



Your Guide

to young rider development



Key contacts:

BD Membership team

Membership, upgrades,

registrations and results

membership@britishdressage.co.uk

BD Youth team

Hannah James for BD Youth training

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To contact your Development Officer or

BD Youth rep, visit your region online:

www.britishdressage.co.uk

Welcome

British Dressage offers riders between six and 25 years old training, competition and support to step onto the centre line and shine. Our programmes are designed to educate and inspire young people on their journeys to becoming well rounded professionals, both in and out of the saddle.





Start now with us

We support young riders from the age of six and beyond, through a range of training, education and competition pathways. Having the knowledge to support your child on their British Dressage journey starts here.

Membership

We have two main membership options for Youth riders, which depend on their competition aspirations and goals. Club membership is perfect for those at entry level, competing in Intro to Prelim tests, aiming for Quest competitions and Regional training. Full membership offers unrestricted access to all competition and training opportunities, from Novice to Grand Prix. Horses and ponies will also need a registration with us, whether Club or Full.

For more information on all membership options including Trial, Winter and Associate with class tickets please visit www.britishdressage.co.uk.

BD Online Handbook

Our online platform for creating and renewing memberships and horse registrations. Visit the BD website home page to login.

Parents/Guardians will need to be linked to all U16 accounts to be contactable and accountable for minors.

Website

From dates, rules, advice and results, it's all here: www.britishdressage.co.uk

Safeguarding and safety

British Dressage, as part of British Equestrian (BEF), takes Safeguarding very seriously and together with the other member bodies forms a Safeguarding Action Team (SAT). SAT works together in collaboration to share best practice, produce policy and procedures to ensure the safety of all participants, as well as actively promoting safeguarding through education.



Parent's Charter

Supporting your child within competition

- 1 Have fun — it's why we are all here!
- 2 Place the emotional and physical wellbeing of young athletes above any desire to win.
- 3 Respect the rights, dignity and worth of every athlete, coach and volunteer and encourage all members to do the same.
- 4 Promote the positive values and spirit of BD Youth and never condone violations of rules or the use of prohibited or restricted substances.
- 5 Take an active interest in your child/young person's participation.
- 6 Be willing to challenge/report inappropriate behaviour and/or language by others.
- 7 Never place any undue pressure on young athletes or their horses to perform, participate, train or compete.
- 8 Avoid the use of abusive language, swearing and irresponsible behaviour.

By following the BD code of conduct parents, guardians and other supporters can improve the experience of BD Youth activities and competitions for our young members and ensure that British Dressage is fun for all!

Define their starting point...

...to inspire their BD Youth goals



Get started

Your child is riding with a local riding club, riding school, the Pony Club or on their own pony as a beginner. Dressage with us starts at introductory level, walk and trot off the lead rein, it's never too early to have a go. Riders can experience BD with a Club membership or as an associate on a class ticket.

Grassroots rider

Your child is competing in unaffiliated dressage or Pony Club dressage and eventing. They may be riding tests equal to BD Intro, Prelim and Novice with walk, trot and canter. Your child is looking to experience more competition and training in a fun, inspiring environment with like minded riders.

We recommend:

Regional Have a go day
Regional training
Team Quest (U21)
My Quest (U21)

We recommend:

Regional training and teams
Quest (Team and individual)
Combined Training
Area Festivals (from Prelim)

Keen learners

Your child is looking to grow their knowledge and skills in caring for horses on the ground and away from the competition arena. They may also be looking for school activities in relation to horses for GCSE PE, Duke of Edinburgh award or other extra curricular work.

We recommend:

BD Horse Care - available to all riders from the age of six
BD Apprenticeship pathways

Affiliated steps

Your child is competing regularly unaffiliated or affiliated, Pony Club or Riding Club competitions from Novice, Elementary level. They're looking to progress quickly, aim for various championships and meet their competition goals to continue through the levels in dressage.

We recommend:

Regional training and teams
Foundation Academies
Area Festivals
Regional Championships

Dressage focus

Your child is affiliated with us and enjoying regular competing and training. They are committed to dressage, improving their skills and looking to take the next steps to become winning riders and knowledgeable young professionals.

We recommend:

Foundation Academies
National Academies
BD Apprenticeship pathways
All Championship routes

Fly the flag

Your child is a seasoned BD competitor with the aspiration to represent their country in an FEI age class at international competitions. Aim to gather experience and scores in the relevant classes at the shows in our calendar that offer FEI sections. Please visit selection policies on the BD website.

We recommend:

Premier League shows
High Profile shows
Selection events
Squad training and test riding



Training

Start local

Regional Training

Dressage is all about training and BD Youth aims to give all young people the best possible start for a lifetime in the sport. If your child is looking to be involved with BD Youth, the best place to start is your local region.

Each region hosts regular training, camps and social activities throughout the year that your child can be involved with. Regional training days are open to all ages of riders, from as young as six to 25, and feature coaching and test riding practice with national and local fully qualified coaches. Sessions and camps run during the school holidays and over weekends, these are organized by each region's BD Youth Representative or Regional Development Officer.

Your Youth Rep

The BD Youth reps are the first point of contact within your region. Visit www.britishdressage.co.uk to find your region and Youth rep contact details.

BD Youth squads

D Entry for riders up to the end of the year of their 11th birthday

C Entry for riders up the end of the year of their 14th birthday

C+ Rider skills tests movements similar to Prelim/Novice

B Rider skills tests movements similar to Novice/Elementary

B+ Rider skills tests movements similar to Elementary/Medium

A Rider skills tests movements similar to Medium or specific Young Horse tests for horses aged 5 or 6

All about Youth Squads

Regional squads open doors to many opportunities. Squads are the first step for team competitions, including the Home Nations, U25s Championships and Inter Regionals, and help define your child's level for training days and camps. How it works:

- 1) Attend assessment or training day within Region
- 2) Allocated to Youth Squad
- 3) Train, compete, track progress
- 4) Progression through squads and selection for Regional teams

Squads are aligned with their own test system, known as Rider Skills Tests. These are used to monitor progress in training and are ridden at team events. Test movements are ridden but judges assess young riders on position, accuracy, skills and how much difference is made to the horse. This format allows every rider the chance to excel.

Compete

where to get started



British Dressage competition begins at Intro level and progresses to Grand Prix. Under 25 riders compete day in day out against all BD members at regular BD shows. Club membership holders may compete in all Quest competitions, Combined Training qualifiers, all regular Freestyle to Music classes and work towards Petplan Area Festival qualification at Prelim Bronze level. Youth riders with a Full membership have access to the all types of competition with us and can aim to qualify for the Winter and Summer Regionals, which lead to Winter Championship and National Championship qualification (starting at Prelim level).

Regional team events

Youth Inter Regionals

This event sees our regions battle it out for the honour of being the best in Great Britain. Teams are made up of three or four riders with each competitor riding the Youth Rider Skills Test for their relevant squad. Each region is allowed up to five teams, with riders competing for team and individual titles. To be selected to compete, there are a few requirements to be considered including scores, squadding and regional training attendance.

Youth Home Nations

Held annually for under 25s, this competition brings together Ireland, Scotland, England and Wales as each nation vies for prestigious top honours. BD tests are used from Novice to Medium or FEI Children on Horses to Young Riders and contribute towards team and individual titles. The format replicates CDI competitions with an opening ceremony followed by team and individual competition.

Selection policies are available on the British Dressage website, visit your region or www.britishdressage.co.uk.

In focus...

Quest

Quest is the perfect starting point for young riders new to BD competition. Compete in teams or individually from Intro to Novice with a separate section for riders under the age of 21. Quest fixtures have their own shows, Regional Finals and Championships.

Area Festivals

The popular Petplan Area Festivals have two annual series and Championships and offer sections for youth riders up to and including Medium level. Gain points at regular BD shows to work towards having a shot at these dedicated under 21 titles at two major Championship events.

FEI experience

Young riders competing in FEI age classes should aim for Premier League and High Profile shows where these fixtures host dedicated classes for youth riders. These are for Children on Horses, Pony, Junior and Young Riders, and for those aiming to ride internationally are a must.

Education

Building bright futures



BD Horse Care

The British Dressage Horse Care programme is designed to help young riders learn all of the fundamentals in caring for horses. We believe that riders should be all-round professionals both in and out of the saddle and developing horsemanship and welfare is at the forefront of our training priorities. The BD Horse Care course is a mixture of online and practical learning modules, which aims to boost the care skills of our youth and senior members alike.

What is BD Horse Care?

Horse Care focuses on improving skills in four key areas:

- Nutrition
- Grooming
- Wellbeing
- Tack and dress

There will be five tiers in total, starting at the Introductory Horse Care Certificate, progressing through to the Advanced Horse Care Certificate, and these will be linked to the BD Youth squadding levels, as following:

Introductory Horse Care Certificate (Tier 1) | D Squad

Preliminary Horse Care Certificate (Tier 2) | C Squad

Novice Horse Care Certificate (Tier 3) | C+ Squad

Intermediate Horse Care Certificate (Tier 4) | B/B+ Squad

Advanced Horse Care Certificate (Tier 5) | A Squad

All must start with the introductory certificate – before working up to the relevant level, depending on which squad a rider is in.

To get started, register from just £10 per level - it's simple and online, visit www.britishdressage.co.uk and find 'Learning Hub'.

Wider Youth education

BD Apprenticeship pathway

In partnership with Sport Structures (England) and Scottish Racing Academy (Scotland) and Coleg Cambria (Wales), we offer an employment pathway of nationally recognised Intermediate and Advanced apprenticeship equestrian qualifications.

British Dressage currently offers six apprenticeships in England:

- Equine Groom (Level 2)
- Senior Equine Groom (Level 3)
- Business Administrator (Level 3)
- Multi-Channel Marketer (Level 3)
- Team Leader/Supervisor (Level 3)
- Operations/Departmental Manager (Level 5)

Find out more and learn about the apprenticeship opportunities in Scotland and Wales by scanning the QR code.



Academy

Foundation to National



Application forms and information can be found online, see 'Get Involved' via www.britishdressage.co.uk.

Aim for our academies

Run on a National scale, the BD Youth Academies are open to B – A squad riders who are active in their region. These riders are required to complete a short selection process before being offered a Foundation Academy position to receive coaching and performance development sessions, both mounted and unmounted.

The aim of the Academies is to develop educated, balanced and enthusiastic equestrian athletes through active participation in two 2-day camps ran throughout each Autumn/Winter period. Camps include sessions such as:

- Performance profiling
- Horse and rider nutrition
- Rider fitness, balance and core strength
- Lecture demonstrations with industry professionals
- Inspirational talks
- Ridden coaching and test riding
- Team and social activities
- Parents talks and advice

Foundation

The aim of the Foundation Academy programme is to develop the training and education of BD Youth riders along a defined pathway towards the National Academy and Podium Potential Pathway Programmes.

information

Need to know

Who: B, B+ and A Squad riders

Mandatory eligibility criteria:

- Squad assessment between 1 December and 1 August of the relevant year
- Attendance to three regional training sessions (or two camps) over a year period
- Achieving minimum scores of 66% at Elementary level
- Equivalent performance at age-appropriate levels on young horses
- Progression in BD Horse Care programme online

National

National Academy riders gain access to two further two-day camps with in-depth coaching and athlete development from top industry professionals. Funded by Sport England, the BD Youth National Academy provides riders with many more opportunities, benefits and continued support throughout the year to boost progression as a young athlete.

information

Need to know

Who: 12 athletes selected from annual Foundation intake

Criteria: Riders are selected on their dedication to the process, improvement shown, knowledge and ability.

International

Representing Great Britain

Many BD Youth riders go on to reach the very top levels of international success and balance their school life with travelling across Europe to compete with the very best. Selection days and training along with consistent performance at Premier Leagues and High Profile shows can lead to competing in home or overseas CDI competitions, with the selectors aiming to annually select teams at each FEI age group to represent British Dressage at the FEI European Championships for Children, Ponies, Juniors and Young Riders.



Your Youth International contact:
Sharon Weir | 02476 698904
sharon.weir@britishdressage.co.uk

FEI rider categories, ages and tests used

Children on Horses/Under 14s

From the start of the calendar year of their 12th birthday to the end of the calendar year of their 14th birthday. Riders compete on horses aged six-year-old or over and perform tests similar to BD Elementary level.

Pony Rider/Under 16s

From the beginning of the calendar year of their 12th birthday to the end of the calendar year of their 16th birthday. Ponies must be 148 cms or under (14.2hh) with FEI Pony Measuring Certificates in place. These tests are the equivalent of Medium and include walk pirouettes, half passes and simple changes of leg.

Junior Rider/Under 18s

From the beginning of the calendar year of their 14th birthday to the end of the calendar year of their 18th birthday, riding horses only. Tests are the equivalent of Advanced Medium and include single flying changes.

Young Rider/Under 21s

From the beginning of the calendar year of their 16th birthday to the end of the calendar year of their 21st birthday. The tests used here are equal to Prix St Georges level.

Under 25s

For riders up to the end of the calendar year of their 25th birthday. Horses must be eight years old or over as the tests are Intermediate II, U25 GP and Grand Prix Freestyle.



Visit the British Dressage website for more information on FEI tests, selection criteria and qualification.



**Bringing people and horses
together in harmony.**

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