



British 
Dressage

Welcome
to your Full Membership



Key contacts

BD Membership team

Membership, upgrades,
registrations and results:
membership@britishdressage.co.uk

BD Sports Operations team

For queries regarding all qualification
and championship pathways,
please contact:
operations@britishdressage.co.uk

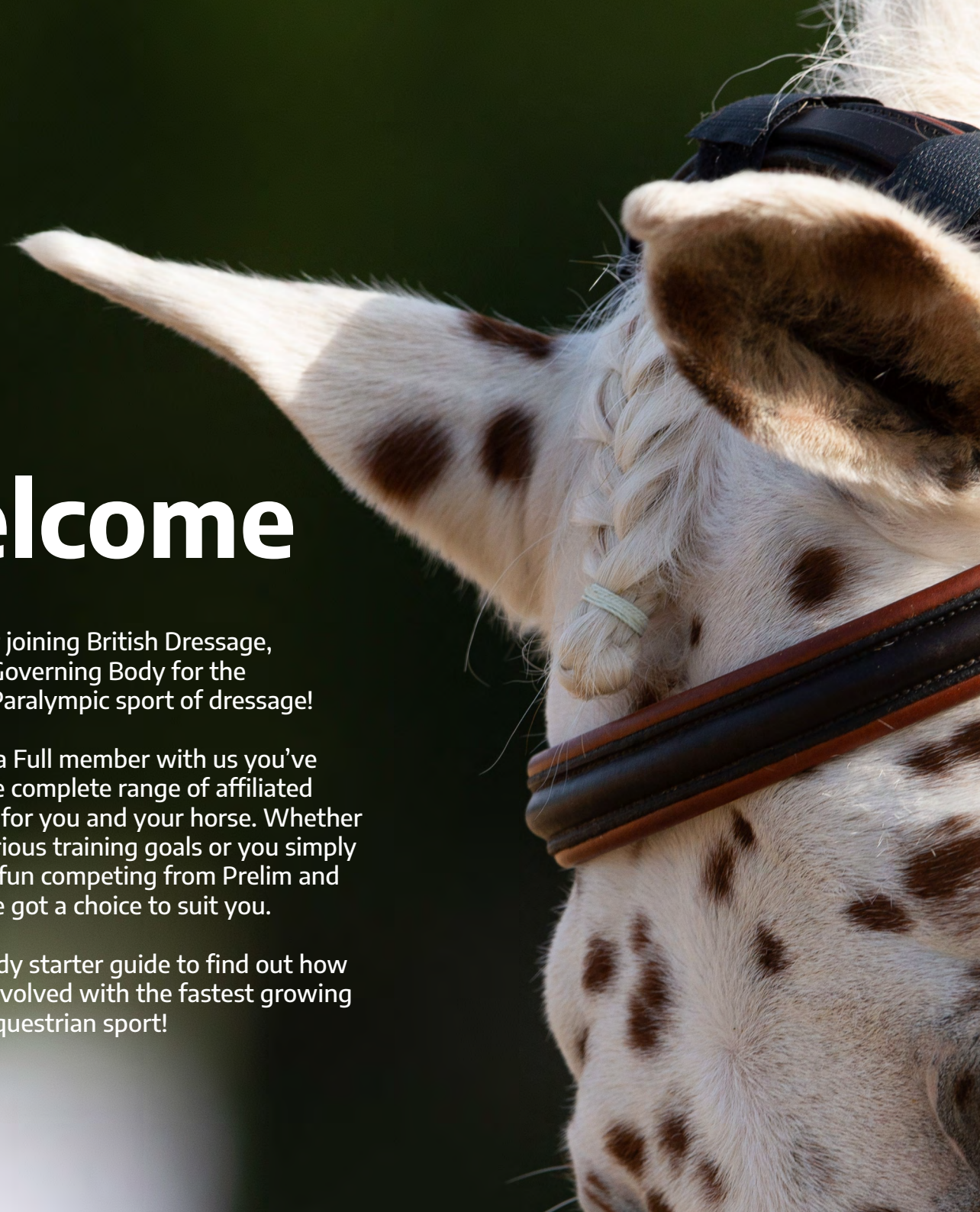
To contact your Development
Officer, visit your region online:
www.britishdressage.co.uk

Welcome

Thank you for joining British Dressage,
the National Governing Body for the
Olympic and Paralympic sport of dressage!

By becoming a Full member with us you've
opened up the complete range of affiliated
opportunities for you and your horse. Whether
you've got serious training goals or you simply
want to have fun competing from Prelim and
beyond, we've got a choice to suit you.

Read this handy starter guide to find out how
you can get involved with the fastest growing
discipline in equestrian sport!





First steps

BD Online

Visit the British Dressage website and find the member login button to get started. Register your profile using your email address and the membership number we've sent you. Complete the process to activate your membership online, set up new horse registrations and view your results.

Social media

Find us on Facebook, Twitter, Instagram and YouTube to stay up to date with the latest news, features, and much more!

Get competing

The British Dressage competition structure has been designed to give riders more choice than ever before! Whether you're just starting out or you're an experienced dressage rider, we have something for everyone.

With different championship pathways for riders at all levels and sections, go for your dressage goals and reach your competition aims. Pick up our guide to British Dressage championships from your local venue, Development Officer, or download a copy at www.britishdressage.co.uk.

GiftAid

Help us to support the sport you love! All funds raised via GiftAid are invested in projects to benefit BD members, without any extra cost to you.

Handbook

The Members' Handbook, featuring all BD rules, is available to download on the British Dressage website in the competition section.

Website

For fixtures, news, advice and results, it's all here: www.britishdressage.co.uk



Member benefits

Discounted member access to regional, national and online training and events hosted by us year round.

Priority access to the National Convention, in partnership with Harrison Clark Rickerbys, each November.

230 accredited and recognised coaches on hand to help you, plus our Find a Coach facility online to direct you.

Access to all judge training seminars, young horse days and training fixtures, whether you're a judge or not!

Training within your region and online to help you reach your competition goals, plus printable guides and charts.

Choose shows from a packed schedule of 2,000 days of action per year, across England, Scotland and Wales.

Unlimited access to championship qualification for Full members, set your goals and aim for podium glory.

Improve your partnership's performance with judges, who're assessed regularly and fully qualified with us.

Choose music! Your PPL Music License with us opens the door to thousands of licensed tracks for your freestyles.

Track your results and progress with BD Online, plus access to result records of all registered members/horses.

Third party public liability and personal accident insurance cover with partners KBIS British Equestrian Insurance.

Free legal helpline for all matters related to owning horses and linked services provided, with Harrison Clark Rickerbys.

Be inspired by the British Dressage magazine. Eight issues dropped on your doorstep each year, full of exclusive features.

Regular member emails from us and your region, including Engage, our monthly round up of all things British Dressage.

Unique online member content dedicated to the sport with BD at Home, our digital hub for video, audio and more!



Participate

how to get started

- **eligibility**
- **set goals**
- **schedules**
- **learn test**
- **get social**

Find our eligibility guides in the Members' Handbook. These point you in the right direction for which competition section you and your horse can enter – Bronze, Silver or Gold.

Define your goals, choose your championship, then find out when and how to qualify. Remember, you can often use 'normal' shows to qualify for our championships, such as the Petplan Equine Area Festivals.

Choose your local show. Visit our website to view all competition schedules – you normally can enter online too. Why not follow your local venues on social media to keep an eye on fixture updates?

Learn your test and get riding! You can buy test sheets and plans from our online shop – or if you prefer a more interactive way of learning, try the Dressage TestPro app, it's free to download and trial!

Keep us up to date with your progress, share your stories on social media. Tag the BD accounts or use #BritishDressage – we're on Facebook, Twitter, Instagram and YouTube.

Health and welfare

Vaccinations: All horses need to have a flu vaccination within six months and 21 days of the show they're attending. Check with your vet if you think your horse may be due soon!

Passports: Don't forget to always travel with your horse's passport; often you'll need to present this to the show secretary on arrival.

Health: Please always put your health and welfare first – do not travel to compete if you or your horse are feeling unwell.

Your safety: We require up to standard hat certificates, so make sure you've got a correctly fitting and up to standard helmet. Check your boots and equine leather wear too and remember to always ride responsibly within your ability.



If you're joining us under the age of 25, you'll become part of BD Youth.

Get involved with regional youth activity and teams. There's also the opportunity to aim for international squads, Under 21 National Championships at FEI level, or progress your skills with youth academies and courses, including the BD Horse Care programme.

Compete

top tips for success



Warm up to win!

To help you get the most out of your warm up, we've compiled our best tips and some unwritten rules!

- 1 Pass other riders left hand to left hand.
- 2 If they're in counter canter, give way by circling.
- 3 Make tack adjustments outside the arena if possible.
- 4 Ensure your whip doesn't upset a passing horse.
- 5 Do not halt or walk on the outside track.
- 6 Trainers/supporters should not stand in warm up spaces.
- 7 Riders with impaired vision should wear a white armband.
- 8 Stewards may give priority if warm ups are overcrowded.
- 9 Be prepared, take an arena bag for boots/bandages and kit.
- 10 Ask a steward if you need help or assistance at any time.

Visit www.britishdressage.co.uk to shop bridle numbers, test plans and score sheets.

Enjoy your experience

The idea of affiliated competition can often be daunting – but it needn't be! BD's most experienced professionals have offered their advice to help you take the first step:

- You and your horse don't need to be at the venue for the entire day! You're allocated a specific time for your test, so it's completely up to you what time you arrive at the venue and how long your preparation is.
- As the competition draws near, don't forget to collect times online or over the phone.
- Remember to make a note of your competitor number, which you'll need to display using a bridle or saddlecloth number on both sides of your horse.
- The judge will sound a horn or ring a bell to indicate that you should start your test. You have 45 seconds after the bell to enter the arena at A. Don't forget to smile!
- If you go wrong in the test, the judge will ring the bell. Don't panic! If you know where you've gone wrong, just raise your hand and return to the start of the move. If you aren't sure, ride towards the judge who'll tell you the error and where to restart. Most judges have been competitors themselves, so they'll understand!
- If you can, try and thank the organiser before heading home; show days are always busy and we appreciate their work.
- Once you're home, put your feet up and congratulate yourself on what you've achieved! Read the judge's comments and choose some goals to work on before your next outing.

Your region

our community

We automatically allocate your region to your membership profile upon joining. This means you'll receive regular member communications from your region straightaway. Keep an eye on your inbox for monthly updates, they'll be lots of information on upcoming training, competition opportunities and more.

As a member, you'll join one of our six regions, each led by a Development Officer (DO), who's supported by a volunteer committee of regional representatives. There's always activity in your region – training, trips, team competitions – so why not have a go?

There are plenty of opportunities to represent your region as part of a team too, from Prelim level upwards – take a look at the website to find out more about selection and fixtures.

Scotland

North & East

North & West

Wales

South & East

South & West



train:

- Senior camps
- BD Youth camps
- Test riding days
- Judge training
- Coach training
- Have a go days
- DVD sessions
- Online training
- Social evenings
- And much more!

compete:

- Senior Inter Regional
- BD Youth Inter Regional
- Senior & Para Home International
- BD Youth Home International
- Sheepgate U25s
- Inter-County events

We also offer Para Dressage training locally, speak to your regional Para Rep to learn more!



What to wear: The gear guide

Can't make up your mind on which saddledcloth to choose, or not sure if your boot colour is on point? Luckily BD is on hand to help you decide what you and your horse should wear for your competitions.

Horse equipment

- Saddles can be black, brown, grey or navy and English or Continental style, in leather or synthetic materials.
- Bridles must include a bit and noseband and can also be leather or synthetic in predominantly black, brown, grey or navy.
- Double bridles are allowed at Elementary and above.
- Ear covers and fly hoods, including noise reducing versions, are permitted for all indoor and outdoor competitions. They can't cover your horse's eyes and must be discreet in colour.
- Boots and bandages of any colour may be used for warming up, but make sure you remove them before entering the arena – don't forget your overreach boots too!
- Martingales and bit guards aren't allowed so make sure you take them off before competing.
- Whips may be carried but make sure you take care when riding closely to others.

Rider fashion

helmets jackets

Must be up to correct safety standards, in conservative colours like navy blue, black, grey and brown – plus coloured piping.

These may be any conservative dark colour or tweed. Avoid bold stripes or multi-coloured outfits.

shirts

Long or short sleeved, not in bright or multi-coloured fabrics. Add a tie, American collar or correctly fitted stock.

body

Fitted styles and conservative colour waistcoats are permitted. No jackets are also allowed in extreme heat.

other

Breeches should be white, beige or cream, gloves can be any colour. Spurs are allowed at all levels, used correctly.



Quest to impress

Don't forget! The rules are slightly different for Saracen Horse Feeds Quest competitions. Here's what you could do if you're heading for Team Quest or My Quest competitions!

- Brightly coloured saddledcloths with your team name or horse name.
- Matching team polo shirts or gilets.
- All the bling! Add diamante to your saddle cloths or team outfits.
- Go casual, there's no need for a show jacket if you wanted to make the most of the relaxed rules.
- Matchy matchy! Sync up you and your horse's wardrobes with matching silks, shirts, ear covers and saddledcloths.

Beyond the boards

Looking for a new star? Selling your saddle or horsebox? Visit britishdressage.classifieds.co.uk

Your membership extends far beyond leaving the arena in free walk. Our website, social media and BD at Home hub offer you exclusive access to dressage news, training videos, Q&A sessions with industry leaders and much more.

Your say

Share your rider stories, show experiences and competition photos! Find us on Facebook, Twitter, Instagram and YouTube to keep our community buzzing with updates on qualification and achievements!

Our partners

British Dressage is generously supported by a committed group of quality brands. We'll keep you updated with member offers, sales, product news and giveaways from our dedicated partners and championship supporters.

KBIS British Equestrian Insurance
0345 230 2323



Harrison Clark Rickerbys
Members legal helpline
0845 0178601



Find your role

Membership with us expands far beyond the white boards!

Make your time with BD memorable, educational and beneficial. Why not aspire to become a coach, judge, writer, steward or volunteer, alongside riding and competing?

It's easy to get started and newcomers are always welcome!

Find out more online, visit www.britishdressage.co.uk

Events

Whether online from the comfort of your home or at one of our venues, BD's Training & Education team offer a packed calendar of national and regional events to grow your skills and expand your knowledge.

Visit the website for information on events, including the National Convention, in partnership with Harrison Clark Rickerbys.

Keep an eye on our media partners Horse & Country for competition live streams, show replays and training events online.





**Bringing people and horses
together in harmony**

Meriden Business Park,
Cope Drive, Meriden,
West Midlands, CV5 9RG.

Tel: +44 (0) 2476 698830
office@britishdressage.co.uk
www.britishdressage.co.uk