



British  
Dressage

Welcome  
to your Club Membership





## Key contacts

### **BD Membership team**

Membership, upgrades,  
registrations and results:  
[membership@britishdressage.co.uk](mailto:membership@britishdressage.co.uk)

### **BD Sports Operations team**

Quest, Associated, Senior and  
Youth International, Para and  
all Championships:  
[operations@britishdressage.co.uk](mailto:operations@britishdressage.co.uk)

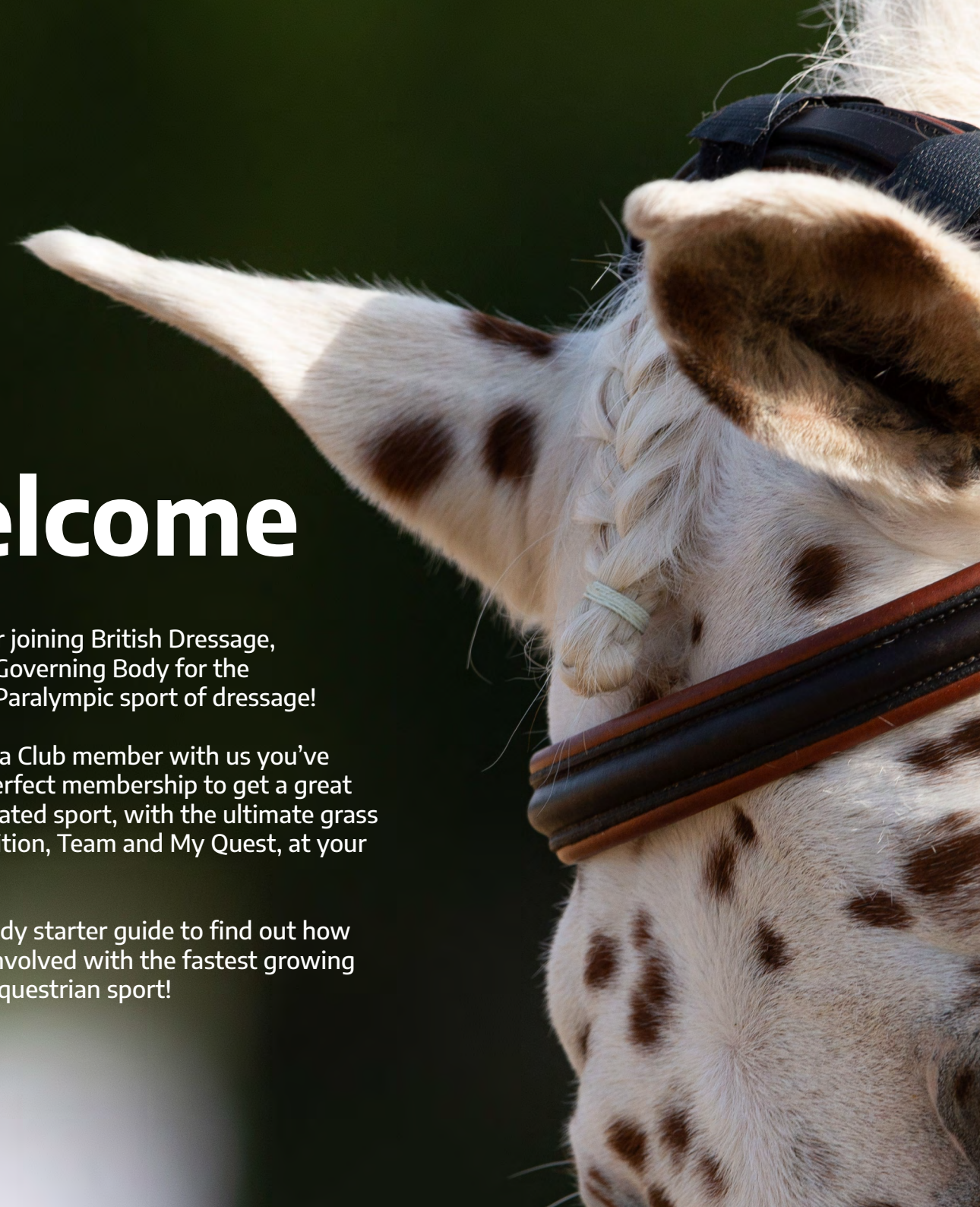
To contact your Development  
Officer, visit your region online:  
[www.britishdressage.co.uk](http://www.britishdressage.co.uk)

# Welcome

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

By becoming a Club member with us you've  
chosen the perfect membership to get a great  
taster of affiliated sport, with the ultimate grass  
roots competition, Team and My Quest, at your  
fingertips!

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!

## 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](http://www.britishdressage.co.uk)

## 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](http://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.

Complete access to the best grassroots event in equestrian, the Saracen Horse Feeds Quest Championships!

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.

Aim for Area Festivals, you can qualify for Petplan Equine's prestigious series, and upgrade for the Festivals!

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

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

Be inspired by the British Dressage magazine. Eight issues available online 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

You can find our eligibility guides in the Members' Handbook. These point you in the right direction for which competition section you are, for Quest you'll need to be a Bronze combination.

Define your goals, aim for Club eligible championships, then find out when and how to qualify. Remember, for championships outside of Quest, you will need to upgrade your membership to take part.

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.

Saracen Horse Feeds Quest offers a dedicated section for U21 riders, teams and individuals.

You can also get involved with regional youth activity or progress your skills with 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](http://www.britishdressage.co.uk) to shop bridle numbers, test plans and score sheets.

## Enjoy your experience

The idea of affiliated competition can often be a daunting thought – 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 news from your region straightaway. Keep an eye on your inbox for the monthly news updates, they'll be lots of information in these on upcoming training, competition opportunities and more.

TEAM  
WALES

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 and regional representatives. There's always activity in your region – training, trips, team competitions – why not have a go?

There are plenty of opportunities to represent your region as part of a team too, from Prelim level upwards, to have a go at these you will need to upgrade your membership and registration.

Training is a vital part of improving your dressage skills, setting new goals and growing as a combination. Training with your region can include:

- Senior camps with accredited coaches
- BD Youth camps and Horse Care
- BD Para training
- Test riding days
- Judge and coach training
- Have a go days
- Social evenings and events
- Much more!

**Scotland**

**North & East**

**North & West**

**Wales**

**South & East**

**South & West**



For more information on getting involved with your region, visit:  
[www.britishdressage.co.uk/regions](http://www.britishdressage.co.uk/regions)





# What to wear: The gear guide

Can't make up your mind on which saddledcloth to choose, 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 can also be leather or synthetic in predominantly black, brown, grey or navy. It must include a noseband and bit.
- 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 – make sure you don't forget to take them off if you use them at home.
- 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](http://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



## Quick questions

**Can I compete straightaway on my Club membership?**

Absolutely! Check our eligibility guides, choose your local show and enter! You're ready to compete from the day you receive your confirmation email and welcome pack.

**What competitions can I access with my membership?**

You'll be able to get started with Prelim Bronze qualifier classes, My Quest and Team Quest - including the Championships, Combined Training and Music Championship qualifiers! Don't forget you'll also need a Club horse registration too!

**How will I know when to renew my membership?**

Visit the BD Online membership portal to view your membership details and renewal dates, our memberships auto-renew which makes the process quick and easy - you'll also receive emails from us in front of your renewal date!







**Bringing people and horses  
together in harmony**

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