





NATIONAL CHAMPIONSHIPS TEAM



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Best Turned Out

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Carriage Driving

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Countryside Challenge

Sue Mack

Dressage

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Endurance

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Horse Care & Knowledge

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A message from the RDA Chair



RDA CHAIR
Helena
Vega-Lozano

2024 feels particularly special as we celebrate our 55th birthday, in an Olympic year.

Paralympians past and present, including Sophie Christiansen, Natasha Baker, Ricky Balshaw, Deb Criddle and Liz Stone all began their competitive careers at the RDA Championships.

The RDA Championships are such an important moment for our community, and I am looking forward to attending for my first time. So many people have told me about the incredible camaraderie of the Champs, coupled with intense competition, so I cannot wait to see the amazing achievements of our participants and their support teams first-hand.

And I encourage even more of you to join us at Hartpury this July, as we celebrate and cheer on our riders, drivers and vaulters. Everyone is welcome, and I know the organising team are working very hard to put on additional family friendly activities on Saturday 13th for those

not competing, so please do bring your friends, family, neighbors and colleagues and let's share RDA's life changing work with as many people as possible.

Since 1994 the Championships have been hosted at Hartpury College, and we are incredibly grateful for their ongoing support, and delighted to welcome our talented competitors to such a prestigious venue. Please join me in wishing them all the best of luck – their determination and skills are truly inspiring and embody the 'can do' ethos of RDA.

Finally, a big thank you to everyone for the hard work, dedication and passion that goes into supporting our competitors behind the scenes; and to our sponsors and partners who help make these Championships possible. We couldn't do it without you.

Good luck to all!

HELENA VEGA-LOZANO
RDA Chair

HOW TO WATCH:

This year for the National Championships between Friday 12th - Sunday 14th July, we will be live streaming the competition from Arena 4 and there will be a roving, secondary camera that will be capturing some of the behind-the-scenes and events in the other arenas.

Watch the National Championships from anywhere on our Facebook page facebook.com/RDANational or on our YouTube Channel youtube.com/user/RDANational.



Need help?

If whilst out and about at the event you require directions, are unsure of timings or any general information about the event please stop one of our friendly volunteers in the green polo shirts and they will be happy to help you. Alternatively, please pop into the events office.

DOGS

Dogs are permitted at the Championships but must be kept on a lead at all times. All dogs except assistance dogs will not be allowed in the stable, competition or accommodation areas.

SMOKING

Hartpury College restricts smoking solely to designated areas. Please refrain from smoking anywhere else on campus.

PRIZE GIVING

Presentations will be made each day within the Marquee. Details of timings and classes will be announced and displayed outside the Marquee.

PHOTOGRAPHS & FILMING

Photographers will be present at all arenas and throughout the prize giving. All pictures will be available to view and purchase through Michael Martin Website at www.michaelmartin.co.uk

Official RDA photographers will be wearing hi-vis vests and will be taking pictures of competitors and general event shots throughout the event. These images may be used publicly. Please inform the photographers if you do not wish to be photographed and wear an orange armband. Photography opt-out forms have also been provided in group packs.

FOOD & DRINK

There are several places on site to purchase food and drink. A new large cafeteria is located near to the accommodation blocks, serving a range of cooked food for breakfast, lunch and evening meals. Please be aware that at peak times there may be a queue! Please check for opening and closing times as they are not open all day. There is an additional cafeteria situated above the Hartpury Arena on the equine side of the campus. This is open for lunch and evening meals only. A burger van, coffee concession and ice cream van are also on site.

Legends Bar is located in the main accommodation area and there are pubs locally which also serve good food.

Please note there is not a general store on the college campus, there is a garage a short drive away and shops in the local villages.

EVENING ENTERTAINMENT

The Costume Freestyle class will be held early on the Friday evening. On Friday night, we are screening 'My Everest', a British feature-length documentary telling the epic story of RDA rider Max Stainton-Parfitt as he takes on societal prejudice by trekking to Everest Base Camp - on horseback. An emotional, entertaining, and intimate film, 'My Everest' explores the life of a physically disabled man, questioning ableism within society, and querying how far anyone should go just to find social acceptance. The film producers aim to support local RDA groups to organise their own screenings as a way to help groups fundraise, and to spread Max's empowering message. See page 18 for details and to book your free ticket.

For those who like to dance the night away the annual National Championships party will take place in Legends Bar on Saturday from 20.00, with live music from 'Bader's Big Band' - the first ever Big Band consisting almost entirely of musicians with a disability. Bader's Big Band was created to enable amputees, and those with other visible and invisible disabilities, to enjoy making music in a supportive and encouraging environment

First Aid & Medical Arrangements

RDA National Championships



First aid and Paramedic support during the event will be provided for the fourth year running, by **Warwick Ambulance Association** in partnership with **AlfaMed Specialist Emergency Care and Training**.

“What if I need first aid, become ill or am injured during the event?”

- 8am- 6pm- you can present at the first aid post located in the indoor arena, or by speaking to any member of the RDA staff who will direct you to us.
- If it is an emergency, a member of RDA staff will call the onsite medical team to attend your location.
- The medical team will be able to deal with the majority of problems including minor illnesses and injuries on site.

“I am staying at Hartpury College all weekend; What if I need medical help or advice overnight?”

- ‘Out of hours’, Thurs, Fri, Sat 7pm- 6am- For people staying at Hartpury College there will be an Advanced Paramedic Practitioner (APP) ‘on-call’ overnight for any urgent health concerns that cannot wait until the next day.
- The medical team is equipped for emergencies and minor injuries and illnesses (e.g infections, painful conditions, asthma flare ups etc) including problems with urinary catheters.
- If you think you need to call 999, 111, or go to A+E, please first phone the on-call APP on the number below who will advise the best course of action, which may include coming to see you at your accommodation.

For urgent medical advice
between 7pm and 6am, call

07920851232



RDA UK is fully committed to safeguarding and promoting the wellbeing of everyone involved and wants to ensure a positive and enjoyable experience for all.

When attending competitions, everyone is expected to abide by the following code of conduct:

- All participants and/or their carers must take responsibility for ensuring they are up to date with the rules, understand and adhere to them.
- All participants, carers and supporters should recognise the valuable contribution made by all officials, who are usually volunteers. They give their time and resources to enable the event to happen.
- All participants, carers and supporters must respect officials and their decisions.
- All officials must treat everyone equally and with dignity.
- All those attending the event should treat others with the same level of respect that they would expect to be shown to themselves.
- Everyone must respect the rights, dignity and worth of all, regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
- Everyone must ensure that inappropriate language or behaviour is challenged.



REPORTING A CONCERN AFTER THE EVENT:

If anyone has a concern leading up to the event, please either refer to the RDA Group Safeguarding Officer or contact RDA UK's Safeguarding

Any concerns during the event should be reported to the Event Safeguarding Lead - their details will be clearly displayed in the Secretary's Office, Arena 4, Hartpury. In addition, an Event mobile phone number will be available for the duration of the event, including outside of competition hours, for urgent safeguarding issues.

Event Welfare Officers will be present on site at all times and will be clearly identifiable by the distinct tabards they will be wearing.

All concerns raised will be carefully considered and appropriate action will be taken, including, where necessary, removing individual(s) from the venue.

Please note that processes will be in place for swift action in the event of missing or found children or adults at risk at the event, including the immediate emergency lockdown of the site, if required.

Marisa Bretherton-Mackay 01926 405973

Safeguarding Concern Reporting for all at the National Championships

ASSEMBLY POINTS FOR LOST/ FOUND PERSONS WILL BE CLEARLY IDENTIFIED DURING THE EVENT

If you suspect a child, young person or adult at risk is being abused, they confide in you or someone has a concern, complaint or allegation about a member of staff, a volunteer or about you, it is your duty to report it. This is also the case if declarations are made to an RDA volunteer/staff member about possible poor practice or abuse, even if there is no connection with RDA.

If an individual is at immediate risk of significant harm call 999 and request the police, or phone Social Services. Inform the Event Safeguarding Lead for the National Championships once you have done this.

IF A CHILD OR ADULT AT RISK HAS TOLD YOU THEY ARE BEING ABUSED, YOU MUST:

1. Allow the individual to speak without interruption, accepting what is said.
2. If possible, write down what is said, using the actual words spoken to you. This includes the date and time, and then sign the document.
3. Explain that you cannot keep the information secret and must pass it on. If the disclosure is made by an adult, you must ask their consent to pass the information on. If the adult refuses but you feel there is a real risk of abuse, or the adult does not have capacity to consent, you should still pass the information on.
4. Inform the RDA Event Safeguarding Lead immediately and pass on any notes you have taken. Disclosures are confidential and should only be shared by exception.
5. Should the Event Safeguarding Lead not be available, the person who received the disclosure should contact the Event Secretary.

If you are concerned about the welfare of an RDA participant or volunteer, or you have concerns

***About the Conduct/
Poor Practice of an adult
involved in RDA, including
yourself, you must:***

1. Inform your Group Safeguarding Officer immediately or the Event Safeguarding Lead
2. If possible, write down what you have witnessed. Include the date and time, and sign the document
3. Pass any notes you have made to the Group Safeguarding Officer and Event Safeguarding Lead

IF YOU NEED FURTHER SUPPORT OR ARE NOT SURE WHAT YOU SHOULD DO, YOU CAN CONTACT:

RDA National Office **01926 492915**

NSPCC 0808 800 5000
(please note that this is not 24 hours)

***Things all volunteers,
staff, participants and
supporters should consider
before, during and after
the event:***

- Always make sure consent has been obtained before tagging someone in photographs or film on social media (using individuals' names and/or details of their Group or location)
- When travelling to and staying the event (where applicable), always make sure that appropriate safeguarding supervision ratios of volunteers/staff to Participants are maintained, at all times – including in vehicles, outside competition hours and in accommodation or social areas.

***LINKS TO KEY RDA SAFEGUARDING AND
EQUALITY, DIVERSITY AND INCLUSION
POLICIES/STATEMENTS:***

myrda.org.uk/assets/RDA-Safeguarding-Adults-at-Risk-Policy-Approved-2024.04.pdf

myrda.org.uk/assets/RDA-Safeguarding-Children-Policy-Approved-2024.04.pdf

myrda.org.uk/runningyourgroup/supporting-our-people

myrda.org.uk/assets/Safeguarding-Code-of-Conduct.pdf



ARTS & CRAFTS

Supported by Life With Art

Saturday 09:00-12:00 Supporters Village

The Arts & Crafts Competition is one of the highlights of the National Championships and any participant can take part. It's a great opportunity, in particular, for anyone who is unable to attend the Championships, to give them a chance to participate in the event and have their work recognised in front of a wide audience.

Classes are available, with Junior and Senior sections, for both individual and group artwork, and entries can be made in the form of drawings, paintings, collages, sculptures, textile creations and even photography.

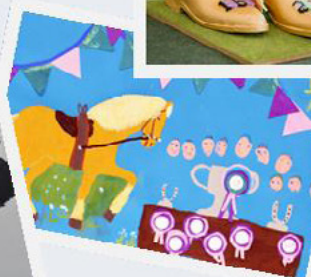
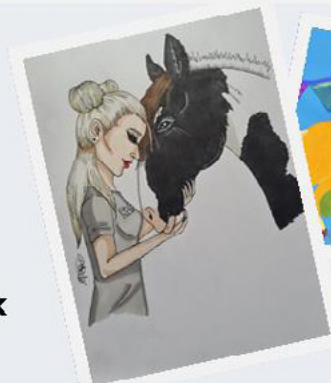
Artwork is initially judged at regional level and the winners from each class make it through to the final at Hartpury on the Saturday morning when judging takes place. All artwork is displayed in the Marquee.



It's a really fun competition to enter, come along and have a look at this year's finalists and maybe you might be inspired to take part in future years.

LifewithArt

**Proud Sponsors of the
2024 RDA Arts & Crafts Competition**



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A-LEVELS | T-LEVELS | DIPLOMAS | DEGREES | MASTER'S | PHDS

BEST TURNED OUT 

RDA 55
1969 - 2024

Friday 10:00-13:00 & 14:00-16:00 **Stables**

Saturday 09:00-13:00 & 14:00-16:00 **Stables**

Sunday 09:00-15:00 **Stables**



FIND OUT
MORE:

The Best Turned Out competition, like so many other classes in horse shows, stems from the military. The horse was the general purpose vehicle of the Army, carrying men and equipment; for maximum efficiency and reliability, vehicles must be well maintained. For horses this must include saddlery or harness as ill fitting, dirty or poorly maintained leatherwork causes rubs or sores which may cause a horse to become unusable – The same principle applies within RDA not only at the National Championships but in every session.

Maintenance of the horse's well-being and cleanliness must also be addressed; a poorly groomed horse may suffer skin problems. Other conditions may go unnoticed if a horse does not get regular inspection that occurs when being groomed.

Marks allocated for condition, cleanliness and fit of saddlery and cleanliness of the horse.

A great deal of effort is put into turnout by all concerned; the result is what we would wish for – a clean horse with well-fitting and maintained saddlery, thus able to compete in other classes in comfort.



CARRIAGE DRIVING

Friday 10.30-14.45 Arena 7,8&9

Carriage Driving has been an RDA discipline for nearly 50 years and there are many Carriage Driving groups located throughout the UK. They each have specialised assessed vehicles which are suitable for ambulant and non-ambulant drivers, the latter driving while seated in their wheelchair. Adaptions to the harness and reins cater for the needs of all.

At The RDA National Championships drivers will have qualified through a Regional Qualifier to compete and will participate in a driven Dressage Test and a Conobstacle course, which is designed as a cones course interspersed with two to four obstacles.

The objective of the driven dressage test is to judge the freedom, regularity of paces, harmony, impulsion, suppleness, lightness, ease of movement and correct



bending of the horses on the move. Drivers will also be judged on style, accuracy and general control of their horses; and on their dress, condition of the harness and carriage and the presentation of the whole turnout. The Conobstacle competition is to test the fitness, obedience and suppleness of the horses, and the skill and competence of the driver. Penalties from each phase are then added together and the driver with the lowest number of penalties will win each class.

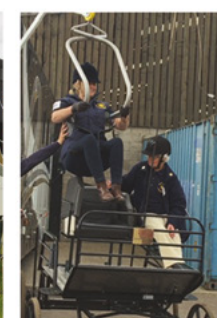
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COUNTRYSIDE CHALLENGE



Supported by Leucillin

RDA 55
1969 - 2024

Friday 09:00-10:24 & 15:00-18:02 **Arena 10**

Saturday 09:00-18.32 **Arena 10**

Sunday 09:00-15.05 **Arena 10**



With its focus on achievement, progression and enjoyment, the Countryside Challenge is a development of skills acquired in RDA sessions.

The course is based on school movements, dressage, showjumping, endurance and of course fun, designed to both stimulate and challenge the rider.

During the course, riders have the opportunity to put their skills to the test through challenging tasks. Steering, balance and confidence are all put to the test whilst encountering sheep, hens and a duck pond!

Riders will have qualified for the National Championships by achieving 65% or more at a Regional Qualifier, classes are split into junior and senior sections.

FIND OUT
MORE:





DRESSAGE INCLUDING FREESTYLE TO MUSIC

Supported by Dodson & Horrell

Dressage offers the opportunity for riders to show a judge, parents, friends and helpers what has been achieved during RDA sessions. Riders will have qualified through a Regional Qualifier.

Dressage plays a huge part of the National Championships with a variety of classes on offer.

They ride a specific test with a predetermined pattern in a 20m x 40m arena. A judge marks the test, they give marks out of ten for each movement set out in the test, at the end of the test the marks are added up and the winner is the combination with the highest score.

Dependent on their impairment and/or experience, participants can ride tests in walk only, walk and trot or walk, trot and canter. Dressage is a multi-disability activity but at the National Championships, learning disability and visually impaired riders can choose to ride in their own classes.

Riders who have qualified for a Championships class may also choose to ride a Freestyle to Music test, where riders will demonstrate compulsory movements in their own pattern. Marks are awarded for both technical and artistic content including rhythm, harmony, choreography and musical interpretation.

On the Friday evening we run a costume freestyle class which again is a freestyle dressage class but in addition must be ridden in a costume themed to match and enhance the music used with the emphasis on telling a story.



Friday 09:00-11:51 **Arena 1**

Friday 14:30-18:48 **Arena 4**

Saturday 09:00-14:57 **Arena 1**

Saturday 15:15-18:53 **Arena 4**

Saturday 09:00-15:15 **Arena 7**

Saturday 09:00-15:06 **Arena 8**

Saturday 09:00-15:06 **Arena 9**

Sunday 09:00-12:18 **Arena 1**

Sunday 09:00-13:24 **Arena 4**

Sunday 09:00-15:49 **Arena 7**

Sunday 09:00-13:31 **Arena 8**

Sunday 09:00-11:16 **Arena 9**

FRIDAY 12TH JULY

RDA AWARDS CEREMONY

In the presence of RDA President, HRH The Princess Royal

Join us in Arena 4 for a 2pm start for the presentation of...

- ★ President's Awards ★
- ★ RDA Annual Awards ★
- ★ RDA Coaching Awards ★
- ★ Princess Royal Coaching Academy Certificates ★

The ceremony will be livestreamed on the RDA Facebook and YouTube for anyone watching at home.



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DISCIPLINES

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ENDURANCE

Supported by JM Finn

Saturday 14:00-18:00 **Arena 10**

Endurance is a relatively new discipline that has been introduced to RDA and has become hugely popular since its launch. This is the second year we have run the competition at the National Championships. We offer a range of distances from 1km – 5km. RDA Endurance is now a much-enjoyed activity in over 100 RDA groups, enhancing participant and volunteer experiences.



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HORSE CARE & KNOWLEDGE

RDA 55
1969 - 2024

Friday 10:00-16:00 **Supporters Village**

Saturday 09:00-16:00 **Supporters Village**

Sunday 09:00-15:00 **Supporters Village**



This is a fun; theory based achievement class not a competition and is open to all members of an RDA Group. All ages and abilities are invited to take part.

All questions will relate to requirements for the Horse Care sections of RDA Proficiency Tests Grades 1 – 4 inclusive.

Competitors scoring 75% and over will receive a distinction rosette and those who scoreless will receive an endeavour rosette.

We also offer an advanced class for those competitors obtaining 90% or more. This class will require general knowledge of horse care and related subjects equivalent to the RDA Bronze Proficiency Test.

For those Competitors wishing to be considered for the Anne Birkmyre trophy or for the highest place rider in the West Mercia region need to have entered by 2.00pm on Sunday 14th July 2024.

Entries are accepted on the day, for a fee of £10.00 so please come and find us in the Supporters Village.

New for 2024 is a free have a go quiz for family members to get involved in.



PERFORMANCE SHOWING

Supported by Oliver Wight EAME LLP

Friday 09:00-12:00 **Arena 4**

Showing is a relatively new discipline within RDA and is growing from strength to strength.

The judging is conducted by looking at the harmony between the rider and their horse/pony, the turnout and, most importantly, the overall impression. Basically, the judge is looking for a happy partnership regardless of the occasional nerves!

The first and second prize winners, in all three classes, will be invited back to take part in The RDA Performance Showing Championship which will happen once all three classes have taken part.

Riders should be neatly turned out, clean and tidy but tack and saddlery suitable for the rider not the show ring will be encouraged.



At Oliver Wight, we believe in achieving a sustainable future, not only for our own organization and our clients, but within the wider community too.

That's why we have proudly sponsored the RDA for over 14 years and continue to support their mission to enrich lives and change the futures of thousands of people through education, therapy, and fun.

The RDA riders are an inspiration. The entire Oliver Wight team wishes them the best of luck.

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SHOWJUMPING

Supported by Oliver Wight EAME LLP

RDA 55
1969 - 2024

Saturday 09.00-13:15 **Arena 4**

RDA Showjumping has its own unique Pathway giving participants valuable opportunities to take part in RDA Competitions and RDA Showjumping Proficiency Tests. The pathway entails of 5 levels, beginning at poles on the ground through to an 80cm course, catering for all.

With more than 130 groups taking part in level 2 or above and all groups now taking part in level 1, this discipline has become really popular within our RDA Groups.

We will be showcasing levels 2 (unled), 3, 4 and 5 at the Championships this year.



**FIND OUT
MORE:**





DISCIPLINES

FIND OUT
MORE:



VAULTING

Supported by JM Finn

Saturday 14:00-14:36 **Arena 4**

Vaulting is best described as gymnastics and dance on horseback. At all times, the aim is for the vaulters to achieve perfect harmony with the horse whilst demonstrating their strength, flexibility, balance and creativity. Vaulting classes are offered for teams of six vaulters, for pairs, and for individuals, with options to perform on the horse or on the barrel. When competing on the horse, the lunger is in control of the horse, and is therefore a crucial part of the team!

Vaulters show as great a variety of moves as possible in their freestyles, which are performed to music. This variety is achieved by working on different parts of the horse, using different types of body position (e.g.



kneeling and standing), and facing different directions. Individual vaulters also perform a set routine ("compulsories") before their freestyle.

Vaulting is immensely adaptable and is therefore perfect for people with all kinds of disabilities.

RDA 55
1969 - 2024

★ **RDA NATIONAL** ★ **CHAMPIONSHIPS**

An inclusive equestrian competition, and much more.

What's on: Friday 12th July

- My Everest (12A) film screening and Q&A, Legends Bar from 8pm
- RDA rider Max Stainton-Parfitt, and his team, take on the challenge of riding to Everest base-camp
- Q&A with Director Carl Woods, and Disability Consultant, Sam Oldknow

**Scan here to book your
FREE ticket to watch**



What's on: Saturday 13th July

- My Everest - meet the crew and record your own epic story
- Arts and crafts activities
- Try the Polyjumps Jump zone
- Have a go at vaulting
- Test your horse care knowledge
- Fun dogshow classes
- Bader's Big Band in Legend's Bar from 8pm
- Ice creams, coffee, food & drink
- Disabled parking & drop off (Middle Equine car park)
- Mobiloo accessible toilet & changing place

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1969 - 2024

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