THE EQUESTRIAN WORLD CLASS PROGRAMME is funded by UK Sport, who receive their funding through the Department of Culture, Media and Sport (DCMS), primarily from the National Lottery. The Programme is a key portfolio within the British Equestrian Federation’s (BEF) support of equestrian sport.

The aim of the World Class Programmes across sports (Summer and Winter) is quite simple and that is, through a “no compromise” approach, to develop systems that will win more medals for Great Britain on the international stage, now and in the future. It is that aim that must underpin everything that is done within the World Class Programme and as the Programme develops and evolves, all involved must keep that aim at the forefront of their minds. To this end we work under the following aim:

Identify talent
Maximise potential
Deliver success

The aim of the World Class Programmes across sports (Summer and Winter) is quite simple and that is, through a “no compromise” approach, to develop systems that will win more medals for Great Britain on the international stage, now and in the future. It is that aim that must underpin everything that is done within the World Class Programme and as the Programme develops and evolves, all involved must keep that aim at the forefront of their minds. To this end we work under the following aim:

Identify talent
Maximise potential
Deliver success

The aim of the World Class Programmes across sports (Summer and Winter) is quite simple and that is, through a “no compromise” approach, to develop systems that will win more medals for Great Britain on the international stage, now and in the future. It is that aim that must underpin everything that is done within the World Class Programme and as the Programme develops and evolves, all involved must keep that aim at the forefront of their minds. To this end we work under the following aim:

Identify talent
Maximise potential
Deliver success

The Programme has been in existence since just before the Sydney Olympic and Paralympic Games in 2000 and has extended to support, within equestrianism, dressage, eventing, showjumping and para-equestrian dressage. The Programme is not about “support for all” but is about identifying the most talented riders and horses, and working with them to ensure that they reach their maximum potential and deliver their best possible results at World level and Olympic/Paralympic Games. Within equestrianism we face a unique challenge in that we need both a World Class athlete (the rider) and a World Class horse. We therefore have to develop our plan to cope with this multi-dimensional need. No one person within equestrian has an answer to all the challenges we face and, therefore, everyone within World Class must seek to draw on the experiences, not just of those involved with equestrian sport, but those involved with other sports, business management, and excellence in any field.

The funding we receive, which is not inconsiderable, is dependent upon producing results. It is, therefore, a results driven Programme and if we do not produce those results we will, quite rightly, be held to account by UK Sport and ultimately DCMS. It is, in effect, a business, and we are funded to produce a product and that product is medals. London 2012 was a very important milestone for sport in Great Britain and for equestrian it was a successful Games. We cannot, however, rest on our laurels and the focus must now be on qualifying for, and delivering in, Rio 2016, whilst also developing the athletes that will deliver in 2020 and beyond.

For many within equestrian it may appear that the horse is the primary athlete but we refer to the rider as the athlete as it is predominantly the rider that is recognised by UK Sport. This, however, does not mean that UK Sport does not recognise the crucial need of having World Class horses. Although the funding we receive is generous, it will never be sufficient to allow us to purchase, keep and develop World Class horses. We must therefore rely on owners’ and/or riders’ business acumen and passion in order to ensure that we have a constant and increasing pool of World Class horses with which we can win medals. We are all very aware of the vital role the owners play in the campaign for success on the World stage.

The Programme does not stand alone in this quest and works closely with the three BEF Olympic Member Bodies: British Dressage, British Eventing and British Showjumping. Underpinning the World Class Programme is the Sport England-funded BEF Excel Talent Programme. This training and competition programme works very much hand in hand with the Programmes run within World Class. The Member Bodies are the custodians of the individual sports within Great Britain and are as essential to winning medals as the funding and, I hope, the Programme, which is referred to as the World Class Programme. Within World Class we are continually looking at how we can develop the support we offer. This booklet does not represent a definitive statement of what we do, but rather a snapshot of where we are and the direction in which we hope to travel. If we are to continue to travel along this road to success then we need the help and advice of everybody, so please do not be slow in offering your advice.

London 2012 was a glorious celebration of sport in this country. London should not be seen as the end of a journey but rather the springboard for future sporting success.

Will Connell
Performance Director
January 2014

Cover: Scott Brash riding Lord & Lady Harris and Lord & Lady Kirkham's Hello Sanctos
Below: Charlotte Dujardin riding Mrs Roly Luard and Mr Carl Hester's Valegro
The World Class Programmes across all sports must focus their attention on three key areas: firstly, identifying talent; secondly, developing talent; and thirdly, producing performance on the World stage. The Equestrian World Class Programme is no different, although of course we need to do this not only with the rider but also with the horse. The World Class Programme therefore fits into three conjured areas: the Performance Programme, the Development Programme and the Equine Pathway. The one principle that underpins all that the Programme does, and which we can never do enough of, is communication.

**THE PERFORMANCE PROGRAMME**

The Performance Programme supports rider horse combinations that are challenging for team selection. It is essentially the Programme that supports the British Equestrian Team – Equestrian Team GBR – within the three NATIONS CUP COMPETITIONS

The opportunity to compete in team competitions across the disciplines is imperative for the development of riders and horses, and in jumping, it gives riders the opportunity to compete at the very highest level of the sport without relying on being at the top end of the World Ranking List. In eventing, we are utilising the opportunity presented by the new CICO (team competition) series to give potential Senior Team athletes the opportunity to compete in a team environment.

**EXCEL TALENT PROGRAMME**

In England, the World Class Programme is underpinned by the Sport England Excel Talent Programme.

**DISCIPLINE PROGRAMMES**

Working in conjunction with all of the above are the Discipline Programmes. These include the Pony, Junior and Young Rider teams and individual disciplines’ coaching development and coaching programmes.

**THE EQUESTRIAN WORLD CLASS PROGRAMME SUMMARY**

The Programme supports rider horse combinations that are challenging for team selection. It is essentially the Programme that supports the British Equestrian Team – Equestrian Team GBR – within the three NATIONS CUP COMPETITIONS

The opportunity to compete in team competitions across the disciplines is imperative for the development of riders and horses, and in jumping, it gives riders the opportunity to compete at the very highest level of the sport without relying on being at the top end of the World Ranking List. In eventing, we are utilising the opportunity presented by the new CICO (team competition) series to give potential Senior Team athletes the opportunity to compete in a team environment.

**EXCEL TALENT PROGRAMME**

In England, the World Class Programme is underpinned by the Sport England Excel Talent Programme.

**DISCIPLINE PROGRAMMES**

Working in conjunction with all of the above are the Discipline Programmes. These include the Pony, Junior and Young Rider teams and individual disciplines’ coaching development and coaching programmes.

The one principle that underpins all that the Programme does, and which we can never do enough of, is communication.

One of the key areas of focus is improving, communication with the HOME TEAMS

**COMMUNICATION**

The Programme seeks to develop a closer working relationship with riders’ own coaches – often referred to when including the riders’ veterinary surgeons, farriers etc as the ‘Home Team’. An area that we are focusing on more during the Rio cycle is Coach Development.

**WORLD CLASS PROGRAMME SUPPORT**

The areas of support that the World Class Programme is involved in transcend the whole pathway of Performance, Development and Equine Pathway.

These include:

a). Coaching

The Programme seeks to provide world class coaching support to riders and horses during squad sessions and at the riders’ own yards, working in conjunction with the riders’ own coach(es). The Programme aims to assist with the development of elite level coaches. This initiative works alongside the development of the UK Coaching Certificates and the UK Sport Elite Coaches’ Programmes (the Elite Coaches’ Programme and the Elite Coach Apprentice Programme) and seeks to identify and develop coaches who can support the various squad and teams. The Programme is also keen to develop a closer working relationship with riders’ own coaches – often referred to when including the riders’ veterinary surgeons, farriers etc as the ‘Home Team’. An area that we are focusing on more during the Rio cycle is Coach Development.

b). Equine Sports Science and Medicine (Health and Fitness)

The aim is to provide support that focuses on prehabilitation rather than rehabilitation, i.e. aim to prevent the injury occurring. The Programme has sought to increase communication with the riders’ own veterinary surgeons, physiotherapists and farriers, and to work with them to ensure that every horse maximises its performance. The monitoring of the horses is essential. The Programme supports veterinary surgeons and physiotherapists to attend competitions, and also funds veterinary treatment for many of the Performance level horses. Working in partnership with the veterinary surgeons are the farriers, physiotherapists and equine nutritionists through the support of Dodson & Horrell. Education is key to the development of the future medal winning riders and their grooms.

c). Human Sports Science and Medicine (Health and Fitness)

Often ignored to some extent in years past, the riders’ fitness and health are just as important as the horses’. We are not trying to create marathon runners but we do need riders that are “fit to ride” and “fit for purpose”, and as with the horses, the focus is on prehabilitation rather than rehabilitation. All riders on the Programme have access to facilities and services provided by practitioners working within the Programme assisted by the English Institute of Sport (EIS) and their Scottish and Welsh equivalents. The Programme engages the support of human physiotherapists, doctors, strength & conditioning coaches, nutritionists and sports psychologists, and has been involved in research to develop an understanding of what constitutes “fit to ride.”

d). Research and Development

The Programme seeks to identify where science can assist the development and delivery of performance. That may be working with commercially available equipment or developing procedures and understanding within a specific area. Such systems include the Pliance Saddle Pressure system that has allowed us to give scientific back up to the art of fitting saddles, as well as a better understanding of the locomotion of the horse. The Pliance System was used recently in a research project relating to fitness in show jumping horses to discover how we can best ensure that they deliver their maximum performance during Championships. The results of these studies are available to Programme riders and in some cases have been published in relevant scientific journals.

e). Owners

Across the Programme we recognise the importance of owners in meeting our aim. The Programme seeks to continue to develop communication with owners, and ensure that the Programme and owners are working as a partnership in order to develop and deliver performance. Without owners we will not win medals; they are vital.

f). Management and Logistical Support

The Programme aims to provide a professional Management Team that is focused on supporting the riders, coaches, vets and other staff key in delivering medals. Included in that Management Team’s role is the provision of logistical support to Team GBR for major Championships and Games.

**THE EQUESTRIAN WORLD CLASS PROGRAMME SUMMARY**

The Programme supports rider horse combinations that are challenging for team selection. It is essentially the Programme that supports the British Equestrian Team – Equestrian Team GBR – within the three NATIONS CUP COMPETITIONS

The opportunity to compete in team competitions across the disciplines is imperative for the development of riders and horses, and in jumping, it gives riders the opportunity to compete at the very highest level of the sport without relying on being at the top end of the World Ranking List. In eventing, we are utilising the opportunity presented by the new CICO (team competition) series to give potential Senior Team athletes the opportunity to compete in a team environment.

**EXCEL TALENT PROGRAMME**

In England, the World Class Programme is underpinned by the Sport England Excel Talent Programme.

**DISCIPLINE PROGRAMMES**

Working in conjunction with all of the above are the Discipline Programmes. These include the Pony, Junior and Young Rider teams and individual disciplines’ coaching development and coaching programmes.

The one principle that underpins all that the Programme does, and which we can never do enough of, is communication.
The funding support allows a “no compromise” approach to building a positive team environment and also to deliver coaching support. However, the Programme seeks to ensure that the athletes have access to all support services that might assist with their performance development. This includes human physiotherapy (that can be delivered at the riders’ yards rather than at centres), the support of a doctor, sports psychologist, fitness advice and nutritional advice. Similar services are also made available for the horse; nutritional advice through Dodson & Horrell and access to the very best veterinary facilities and support, farrier support and physiotherapy support. Riders receive a means-tested allowance directly from UK Sport and they can claim, through the Programme, financial support for coaching, travel, entry fees, veterinary fees, etc.

The funding support allows a “no-compromise” approach to Championships; if it is felt that a certain aspect will provide a performance advantage at a competition, we will ensure that it is in place. This includes a central logistical and management back-up that has the financial freedom to visit Championship venues before the competitions start and to ensure that a robust logistical plan is put in place for the British teams. The Championship Teams are fully funded by the Programme.

In parallel with what is delivered to the riders and horses, we are continually looking to upskill grooms, who are fundamental to the success of horse/rider combinations; work more closely with riders’ “home” vets and coaches; and generally increase communication outside the environment of World Class. In return, what we expect from riders is open communication and buy-in.

Selection for the Performance Programme is ongoing, with six monthly reviews of squad riders together with a continuous assessment of performance, which provides an indication of potential medal success within an Olympiad, including World and European Championships. Selection is based on results combined with potential to deliver.
The World Class Programme introduced an Equine Pathway Programme (in partnership with the BEF Olympic Member Bodies) in 2006 to sit alongside the human development pathway in order to identify and support world class horses. It is also hoped that the Equine Pathway Programme will encourage owners to keep their horses with British riders.

The World Class Programme has a very clearly defined athlete development pathway through the Development Programme (Start and Potential) up to the Performance Programme. This Pathway has proved successful in that several riders have progressed along the Pathway and have represented GBR at Championship level. This is very much a speculative process when the horse is young! The Programme works with the identifiable talent to reach Championship level. This is very much a pre-determined Pathway aimed at forming an athlete to develop the rider and their horse to compete at a Championship level.

The emphasis for para-equestrian dressage is on identifying the “right” horse(s) for each of the riders on the World Class Programme.

Selection through to each stage is made on merit.

Riders are under constant review in terms of their development and performance, including six monthly face to face reviews, which they must attend.

Some riders with horses on the Equine Pathway that are on the cusp of reaching the Performance Programme standard receive means tested funding directly from UK Sport.

Selection for the Equine Pathway varies between disciplines, with results being the driver in eventing and showjumping, and “viewing trials” used in dressage. A detailed record of each horse’s progress is maintained by the discipline Member Bodies and regular updates will be made through competition results analysis, training reviews and veterinary assessments. The list of horses on the Equine Pathway is not published in order to protect the identity of the horses. Owners are, of course, free to publicise their horse’s selection if they so wish.

The World Class Programme, comprising Performance, Development (Start and Potential) and Equine Pathway, offer exceptional opportunities for Great Britain’s most talented riders, including expert training from coaches, veterinary and human sports science and medicine support, and funding, towards international competitions.

PROGRAMME MISSION
To optimise GB/IR rider success on the World stage for the Olympic and Paralympic disciplines, through the identification and development of potential world class riders, potential world class horses and potential world class rider-horse combinations.

OBJECTIVE OF SELECTION POLICY
The specific aim of the Selection Policy is to select talented riders/ combinations to deliver medal winning performances on the World stage for Great Britain, now and in the future.

PERFORMANCE PROGRAMME
Selection onto the World Class Performance Programme is based on horse and rider profiling, achieved through analysing past and present results, strengths and weaknesses, suitability for a particular Championship and the rider’s perceived potential to contribute to team or individual success at forthcoming major Championships. The squad is selected following consultation between the Discipline Selectors, Performance/Programme Managers and the Performance Director. Programme membership is reviewed on a six monthly basis and it is the rider that is formally recognised on the Programme by UK Sport.

DEVELOPMENT PROGRAMME (START AND POTENTIAL PROGRAMMES) – TIME SCALES

Selection through to each stage is made on merit.

Riders are under constant review in terms of their development and performance.

Selection through to each stage is made on merit.

Riders are under constant review in terms of their development and performance.

Selection through to each stage is made on merit.

Riders are under constant review in terms of their development and performance.

Selection through to each stage is made on merit.

Riders are under constant review in terms of their development and performance.

Selection through to each stage is made on merit.

Riders are under constant review in terms of their development and performance.

Selection through to each stage is made on merit.

Riders are under constant review in terms of their development and performance.

Selection through to each stage is made on merit.

Riders are under constant review in terms of their development and performance.

Selection through to each stage is made on merit.

Riders are under constant review in terms of their development and performance.

Selection through to each stage is made on merit.

Riders are under constant review in terms of their development and performance.

Selection through to each stage is made on merit.

Riders are under constant review in terms of their development and performance.

Selection through to each stage is made on merit.

Riders are under constant review in terms of their development and performance.

Selection through to each stage is made on merit.

Riders are under constant review in terms of their development and performance.

Selection through to each stage is made on merit.

Riders are under constant review in terms of their development and performance.

Selection through to each stage is made on merit.

Riders are under constant review in terms of their development and performance.
Meet and interact with the riders’ Home Teams

The Home Teams are the personnel that support the riders on a week in, week out basis and include, but are not limited to:

- Grooms
- Coaches
- Veterinarians
- Farriers
- Physiotherapists/osteopaths/chiropractors
- Masseurs
- Feed suppliers
- Saddles

One of the areas that developed most during the London Olympiad was the use of Home Visits by World Class Programme staff. It has been found that when more can be achieved by Programme staff visiting a rider at their home yard than can be achieved during a squad session. It gives the staff the opportunity to see more horses and really get to understand the environment of the riders’ Home Teams and the facilities they have available.

Home visits also give Programme staff the opportunity to meet and interact with the riders’ Home Teams; this is vital if we are to develop communication and ensure everyone is working towards the same goal, sharing the same information and developing/delivering against the same plan.

It is therefore one of the Programme’s primary aims to develop more effective communication with riders’ Home Teams. It is hoped that all will buy-in to this.

This will be achieved through:

- The collection of detailed information about who makes up each riders’ Home Team
- More effective use of a central database that Programme staff can access
- Direct contact between Programme consultants and Home Team staff
- An increase in the number of Home Visits
- World Class Programme newsletters
- Central conferences/meetings for coaches/human SSM staff/ equine SSM staff
- A dedicated BEF World Class Programme Communications/PR executive who will work directly with riders’ agents.

The Programme encourages riders to bring all their Home Team staff together at least twice a year, thus ensuring that there is good communication within the Home Team itself and that all are working from one plan.

As a Programme we must strive to communicate more effectively with the key stakeholders involved with the delivery of elite performance:

- Owners
- Riders
- Competitor organisers
- Home Teams

The Home Teams are the personnel that support the riders on a week in, week out basis and include, but are not limited to:

- Grooms
- Coaches
- Veterinarians
- Farriers
- Physiotherapists/osteopaths/chiropractors
- Masseurs
- Feed suppliers
- Saddles
- Riders’ secretaries, agents and sponsorship coordinators.

One of the areas that developed most during the London Olympiad was the use of Home Visits by World Class Programme staff. It has been found that when more can be achieved by Programme staff visiting a rider at their home yard than can be achieved during a squad session. It gives the staff the opportunity to see more horses and really get to understand the environment the rider is working in and the facilities they have available.

Meet and interact with the riders’ Home Teams

The Programme seeks to:

- Develop the coaches already working with the Programme
- Work more effectively with the Home Team coaches
- Develop a more effective method for communicating a coaching “ethos” for each discipline that identifies key areas within each discipline that will help deliver a performance difference
- Identify potential elite coaches for the future and help them to develop
- Work with, and benefit from, UK Sport’s elite coaching initiatives
- Link with, and support, the development and delivery of UK Coaching Certificates within the Federation.

The initial stages of this Coach Development plan have involved identifying in detail the coaching structure around each rider/horse; this has been more complex than it may at first seem! The Performance/Programme Managers have gone on to develop clear “roles and responsibilities” for each of the coaches that support each of the riders. This is especially important for the Programme coaches, and also important for the riders to really think and understand who they are seeking support from and who is accountable for developing their performance. This is, of course, an ongoing process.
<table>
<thead>
<tr>
<th>EVENT</th>
<th>TEAM GBR MEDAL SUCCESS &amp; PERFORMANCE HIGHLIGHTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>European Championships</strong></td>
<td><strong>DRESSAGE</strong></td>
</tr>
<tr>
<td>Team Bronze</td>
<td>Team Bronze riding Mrs M Shouler's Imperial Cavalier and Mrs S Brown's Teddy</td>
</tr>
<tr>
<td>Individual Bronze</td>
<td>Sophie Christiansen riding her own and Mrs E Hoeg's Academy Award</td>
</tr>
<tr>
<td>Individual Silver</td>
<td>Nick Skelton riding Mr &amp; Mrs D Alder's Cabral and Mrs S Brown's Teddy</td>
</tr>
<tr>
<td>Individual Gold</td>
<td>Lee Pearson riding Millie Allen riding Trueleva and Miss R Steel's Trueleva</td>
</tr>
<tr>
<td>Team Silver</td>
<td>Team Silver riding Mrs M Shouler's Imperial Cavalier and Mrs S Brown's Teddy</td>
</tr>
<tr>
<td>Individual Bronze</td>
<td>Michael Whitaker riding his own and Mrs S Brown's Teddy</td>
</tr>
<tr>
<td>Individual Silver</td>
<td>Nick Skelton riding Mr &amp; Mrs G Widdowson's Carlo 273 and Mrs S Brown's Teddy</td>
</tr>
<tr>
<td>Individual Gold</td>
<td>Lee Pearson riding Millie Allen riding Trueleva and Miss R Steel's Trueleva</td>
</tr>
<tr>
<td>Team Gold</td>
<td>Team Gold riding Mrs M Shouler's Imperial Cavalier and Mrs S Brown's Teddy</td>
</tr>
<tr>
<td>Individual Bronze</td>
<td>Sophie Christiansen riding her own and Mrs E Hoeg's Academy Award</td>
</tr>
<tr>
<td>Individual Silver</td>
<td>Nick Skelton riding Mr &amp; Mrs D Alder's Cabral and Mrs S Brown's Teddy</td>
</tr>
<tr>
<td>Individual Gold</td>
<td>Lee Pearson riding Millie Allen riding Trueleva and Miss R Steel's Trueleva</td>
</tr>
<tr>
<td><strong>Olympic Games</strong></td>
<td><strong>Showjumping</strong></td>
</tr>
<tr>
<td>Individual Bronze</td>
<td>Sophie Christiansen riding her own and Dr S Christiansen's Pinocchio</td>
</tr>
<tr>
<td>Individual Silver</td>
<td>Nick Skelton riding Mr &amp; Mrs D Alder's Cabral and Mrs S Brown's Teddy</td>
</tr>
<tr>
<td>Individual Gold</td>
<td>Lee Pearson riding Millie Allen riding Trueleva and Miss R Steel's Trueleva</td>
</tr>
<tr>
<td>Team Silver</td>
<td>Team Silver riding Mrs M Shouler's Imperial Cavalier and Mrs S Brown's Teddy</td>
</tr>
<tr>
<td>Individual Bronze</td>
<td>Michael Whitaker riding his own and Mrs S Brown's Teddy</td>
</tr>
<tr>
<td>Individual Silver</td>
<td>Nick Skelton riding Mr &amp; Mrs G Widdowson's Carlo 273 and Mrs S Brown's Teddy</td>
</tr>
<tr>
<td>Individual Gold</td>
<td>Lee Pearson riding Millie Allen riding Trueleva and Miss R Steel's Trueleva</td>
</tr>
<tr>
<td>Team Gold</td>
<td>Team Gold riding Mrs M Shouler's Imperial Cavalier and Mrs S Brown's Teddy</td>
</tr>
<tr>
<td>Individual Bronze</td>
<td>Sophie Christiansen riding her own and Mrs E Hoeg's Academy Award</td>
</tr>
<tr>
<td>Individual Silver</td>
<td>Nick Skelton riding Mr &amp; Mrs D Alder's Cabral and Mrs S Brown's Teddy</td>
</tr>
<tr>
<td>Individual Gold</td>
<td>Lee Pearson riding Millie Allen riding Trueleva and Miss R Steel's Trueleva</td>
</tr>
<tr>
<td><strong>World Equestrian Games</strong></td>
<td><strong>Team Challenge</strong></td>
</tr>
<tr>
<td>Individual Bronze</td>
<td>Sophie Christiansen riding her own and Mrs E Hoeg's Academy Award</td>
</tr>
<tr>
<td>Individual Silver</td>
<td>Nick Skelton riding Mr &amp; Mrs D Alder's Cabral and Mrs S Brown's Teddy</td>
</tr>
<tr>
<td>Individual Gold</td>
<td>Lee Pearson riding Millie Allen riding Trueleva and Miss R Steel's Trueleva</td>
</tr>
<tr>
<td><strong>WEG 2010</strong></td>
<td><strong>Individual Challenge</strong></td>
</tr>
<tr>
<td>Individual Bronze</td>
<td>Sophie Christiansen riding her own and Mrs E Hoeg's Academy Award</td>
</tr>
<tr>
<td>Individual Silver</td>
<td>Nick Skelton riding Mr &amp; Mrs D Alder's Cabral and Mrs S Brown's Teddy</td>
</tr>
<tr>
<td>Individual Gold</td>
<td>Lee Pearson riding Millie Allen riding Trueleva and Miss R Steel's Trueleva</td>
</tr>
</tbody>
</table>

**European Championships 2010**
- Individual Bronze: Laura Bechtolsheimer riding her own and Dr & Mrs W Bechtolsheimer's Mistral Hojris
- Individual Gold: Charlotte Dujardin riding Mrs R Luard and Mr C Hester's Valegro

**Olympic Games 2012**
- Individual Bronze: Laura Bechtolsheimer riding her own and Dr & Mrs W Bechtolsheimer's Mistral Hojris
- Individual Gold: Charlotte Dujardin riding Mrs R Luard and Mr C Hester's Valegro

**World Equestrian Games 2014**
- Individual Bronze: Laura Bechtolsheimer riding her own and Dr & Mrs W Bechtolsheimer's Mistral Hojris
- Individual Gold: Charlotte Dujardin riding Mrs R Luard and Mr C Hester's Valegro

**European Championships 2016**
- Individual Bronze: Laura Bechtolsheimer riding her own and Dr & Mrs W Bechtolsheimer's Mistral Hojris
- Individual Gold: Charlotte Dujardin riding Mrs R Luard and Mr C Hester's Valegro
HUMAN SPORTS SCIENCE AND MEDICINE looks at the application of scientific principles and techniques with the aim of improving sporting performance. As a sport, equestrianism focuses heavily on the performance, welfare and well-being of the horse, whose athletic input into the success of a horse-rider combination is well documented. But the athletic contribution of the rider cannot be ignored and, in fact, it is becoming widely recognised that a fitter, stronger, more flexible, injury-free rider has a significant positive impact on performance. Equestrian World Class Programme riders therefore have access to a support network of human sports science specialists, both through the English Institute of Sport (EIS) and through the Programme’s own team of expert consultants. That team includes, but is not limited to, physiotherapists, osteopaths, nutritionists, physiologists, strength and conditioning coaches and sports psychologists.

The team of experts is headed up by a Lead Practitioner, who is himself/herself an expert in a specific field of human sports science. It is the Lead Practitioner’s responsibility to co-ordinate the human sports science team, to communicate and liaise with the EIS and to draw in experts from other fields as and when necessary.

There cannot be a “one size, fits all” approach to human sports science so it is very much individualised for each rider on the Programme, and as with equine sports science, the focus is on prehabilitation rather than rehabilitation. The ultimate aim is for the riders to drive their own human sports science programme, accessing the expertise they need as and when they need it. The recent introduction of a human sports science syllabus for World Class Development Programme riders aims to educate and arm them with the information they need to request the services they need, so that as they progress up the Performer Pathway they are in a position to recognise what they need and when.

The focus is on prehabilitation rather than rehabilitation

A fitter, stronger, more flexible, injury-free rider has a significant positive impact on performance

The ultimate goal of the equine sports science and medicine programme is injury prevention

The Equine Sports Science and Medicine (SSM) programme is a fundamental service that underpins the World Class Programme. The provision of state of the art information and education to our human athletes about their equine’s nutrition, fitness, strength and conditioning and training methods is all underwritten by evidence based medicine. The ultimate goal of the equine sports science and medicine programme is injury prevention. Unfortunately this cannot always be achieved and injuries do occur. In this case, the sports science programme works in conjunction with the equine athlete’s own veterinary surgeon to ensure that there is access to the most appropriate treatment and veterinary expertise.

Equine sports science and medicine has also been used extensively to develop the strategies for how equine athletes should be prepared for competing at the Olympic/Paralympic Games and World Equestrian Games when they are to be held in challenging climates or after long journeys, such as Rio 2016.

In order to compete optimally, horses need to be sound, be able to breathe well, have an efficiently functioning heart and vasculature, and their neurologic systems, which orchestrate the whole body, need to be intact. The role of equine sports science and medicine is to determine how each of these body systems enable the horse to perform at a maximal level, and, if the horse’s performance has decreased, to determine which body system is malfunctioning.

The human athlete is able to apply a multitude of sports enhancing techniques to attain a higher level of performance and move ahead of their competitors. In addition, an ever-increasing array of technologies and treatments are available to aid diagnosis, accelerate rehabilitation and ultimately enhance performance. A similar trend is now emerging within equine sport. Individual sports organisations are exploring ways to improve competitiveness, and professional bodies such as the British Equine Veterinary Association (BEVA) is actively promoting the application of Evidenced Based Veterinary Medicine (EBVM). The Programme has trialled various pieces of equipment in the developmental stage and more recently has engaged in science based projects relating to fitness sustainability during competition. The programme regularly uses heart rate monitors and weight monitoring to help assess wellbeing. The Programme will always seek to use new technology if it fits with the needs of the horses, the riders and the coaches.

The funding we receive allows access to the very best equine veterinary facilities in the UK and abroad, ensuring that if our very best horses are subject to injury, they can receive the very best care. The Programme funds a number of Veterinary Surgeons who support the teams, attend squad sessions and many competitions, visit riders’ home yards, and are available to give advice on health, fitness, competition planning and Equine Anti-Doping and Controlled Medication Rules.

The Programme receives generous support from Dodson & Horrell in the area of equine nutrition. Research and Development is led by the Programme’s Director of Equine Sports Science and Medicine (SSM) in conjunction with the Programme’s Veterinary Advisory Panel and Scientific Advisory Group.

The Equestrian World Class Programme funds a mobile physiotherapy unit as part of its human sports science support. The unit can travel to riders’ yards, to squad training sessions and to major events, meaning that there is always a practical clinical environment available in which to treat riders. The Programme’s Lead Physiotherapist and current Lead Practitioner, operates the mobile physiotherapy unit and it is from here that each Programme rider can be fully assessed. Specific techniques have been developed to eliminate and prevent musculoskeletal problems seen in riders, and specific screening techniques to help reduce imbalances and weaknesses that may affect riding techniques in all disciplines. Working closely with World Class Programme coaches, individualised exercise plans are put together for each rider, for both on and off horse, to address any potential issues.

Whilst every effort is made to prevent them, rider injuries do still occur. The Equestrian World Class Programme doctors can help riders to get back into the saddle as swiftly as possible. Working in conjunction with the UK Sport Athlete Medical Scheme, membership of which is one of the perks of being a funded rider, the doctors can assist the riders in accessing the very best possible private medical specialists so that injuries are treated promptly in order to have the minimum impact on the riders’ training and competition schedules.

Riders must always bear in mind that they are subject to anti-doping rules and regulations - exactly the same rules and regulations, in fact, as all human athletes in all sports. The Equestrian World Class Programme human sports science practitioners can provide comprehensive support and advice on all anti-doping matters.
UK SPORT
• Delivering World Class Performance
• Increasing Worldwide Impact
• Ensuring World Class Standards

UK Sport (UKS) is the principal agency allocating funds to the British Equestrian Federation World Class Programmes. The primary UKS goal is to support and deliver UK success at the Olympics and Paralympics, through investing in the National Governing Bodies of sport to support athletes capable of delivering medal-winning performances.

By channeling its expertise effectively, UK Sport is leading the drive for success, particularly in Rio 2016 and beyond. It is doing this by providing long-term investment and support to UK athletes and sports via their partners, using the disciplines of modern business and with a commitment to world-class service delivery. Underpinning this approach is an ambitious research, development and monitoring programme; innovation in the areas of sports science, technology and analysis is vital if the UK’s athletes are to win at the highest level.

As the performance arm of British sport, UK Sport has a responsibility to strive for excellence and ethical standards in everything it does. Sport is global and UK Sport operates on the world stage and by working with partners, UK Sport will seek to prioritise and attract international sporting events to the UK between now and 2016 for both Olympic and Paralympic sports. Through its International Influence Programme and various partnerships it is also actively engaged in promoting sport in 13 countries. UK Sport is leading the way in providing a vision for how the nation can harness the power of sport to change lives across the globe.

BRITISH OLYMPIC ASSOCIATION

The role of British Olympic Association (BOA) is to lead and prepare our Nation’s finest athletes at the summer, winter and youth Olympic Games. Recognised by the International Olympic Committee (IOC), they are also responsible for developing and protecting the Olympic Movement throughout the UK.

The BOA provides the pivot around which Team GB revolves prior to, during, the Games. In conjunction with the Olympic Governing Bodies, the BOA selects Team GB from the best sportsmen and women who will go on to compete in the 28 summer and 7 winter Olympic sports at the greatest sporting competition in the world.

The BOA is not funded or controlled by government, and has no political interests and completely depends upon commercial sponsorship and fund-raising income. The BOA is the strong, independent voice for British Olympic Sport.

BRITISH PARALYMPIC ASSOCIATION

The British Paralympic Association (BPA) is the National Paralympic Committee (NPC) for Great Britain and Northern Ireland, as required by the International Paralympic Committee (IPC). As such, it is responsible for British participation in summer and winter Paralympic Games, providing support services to all those competing as members of the GB Paralympic Team, and for promoting the Paralympic Movement and safeguarding Paralympic values throughout the UK.

The BPA’s main task is to secure Paralympic athletes’ success in the Paralympic Games. The BPA is responsible for calibrating selection, preparation, management and performance of the GB Paralympic Team at Paralympic Games. Whilst the BPA exists to fulfil its role as the NPC for GB, providing a central focus for all activities related to the Paralympic Games, British Paralympic Performance Services Ltd (BPPS Ltd) exist to provide centrally co-ordinated disability-specific performance services to a range of stakeholders. These include the BPA itself, the National Governing Bodies of Paralympic sports, the Sports Councils and the Home Country Sports Institutes (HCSIs). BPPS Ltd is a wholly owned subsidiary of the BPA.

The BPA is a registered charity and is funded through commercial sponsorship, charitable donations and exchequer funding. The Earl of Wessex has been a BPA Patron since November 2003 and has visited every Paralympic Games since.

The Owners are a Vital Part of the Team that will Deliver Medals on the World Stage:

• They are part of the planning process for targeting Championships and must be communicated with effectively.
• New owners must be encouraged to come into the sport and existing owners must be encouraged to keep the best horses with the best British riders.
• Owners are encouraged to be involved and to be part of the development of their horses and riders. Their contribution to equestrian sport must always be acknowledged.
• Assistance is provided through coaching, veterinary and farriery support in addition to all Championship costs for the riders and horses being met by the Programme.

The Owners are vital to the success of the British Equestrian Team.
VISION
Our vision is defined in the words: “More People – Better Places – Better Horses – More Medals”
The British Equestrian Federation will develop its concept of More People, Better Horses, Better Places and More Medals as we build on the success of the London 2012 Olympic and Paralympic Games, which put equestrian sport back into the spotlight.

MISSION
Working in partnership to increase participation and success throughout equestrianism.

More People
• Win hearts and minds by promoting the benefits of equestrianism
• Attract people to equestrianism and retain them

Better Places
• Ensure better facilities to agreed standards for recreational and competitive participants

Better Horses
• Promote and recognise the breeding and production of better horses and ponies

More Medals
• Identify, promote and support high performance athletes to win more medals

Governance
• Ensure the BEF is structured, managed and developed in a way that best supports its Member Bodies and its roles as NGB and National Federation, providing leadership and partnership.

For the World Class Programme, qualifying for, and delivering in, Rio 2016 is the primary focus. The Development Programme is focused on 2016 and beyond, but the Performance Programme must deliver in 2016.

London 2012 was memorable Games for all the right reasons. Rio 2016 will be a very different Games and we must be prepared for the challenges of a long journey, a Games that is taking place within a city that is very different to London, no “home advantage” and a huge logistical and budgetary challenge.

The Alltech FEI World Equestrian Games 2014 in Normandy represents the first opportunity to gain Team qualification for Rio 2016. The final opportunity to gain Team qualification will be at the 2015 European Championships.

In 2015, dressage and jumping will take place in Aachen, Germany, and eventing will be at Blair Castle in Perthshire, Great Britain.

The 2015 Rio Test Event will be an essential opportunity to hone the plan for 2016. The World Class Programme will fund riders and staff to attend the Test Event and gain as much information as possible.

The logistical plan for Rio will be challenging and hotel accommodation is not easy to secure. Visits to Rio by World Class Programme personnel started in 2011 and will take place on a regular basis through to 2016.

Previous Games and Championships have given us the experience, data and knowledge that will allow us to develop and deliver a plan for Rio 2016 that will ensure riders and horses have the opportunity to maximise their performance.

We must be prepared for the challenges
A plan for Rio 2016 that will ensure riders and horses have the opportunity to maximise their performance.
The word dressage can be literally translated as ‘to train’ and like many equestrian sports, dressage has its origins in the military where the horses were trained to be responsive, supple and fleet of foot in mounted combat. Throughout the centuries, the art of training horses became fashionable and the nobility wanted to be seen on only the highest schooled steed. In more recent times, this evolved into the competitive horse sport we know today and has worldwide appeal and participation.

British Dressage (BD) was founded in 1998 and is responsible for promoting and regulating the sport in Great Britain. 13,000 members, 30,000 supporters and 2,000 days of competition across 160 venues all over the country combine to make one of the fastest growing equestrian disciplines. It has a wide appeal as there are few barriers; all ages are welcome and compete together, horses and ponies are equal and disabled riders can compete in their own sections or alongside able-bodied riders.

A member of the British Equestrian Federation (BEF), BD operate from their office at Meriden in the West Midlands and as well as affiliated competition, BRITISH EVENTING (BE) is the governing body for the sport of eventing in Great Britain and regulates the sport as well as organising and scheduling many events throughout the country. British Dressage has over 10,000 members, of which over 8,000 compete regularly. The sport, both nationally and internationally, has continued to expand through both the numbers of competitors and events being staged. Over 110 events are controlled and regulated by British Dressage annually with over 65,000 cross country rounds at all levels.

The sport has an ideal, clean image and enjoys a strong demographic profile - Competitors and Owners AB 63%, C1 37%, and Spectators AB 52% and C1 28%. Men and women compete on equal terms while the genuine amateur can compete against World and Olympic champions.

Events take place in some of the most spectacular settings in the countryside and offer visitors a unique experience - outdoor activity, action at close quarters, fantastic shopping and something for all members of the family.

Following the decision in 1995 to become independent of the British Horse Society and its charitable umbrella, the sport established itself as an independent company limited by guarantee - British Horse Trials Association Limited. As such it had its own identity and has taken up founder membership of a legally constituted British Equestrian Federation (BEF). On 1 January 2001, the governing body changed its name to British Eventing in line with the worldwide acceptance of Eventing as the official name for the sport.

Current membership categories include full, junior, syndicate, life, associate, family, individual and junior.

The British Showjumping (BS) is the governing body for showjumping in Great Britain, formulating the rules and codes of practice under which all affiliated competitions are held.

BS’s purpose is to improve and maintain standards of showjumping in Great Britain, while encouraging members of all standards and at all levels to enjoy fair competition over safe and attractive courses.

Classes are run to cater for all levels of ability, whether riders simply want to compete occasionally at weekends or compete at a high level.
Riders are responsible for any prohibited substances found in either their own or their horses’ systems. The presence of a prohibited substance in either horse or rider constitutes a doping violation regardless of any lack of intent to enhance performance or of the absence of fault or negligence in management; effectively there is “strict liability” for any prohibited substance found. The British Equestrian Federation is conscious of the practical implications of this dual strict liability system on riders and works hard to ensure that riders are properly educated and supported. All riders who participate in the World Class programme are fully briefed on the dual strict liability system and their responsibility to ensure that both they and their horses remain drug free.

Extensive support is given, including advice on equine welfare, management, treatment and feeding, assistance with therapeutic use applications for both horse and rider, access to detailed technical advice on both equine and human medication from the BFH Director of Equine Sports Science and Medicine and the BFH Human Sports Science and Medicine Lead Practitioner, and training on ADAMS where required. The following websites contain more information on the use of prohibited substances for both equine and human athletes:

For horses:
FEI Equine Anti Doping and Controlled Medication Rules (EADMC) – www.feideasport.org

For humans:
UK Anti Doping – www.ukad.gov.uk
Global Drug Reference Online – www.globaldro.com