11 - 15 April – Thrills, spills and frivolity – see separate program

16 April – IMG, presentations, pack-up and bye-byes

17 April – Sleep in for most – finalise cleaning and grounds refurbishment. **Will need a hand this year as I will be away with work!**

19 April – ask if you can go back as much more fun than school!

WHERE IS IT?

Bungendore Showgrounds, Matthews Lane (off Bungendore Rd) – on 09 / 10 Apr enter via the top gate with floats and you will be directed to a float parking area closest to your yards – in neat straight lines. Note that with the new steel yards, not everyone will be right outside their yard. Please be patient and courteous; we will get you near, not in your yards.

For Instructors / associates – your horses will be yarded in the new car park yards adjacent to the first gate

WHY IS IT?

CAMP IS FOR THE KIDS AND THEIR HORSES!!

Horse preparation – this should be well in train by now – feeling guilty??

Apart from fitness (see your Club Instructors on what is best for you and your horse) you should look to when you start yarding and getting them used to hard feed.

- With that flush of rain last year and in February and the growth, a lot of horses have been let go in paddocks and rarely yarded over the past few months. Suddenly finding themselves stuck in a yard overnight can be quite traumatic – particularly when surrounded by strangers. A good idea to get them used to being fed and watered in a yard if you can.
- At camp you are provided lucerne & oaten chaff, as well as meadow / lucerne hay (more on feed later – would make a mini-series to rival Underbelly).
Make sure your horse is used to not just grazing for a feed as a sudden change in diet can result in shock and foundering – particularly with the recent flush of nice green stuff.
 - o Make sure you introduce the new feeding regime slowly and that junior knows and is part of the program. Make sure that Junior knows how to feed and rug the horse also as a bit more independent – after all it is their responsibility not the parent's.....yeah right I hear the mutterings....Did you note that Tom?
 - o During Camp: If you notice a change in your horse's wellbeing or behaviour – tell the Troop Leader or Instructor who can arrange the appropriate checking – we have a dedicated horse welfare officer (not a shared job) who we will introduce. Suddenly being jumpy may not be from the excitement of camp – it may be a sore spot from the saddle that used to fit perfectly and pony has been getting fat on adgishment and suddenly losing some tone due to the hard work! (Or else Junior is getting fatter on Mike's great meals). The troop leader will get the appropriate assistance – but if at an odd time – tell someone in charge – there are lots of radios and Mark never sleeps apparently!

- o Check teeth before camp – the horse's not Junior's. A general check for spikes and burrs is good as often the cause of discomfort, head tossing etc. Also generally check the mouth for sore spots – they can occur at short notice – particularly with the grass seeds.
 - o Watch out for Secondary Sweats. Make sure that horses are well and truly cooled down after last activities and don't go and razz them up again after dinner!! If there is evidence – let us know and we can assist.
- **Gear** – now is the time to check the gear – yours and the horse.
- o Rugs. Horses need rugs. They are confined in yards and cannot move around as much to keep warm. It is cold at night during Camp – fact! The horse checkers at night do not enter yards of strange horses – what could possibly go wrong – so kids will be brought back to rug horses that are shivering with cold and uncomfortable.
 - o Horse will need a **waterproof rug!** No horse should be left without a rug.
 - o Helmets (as per PCANSW regulations – find a way to name them as surprising how many left after a camp – none of which align to people who have apparently lost theirs) – Over time the inner lining can shrink and make the helmet a loose fit. Check and pad appropriately as required. Also if the helmet has had a hard fall replace it as the structural integrity is lost.
 - o Halters – web strap halters with buckle – no rope halters in yards please. The commandant would prefer no halters on at night as it is just another thing horses can get caught up on. .
 - o Camp is NOT a good place to break in NEW equipment. This is particularly true for **Boots**, Bits, Bridles and Saddles. By all means bring new items. However, also bring the ones that are tried, tested and both rider and pony are used to – usually the best.
 - o Make sure the stuff is clean and serviceable. Check stirrup leathers (particularly the stitching and wear around the holes where the adjustment dooverlakes goes). That wearing may just pass for a Rally Day, but will not last the heavy pounding they get at Camp.
 - o Check the bit for foodstuff and sharp bits – would you put it in your mouth??? Not a good idea to introduce an entirely new style of bit on Day 1 of camp – speak to your Club CIs about this. A scrub with toothpaste is a good way to get off those stubborn stains and entrenched grass. Works on the bit too and makes the neighing so much more pleasant.
 - o Girth Straps, Camp is an exciting time for everyone and it is expected that most ponies will drop at least one or two girth holes. While Troop Leaders will often try to adjust as best as possible, having a spare (slightly shorter) girth is a great backup. Good fitting gear means a happy pony, which means a happy rider. Check your gear before you come and if it looks like it is close to the next size down, or if in doubt, bring a spare.

- o Often very generous people lend gear out when items break or no longer fit (see girths) – particularly locals for those from afar. In your haste to depart on the last day don't forget to return the items and always check your float for extras where you have been sharing with someone else.
- o If your rider did not have a dressage saddle at the start of Camp – it is likely they do not now own a new dressage saddle at the end of Camp. It has happened and puts a blight on a good Camp!!
- o If you get home and you find extra gear etc let your Club Rep or Commandant know and we can arrange the return! Mistakes do happen. If you are missing something also let us know as we always have some (often very interesting) items in lost property – check the pile before you leave!
- o If you have a torn rug etc let the Troop Leader know and for them to see the Commandant – some repairs are better than a gaping hole – particularly for wet-weather gear. Same applies if any issues with leather stitching.
- o Tack Box – have a good look at what is needed in there. Less emphasis on the plaiting rubber bands, hacky chalk, and eye make-up (if you are wondering what I am talking about you don't have a Hacky child). More emphasis on brushes, hoof picks, spare straps and perhaps a leather-punch for those who have been around a bit longer.

YARDS

Yard Construction.

- ✓ The new yards may not have clips and chains on the entrances by the time camp starts so be prepared with extra stout ropes to close this gap – panels such as those on the float for portable yards are ideal, but make sure they are secure. There will be no extending of the steel yards as both unnecessary and it would obstruct walkways.
- ✓ If unsure what yards you will be in come to the Saturday work party – and after all the jobs are complete - you will be able to prepare your yard for your horse's arrival the next day. Simple is best!

Yard Checking.

- ✓ **Yards are to be checked before parents leave the area on the Sunday.** This is to ensure that the appropriate ropes are on hand – and that Junior can tie the same knots as Dad.
- ✓ The yards are allocated on troop basis. Some yards are deliberately reserved for other purposes – eg monitoring for ailments or strains. The wooden arena (now redressed), cattle tie-ups and mounting yard near the main buildings are NOT available for general use. If you have a specific issue let us know BEFORE allocations in April. Camp has been for many, many years and the yards have served us well.

- ✓ The yards have generally had a fair bit of use over the past month – some will need raking out prior to occupancy to remove the Triffids. On the Saturday we will ensure all are structurally sound.
- ✓ Use decent rope, not string. Active electric fence line is banned. Non-active fence line / tape is also no good. For those who used it and bolted last year – despite assurances – IT DID NOT STAND UP TO THE ONSLAUGHT. It may be OK for a day or two – but readily frays and then snaps. Please use rope, the thickness approaching a leadrope is good as also soft – they will push against it.
- ✓ Rope across the yard openings needs to be stout – again not string. It also needs to be fixed in a way that keeps Neddy in, not one pull and the whole lot collapses – very clever little Welshie that one!! If you wonder why your entrance macramé is very different the next morning from what you did the night before – the Yard Fairy Lives!!
- ✓ Do NOT use gapped orange plastic barrier webbing – this catches them every time, particularly hooves, shoes and halters. If some barrier is necessary between yards use shade cloth (doesn't make a noise) and allows some airflow without flapping like canvas etc.
- ✓ If you do the above, be considerate of the neighbours. If you want the shade cloth the attachment ropes **go INSIDE YOUR YARD**. Unfair that the neighbouring horse gets its leg trapped between the cloth and rope – to the extent it pulls a shoe. Again it is a safety issue because it is not pleasant rescuing a panicking, unknown horse late at night.
- ✓ Sawdust is available, but due to cost, not huge amounts. Only take what is needed (2-3 wheelbarrows) to provide a shallow layer in the centre. The edges do not matter. DO NOT TAKE MORE - PLEASE BE CONSIDERATE. If you need more, perhaps an extra bale or two or prefer rice husks – the local Rural Centre / feed suppliers (see last page) have these or you can pre-order them to save carrying them from miles away.
- ✓ Do not use jump poles as borders for the sawdust. All the long poles that are at the shed will be used in some way during camp and we will remove them if used.
- ✓ Gates. Generally the metal pony yards (near the road) have chain (most two to stop the short ones escaping) now and the horse yards will not all be completed by camp – some stout rope is needed for horse yard lower rails as they do get curious. Also for those escape artists - particularly ponies - some additional barriers are needed. Doesn't help when they walk right underneath the lowest rail!! If making temporary gates – ensure they are not a hazard to the horse / riders next door.
- ✓ Poles that are broken may be used as gates - check for jagged ends though. If in doubt there is usually a saw about – see the Commandant. Note that these are likely to be few as we also use them on the tarps. Long jump poles are for jumps – even the really heavy ones will be used in lessons for trotting poles etc – do not take these from in or near the shed!!!! Also you don't

really need to make a neat border around the yard – if you need to, please bring your own poles.

- ✓ **Troop Leaders** – please ensure that steel yards are secure before parents depart. A piece of baling twine does not suffice!!!

Remember it is the welfare of riders and horses that we are looking after.

Water

- ✓ Buckets – 60 litre bins or volume equivalent is ideal. Tubs like those used for feed are OK at home where they have been wandering all day – but totally inadequate for Camp. Also in the small yards these get trampled and kicked over, spill and split.
- ✓ Bins for water to be placed at **the FRONT** of the yards. Whilst we take every effort to check water before the evening activities, some still need a top up later. The Commandant does not climb into yards at night! Troop Leaders will be checking this on Day 1. Troop Leaders will also be checking at feed times and evenings so if your horse needs water you will be called.
- ✓ Some horses can be fussy about their water. Our water at the Showgrounds is fine for drinking but is bore water so some horses are a bit hesitant. Mixing some molasses in does the trick (or else maple syrup in one of those easy squirty bottle – doesn't need much). Kids and troop Leaders will check to see whether horses are drinking and can see the Commandant if any concerns. The Commandant does keep an eye on whether a horse is drinking, particularly the first few nights. However, some wait for the dawn before having a good drink. Stress will cause some to hold off drinking until they settle.
- ✓ Hoses. Often a few stalwarts are prepared to leave their hose connected to the tap to make filling water buckets easier. Leave them on those taps and do not steal them at the end of Camp this year! It just means more costs and price rises.
- ✓ Tanks. All the water for Camp comes from the same source. We have the one pump – therefore if every tap is on between yours and the pump - it will be slow, so be patient. Do not leave taps on – and report any leaking / dripping taps to the Commandant. If you are really lucky he may even teach you how to fix them.

Feed

- ✓ Ensure Junior knows the proportions. A 12hh Welshie DOES NOT need 4 scoops of lucerne chaff, 5 oaten and two handfuls of bran twice daily with 2 biscuits of hay – lucerne of course! Use a texta on the feed bin if unsure or write it down on a card they can bring with them.
- ✓ **Helmet done up and boots on in feed line.**

- ✓ Remember suitable boots / covered footwear in the horse area at all times. Those fluffy slippers or thongs are just not on – this also goes for parents, troop leaders and helpers to set the right example. If going into the yards – boots and helmet...horses don't discriminate on the basis of age when they stand on your foot.
- ✓ You don't need to line up at the feed line 2 hours ahead of opening. I know it is the culminating social opportunity of the day – and great to catch all the gossip – but you can do other things.
- ✓ Be alert when feed time is on!! Noddy and Nellie are distracted and may not realise that you have entered their yard and may think it is the horse next door trying to steal their feed – a perfect set of teeth marks on a shoulder is evidence that this has occurred. They can suddenly spin on a 5c piece (pity they can't around a barrel in sporting) and knock you down by accident. Talk to your horse when entering the yards – everyone does so don't be self conscious.
- ✓ **We provide the following :**
 - o **Oaten Chaff**
 - o **Lucerne Chaff**
 - o **Mix Meadow Hay or oaten rye mix this year**
 - o **Lucerne Hay**
 - o **A really good looking and dedicated Feed Team**

Feed Quantity

- ✓ The **biscuit** sizes suit the average horse. Ponies do not need so much – although most just need the meadow to keep the digestive system moving. Larger horses we try to accommodate with a decent biscuit size. We all pay the same regardless of size of beast so do not take and store excess to take home – it has happened – and if you have a huge beast see the guys at the feedlot and they will try their best to look after you – swings and roundabouts.
- ✓ There are times where the biscuits are above or below the usual. It happens. Please be realistic, and polite, about requests for that little bit more or when it appears that you are being allocated less.
- ✓ **However – if your horse needs more than the average – Bring some Extra!!**
- ✓ The **chaff** is selected against quality and price so that we look after the animals – and do not have weird weeds growing back after Camp – interesting there is no Australian standard for chaff so whilst our supplier tries

his best to source quality, there is no guarantees – see the yards before mowing!!.

- ✓ **Additives** – we do not provide any additives. A good idea for younger members is to pre-package before Camp so that is in feed-sized lots. 5kg of Gumnuts on Day 1 and then no more for the rest of the week is not good – another story there.
- ✓ Any extra food additives for your horse need to be stored in a secure and closed float – NOT in a basket, bucket or container outside your yard. Escapees take delight in consuming said treats – not good for them. Also your horse knows they're there and will reach out to get it – usually through the temporary fence. Half a ton of horse will bend star pickets.

Yard Cleaning

- ✓ As a result of the above consumption – what goes in one end does come out the other!!
- ✓ Yards are to be cleaned out at least daily. Not only is it hygienic and comfortable for the horse; but also a check to see that the stuff is still coming out and not yesterday's deposit.
- ✓ A sure sign that something is not right is a lack of bowel movement (ie poohs not coming out). If you suspect this contact Commandant / Troop leaders immediately.
- ✓ Pooh Piles are to be formed to allow several yards to have access and let it grow as we will be removing them during Camp and not just on the last day. Please bring a wheel barrow to supplement the few from the Zone oif you can.

Tack. This is all on the form. The local suppliers have extra if needed.

- ✓ Keep it clean and stored in the float.
- ✓ Make sure yards are clear of bits, combs, hoof-picks etc at the end of the day. Don't leave gear out under a horse-rug for the commandant to fall over during rounds at night.
- ✓ Do not leave rakes etc across pathways store gear such as feed bins, wheelbarrows, rakes etc neatly in front of the yard so that they are not hazards to people or escaped horses.
- ✓ Ensure lead ropes are secured to the rail. It is a good idea to have alternate rope rather than relying on your lead rope to close off the yard entrance.

Floats.

- ✓ Floats are where you store all your tack!

- ✓ Confirm your yard(s) location and position the float for access. With the new yards the layout has changed and the float parking will mean it is not directly outside your yard. There is only a short distance to travel and plenty of time.
- ✓ Where there are a few riders in the family – centralise the float or share a float with someone in the same Troop. This way the rider is more likely to put stuff away as it is nearby and not a trudge.
- ✓ Keep floats and gear neat – this is where stuff goes missing most commonly as gear is tossed in at the end of the day.
- ✓ Check floats for clothing – most jumpers end up here as the days warm up, and then are needed later that night or in the cold of dawn.

Wash point

- ✓ There are 2 wash points – one near dog yards, and a new one near the wooden arena. The hose belongs to Zone – not a souvenir and – please leave bays clean of manure.
- ✓ Horses do not need to be washed every day – be mindful of the weather conditions and time! 6pm is not the time to wash a horse. Troop leaders will be watching this.
- ✓ It is not a good idea to wash your horse immediately after exertion – this will bring on a number of ailments. Ensure they are cooled down before rugging – even if this means some time is spent looking after “Neddy” and not gossiping in the feed line. He has carried you all day – not too much to ask that you look after his welfare.

Checking In

- ✓ The first day is always hectic. Check-in time is designated – see the Camp Detailed Instruction. However, much can be done to prepare.

Arrival

- ✓ **Where** - use the Second Gate on Mathews Lane. You will be met by the Parking Marshall who will direct you to the areas suited to your Troop(s). Please be patient – we need to get a lot of floats in and keep some areas clear. It helps if you have the following information (available prior to the Camp and if not known it is attached to the Pony Club Shed in the same area):
 - o Name of Rider
 - o Troop
 - o Yard Number
- ✓ **Float Parking.** Please don’t expect to park right next to the yard – even to unload horse or materials – this will hinder others.

- ✓ **Check-in.** Go and check-in – where? The area is directly outside the Zone Shed in the horse yard area. If really wet / late they may have relocated back to the main hall but a sign will be left. You will collect names, numbers, meal passes and other bits – bring spare safety pins just in case.
 - o At this stage Mary/Johnny has vanished – sometimes with horse as starting the catch-up from this time last year – so best to hobble the kids at this point if you need any help.
 - o Best to yard the horse temporarily while you sort things out.
- ✓ During the tryouts in the afternoon you will start to hear us asking to clear cars out of the horse yard areas. Two good reasons for this:
 - o The horse free area is the other side of the fence – for insurance purposes and practicality.
 - o There are a lot of excited horses and riders and the chance of something going wrong is there – so better to remove at least one factor of either cause or effect.

Troops

- ✓ If you think there is a real mistake with Troop allocation, only the Camp CI can change this. Often there is very little difference between some troops and believe me I don't know how the ZCI manages to actually know so many and who their friends are to make it work.
- ✓ The Vet-check session is not just about the horse soundness – it is also to confirm the Troops and usually this is where any minor adjustments are made. Also by changing Troops – you may not be able to change yards – depends whether it is a swap.

Dorms – arrival of those there

- ✓ After horse is settled, watered, the Taj Mahal sorted – then go to the Dorms with neat and tidy bag, mattress, pillow, sleeping bag.
- ✓ Dorms are allocated by gender and age – see later for how to distinguish.
- ✓ Prepare younger sibling not to be with older sister thinking the older dorm to be quieter. Not necessarily so.
- ✓ Don't take a double mattress – there is not space.
- ✓ Really handy to have a large card on the bag to identify the owner. Often little Jane/Joe will have gone to bed early and is that lump in the bag that is indistinguishable to human form. We will have additional cards for this.
 - o If someone is unaccounted for we do not stop until they are found. However, we also are mindful of not waking others so really good to have a means of checking that the lump really is the one we are looking for.

Stuff for the Riders

Most of this is for those in the dorms, but can be applicable for the Campers.

Health

- ✓ We need to know about allergies etc! The showgrounds will get dusty (very) and we need to know if medication such as Ventolin / or non-drowsy anti-histamines are needed.
- ✓ Any rider with an existing condition, or is on or needing medication during Camp must have their parents inform the Camp Medico . They will be in the Hall on Sunday during check-in. Please also advise the Troop Leader so that if suddenly Johnnie is struggling for breath they have the puffer!!!
- ✓ We must have parental permission to administer panadol to children under 16 years old. If the parents are not there we will call you so essential that the contact details are **contactable** – that is you haven't dropped off Johnny and bolted to a mobile-free area. Please provide alternates (Gran, Auntie etc who you have indicated can assist on your behalf) – particularly if there are several surnames in the family.
- ✓ **Band-aids** and similar for minor cuts and scrapes are available in the canteen – near PA. Please use these as well as the gloves provided for your safety. Dispose of any waste in the bin provided.
- ✓ Health and Hygiene. Living so closely together means that disease will spread.
 - o Wash! That means the girls too! There are plenty of showers and hot water.
 - o Wear thongs on your feet in the shower – prevents the spread of tinea...nothing worse than itchy feet in riding boots!
 - o Wash hands and faces before meals – use soap after the toilet
 - o Use tissues / hankies.
 - o Be mindful of others with personal hygiene.
- ✓ Girls, see the Camp Medico or one of the Mums if any problems and they will assist or let the right people know.
- ✓ If you feel unwell or are injured let someone know and get help!
- ✓ Washing smalls and drying them can be a problem – bring enough for the week! Boys too – you cannot survive with one pair, no matter how many times you turn them inside out and back to front. Same applies to socks – the one pair will become part of the boot by the end of Camp....not good.
- ✓ **Bedding.** As well as for horses, the riders need good bedding! Camp nights are cold! A decent sleeping bag is a must – an airbed is not enough

insulation from the cold floor for that many nights. An inner spring mattress is the extreme (some do) but smaller mattresses of foam (like those in swags) or cushioning is recommended to ensure a decent sleep. No sawdust in the dorms please – that is your horse's bedding allocation.

- ✓ Pillow. Very necessary.
- ✓ Extra blanket? A really good idea
- ✓ **Bag.** Excess space is needed. Do not have the bag straining at the seams on leaving home as it will explode in the dorm. You need extra space as nothing is folded later and girls spread their gear to fill all available bed and floor space – it is just something they do!
- ✓ **Name – ensure everything is labelled – see bags for why!**
- ✓ If it is not yours don't touch it!

MEALS & EATING

- ✓ Mick, Pete and the Kitchen crew do a fantastic job. 3 meals plus snacks and supper! Don't go hungry – we know that if you are late getting to the queue some of the choices may have been used up, but if you really, really, really cannot eat what's on offer tell Mick. Make sure we know any food issues / allergies from the start.
- ✓ Label all utensils, cups and plates. If you lose something, ask, as it invariably turns up at lost property. We have spares as well, so losing a plate is not a problem – don't miss meals because you are missing something. A very good idea is using the old library bag or bread shop bag to keep it all in so it doesn't get lost.
- ✓ Troop Leaders / Instructors – you also need time to get organised so, if in doubt, go to the head of the queue. Common sense prevails.

Water

- ✓ DRINK LOTS OF WATER. You will be active, there is plenty available and even with cool weather and cold nights you dehydrate rapidly. Problems last year were all to do with dehydration that slowly builds up when you are tired, excited and going full pace AND NOT DRINKING ENOUGH WATER. You do not want the Commandant asking embarrassing questions!!!!
- ✓ A good idea is to bring TWO drink bottles – named. Your Troop Leader will appreciate this – gets lighter as the day progresses and saves the extra trip back to the kitchen.

Attractive Items

- ✓ You do not need money! Leave it at home.
- ✓ **Phones** are confined to after training and before lights out – please be courteous to others and turn them off – and get to sleep. Remember, there

are limited power points to recharge batteries and that will mean leaving them out for someone to be tempted.

- ✓ PC rules on **jewellery** apply when riding. You do not need lots afterwards either. Keep things secure in your bag.

Clothing

- ✓ Remember rules on shirt collars and sleeves – good idea to beat the sun.
- ✓ Be realistic with what you wear after hours – do you really need a new outfit every night? Something on your feet is a must.
- ✓ Sometimes best to leave that best designer top at home – they have been known to walk!
- ✓ **WET WEATHER** – Long range Forecast predicts some rain – a blessing to keep down the dust; but miserable to ride in without a proper coat / jacket. Damp weather may not mean no riding – harden up.
- ✓ Extra clothing – now is a good time to drag out the excess too small joddies and have a “Club Garage Sale” – one is planned for 12 March at the Showgrounds. Perhaps the next rally day? This provides a great opportunity to not only move on those perfectly good, but too small items (why do kids grow?); but also pick up real bargains for those extras that are great for the paddock and camp. Also good for boots, spurs, etc - never have too much gear.
- ✓ Bikes. Please leave them at home – too many incidents of near misses and damage to people / cars. This equally applies to siblings.

Lost Property

- ✓ Appears from Day 1.
- ✓ Will be on display next to hall entrance. Check it first.
- ✓ If labelled we will get it back to the person or troop leader
- ✓ Lost property is not a help yourself table.
- ✓ Parents – check the table on the last day – invariably little darling’s ... “Of course I’ve got everything” did not include that favourite top or left shoe or sleeping bag, helmet, spurs.
- ✓ Significant items are kept for a few weeks after camp – jackets, hats, helmets, riding accessories, bits, left shoes etc. Orphaned socks and undies WILL be binned on the last day so don’t call the Commandant wondering whether he found the lost knickers!!

Discipline

- ✓ Addressed in detail separately – but we all want to have a good time. Please respect those who are there to make it work – especially the Troop Leaders

and Instructors. They are doing it for you, not the exercise. If there is a disagreement on instructing address it through the ZCI.

- ✓ DO NOT INVITE boyfriends / girlfriends over for the evening or to camp (yep it has happened). They will be sent away and the local constabulary do regular patrols during Camp in support of us. This also includes arranging to meet at the front gate NOT GOING TO HAPPEN. This equally applies to those camping – parents please assist in this responsibility. We have a massive responsibility for those at Camp – and in particular the unaccompanied minors; we take this very seriously.
- ✓ Do not bring items to Camp that are illegal tobacco, alcohol as a rider!!!

Dorms

- ✓ The dorms are out of bounds to opposite genders. However innocent having a chat to your best friend may be, it is not to happen in the dorms.
- ✓ Be aware - At times the Commandant or Assistant-Commandant need to enter the girl's dorm to either repair something or confirm bed-checks. At all times this is announced and accompanied by an appropriate female adult.
- ✓ Boys – note you will likely be in the Chook Pen.

General Rules – keeps everybody on the same track

- ✓ **Lights out** in the dorms also applies to the riders that are with camping parents. Please assist in not having double standards as well as providing the opportunity for Johnny or Jane to stay alert the following day.
- ✓ It is in the joining details – you **DO NOT go home overnight with anyone unless the Commandant has your parent's permission.** This includes popping over to a friend's place for a shower! Parents - We have a huge responsibility for the welfare of your children and as innocent as anything may appear – we do not take the chance as I am sure you would appreciate... Those camping – also let us know so we are aware in case something comes up.
- ✓ Under 10s are the responsibility of their parents / approved minders between and after training sessions.
- ✓ Cars will get dusty. Little fingers doing artworks are not good as it does damage the paint. I know it is tempting but all please be mindful of such things and avoid damage.
- ✓ Campers – be mindful of others with noise.
- ✓ Older riding and non-riding kids staying with parents – same rules apply as for those in the Dorms. You are under our rules and care.
- ✓ If visiting a campsite be aware of the time – we do not need to be chasing you for lights out and bed checks and having to call you over the PA and send

search parties. Camping Parents – your assistance here would be greatly appreciated in clearing them out.

- ✓ CLUB REPS – we will be appointing a single point of contact from Clubs at camp – someone we can call on in case we need to check on whereabouts / who they may be with.
- ✓ Siblings not riding – Dress and behaviour to be appropriate or your parents will be asked to take you home (including doing the right thing at lights out). There are always things to be done and the Commandant appreciates help (or will teach you new skills like repairing cisterns)!
- ✓ Remember – there is always Kitchen Duty.
- ✓ If there is a problem let the Commandant or Toni Cuthbertson know – don't let disagreements grow out of proportion.

TROOP LEADERS – Reinforcing Section

What to Bring

- ✓ Comfortable shoes – you will walk a lot
- ✓ A chair – easily transportable.
- ✓ A really good idea is those wheeled shopping trolleys. This was a great idea of Colleen "Bag Lady" Simpkin – and really worked.
 - o You will have those spray jackets and extra water bottles.
 - o A container of sunscreen will invariably go in with the cap loose – keep it in another container.
- ✓ There are usually two of you for a reason – as well as sanity.
 - o Take a loo break after the lesson has commenced or during the breaks. Remember it can be a long walk from the further boundaries and you never know what is lurking in the long grass!
 - o You will need to bring the Troops in for morning tea and assist them distributing their share.
- ✓ Good Humour. Your job can be a challenge and a delight. Setting the rules and boundaries from the start does help. Ensuring the simple things such as yard cleaning, rugging, water (buckets at the front) feeding and general welfare, as well as the same for the riders, is essential.

Daily program

- ✓ Copies are on the windows of the hall.
- ✓ Be ready to go to the yards with your Troop at the designated time – Troop members help each other in this; including not expecting that others will have done your chores for you.
- ✓ Be mindful of the type of activity and bring the appropriate gear – XC instruction needs a vest and not the dressage saddle you used in the last lesson.
- ✓ Troop leaders will also need to confirm whether you are meeting the instructor at the muster area or going to the lesson site after the muster and meet them there.
- ✓ If a dismounted lesson make sure Neddy has water and is secure and meet AS A TROOP in front of the Hall, these sessions usually require helmets and boots, please check before hand.
- ✓ If unable to ride you are still expected to attend the lesson – unless specifically excused by the ZCI or Doctor. You can listen (not disrupt) and help with gear etc within your capacity.
- ✓ Note that if it is difficulty in mobility that puts you at risk, exceptions are made.
- ✓ Those in the exception category will be supervised.

Feed queues – re-emphasising

- ✓ You don't need to be at the Feed Shed an hour before dawn and reveille. Get the extra sleep.
- ✓ Helmets, and chin strap and boots will be checked for. I think we stressed that earlier.
- ✓ Be polite to the feed crew – they have long memories and are there as volunteers.
- ✓ Don't "reserve" a spot for your bestest friend as this really annoys others and is selfish for those who have been waiting patiently, Go to the loo on the way to feeding your Neddy rather than doing the jig in the line.
- ✓ Tend to your horse and then come and collect feed – putting the bin in place beforehand is not a solution.
- ✓ Be mindful of your surrounds when taking the feed to your horse – the neighbour may not have been fed and could suddenly lunge your way setting yours off (see note on helmets and boots).
- ✓ Also be aware that your horse may not recognise you in the yard and suddenly spin. In and out quickly and let them settle before mucking out.

Yards at Night

- ✓ Final checks of horses by **riders finishes at 7:30 pm**. This means the following are in place:
 - o In the yard – not still being walked around while you chatter to your mates.
 - o Water filled (and at front)
 - o Fed
 - o Rugs on
 - o Checked for sweats
- ✓ No riders are allowed in the yard area after 7:30 without the express permission of the Commandant – make sure you do your chores straight after dinner.
- ✓ **Parents are requested to adhere to these timings also as we switch off the lights to let the horses settle and rest and unnecessary, noisy late visits can be disruptive.**
- ✓ If there is a problem let the Commandant know – in most cases he may even help or find another expert.
- ✓ The horses are checked quietly and regularly during the night so if a special check is needed on a particular horse let the Commandant know. Remember he doesn't enter strange yards at night.

Facilities – things will need fixing!

- ✓ When there are so many people things will break or breakdown. If you see something let the Commandant know and we can get it fixed ASAP. Later in the evening may be a bit late if we need to get parts from suppliers.
- ✓ Toilet rolls are on the dispensers or in the bags on the door. Do not put new rolls on the cistern (the bit of a toilet where the button is) as it will fall into the bowl! If for some reason it does fall in – leave it - it won't flush. We can fix when we are told.
- ✓ There is always a work book next to the PA system in the Dining hall – put notes in there for things to be fixed if you cannot find the Commandant and Crew – we are probably fixing something else.
- ✓ Keep an eye on the water system – if you suspect a leak let the Commandant know.

Camping

- ✓ Not all sites will be able to access power. You may need a very long power cord. Don't just unplug someone who got there first please.

- ✓ Camping is only in the designated horse free area unless prior agreement has been made for trucks (not floats, tents and cars).
- ✓ You do not need tent pegs that are two feet long!!! Invariably these will find the water system underground and create a variation of the Captain Cook Fountain when pulled out. If you accidentally manage to do this – please put the peg back in – **AND MAKE SURE YOU MARK IT CLEARLY AND TELL THE COMMANDANT.** We have spent a fortune on mower parts due to hidden tent pegs plugging holes!!
 - o He really doesn't bite and would prefer to know!
- ✓ Those camping have the same responsibility for rider welfare as all others. Camping riders and siblings have the same timings as those in the dorms – parents we really appreciate this being adhered to so not only no double standards, but also they are not exhausted the next day.
- ✓ There will be designated paths for ease of access into the village of tents Please observe these and not have guy ropes etc going into these. Sort of defeats the purpose. Also extension leads need to be above head height – 2.2m – or covered if going across the path. Old carpet is good for this.
- ✓ Place rubbish in the bins provided. Please leave the bins where they are so that they can be emptied during the week.
- ✓ Be reasonable in partitioning off space for your Club. There are "traditional" sites for the different Clubs – work with these.
- ✓ On waking up – please do not turn on the electric blanket, electric kettle and caravan electric heaters (there is a theme) all at once – the power will fail. The kitchen is flat out at that time preparing breakfast so need as much power and light as possible from the limited grid.

Duty Days

- ✓ Each Club will be asked to assign a Club Rep from those attending Camp – this really makes it easier for everyone as we have a single point of contact for any issues (roster, recalcitrant parents, what does Jane actually look like) when they arise. They know who is who and it prevents mixed or multiple messages being sent.
- ✓ Duties will be assigned pre-Camp – Club reps please ensure rosters are arranged before Camp – for those Clubs with fewer representatives – you are coupled to other Clubs to help - please liaise with their Secretaries / reps to see when you are needed or what you can provide. Even the larger Clubs struggle without grandparents!
- ✓ Activities are the responsibility of the Clubs assigned for that purpose – this includes supervision.
- ✓ Taking the day off is a great opportunity to not only see your rider in action, but meet so many new people and have fun. Many of those who stay the

week do so after being on-roster in earlier years and have realised what a week it is and want to be part of it.

- ✓ Separate details will be sent out with numbers and times. Remember that tapping into others in your Club is always a good option, particularly new members who were unsure of what this Camp thing is for their young ones and can see for themselves.
- ✓ Dorm Mums & Dads – an absolutely critical role and very appreciated. Please check-in with the Deputy Commandant by 5:30 pm on the day you are rostered. That way we can ensure space is allocated and you are ready for the night – and that we have someone.

Working parties – Everyone loves a Party!

- ✓ Set Up – Commencing 0900 Saturday 09 April 2015 to set up hall / feeding & sleeping areas, clean kitchen and hall, feed loading, arenas, jump rings, sporting and MG set-up, lights and power extension, toilets - the list is lengthy. We need lots of help across all these tasks – more details will follow.
- ✓ A good chance to also set up yards / camping after the work is finished.
- ✓ Bring ladders, tools and good humour – also extra trailers are really useful.
- ✓ A call will go out on Sunday about 1500 as we will have feed delivered – and need to be collected locally. Many hands makes it easier!!

Responsibilities:

- ✓ Instructors and Troops – ZCI Nat Smith and team. Nat handles all the issues of instruction, lessons, troop allocations and gradings etc. Re issues on this, it is best to raise them through Club Senior Instructors pre camp as Nat is absolutely flat out. A lot of effort to get the right balance for horse and rider combinations and the Troops and instructors beforehand, so if any particular issues let Nat know as soon as possible. During Camp – issues on troops and performance are referred to Nat but if unavailable please raise with the Camp Executive if urgent (Mark, Toni, Judy).
- ✓ **Camp General** – Commandant, Secretary, Treasurer and crew (Mark Thorek, Toni Cuthbertson, Judy Hare, Paul, Browne). Responsible for the day to day management to keep things rolling as well as supporting Nat, instructors, arranging horse / child welfare and discipline and kid-herding in general. This list is by no means complete – I am sure that we could all add extras from experience. There are no dumb questions, just a chance to clear up loose ends and be better prepared for what to expect. First camp can be exciting as well as daunting.
- ✓ Please call Mark Thorek 62380529 / 0457 528 344 with any queries about what to bring, do etc.

LOCAL SUPPLIERS

- ✓ Bungendore does well from Camp – and Camp and the Zone in general does well from the generosity of local suppliers. Feed profit margins are slashed to ensure quality and affordability and we remind you that there are local suppliers for gear and those extras you have forgotten. The local suppliers strongly support all equestrian activities including Pony Clubs (multiple), Adult riders, Polocrosse, the annual Show, MGA and Endurance events.
- ✓ You may want to call to order extra horse bedding etc to ensure a supply on the day.

Available are:

- ✓ **The Feed Shed** (King St, off Kings Hwy) – all sorts of feed and normal supplements including herbs, limited tack (2nd hand saddles also there), good range of powders and lotions, bandages and some fencing stores, bedding. Also have recently added a saddlery component to their business so worth a shot if lacking some tack / rugs- Steve
- ✓ **Bungendore Rural** (King's Hwy – Queanbeyan end of town) – all types of feed, some supplements, basic tack, rugs, some powders and lotions, bandages, horse bedding (pre-order advisable), limited saddlery (rugs / halters / brushes) and general stores for mods - Greg
- ✓ **AC Pets & Aquarium** – Bungendore Produce (In the main street, Gibraltar St opposite the top pub) – all sorts of feed and supplements, star pickets and general farm supplies, basic tack, good range of powders / lotions, bandages - Tony
- ✓ **Bungendore Foodworks** (Gibraltar St) – a well stocked supermarket with everything you might want for the fussy eater (human that is).
- ✓ Lots of other cafes / eateries etc as well as butcher, bottleshop, newsagent, specialty food store etc. Mark has coffee, flat white no sugar if you happen to be getting one.

**CAMP IS RUN FOR THE KIDS BY VOLUNTEERS – PLEASE
RESPECT EVERYONE AND HELP WHERE AND WHEN
REQUESTED.**

See you in a few weeks time!!