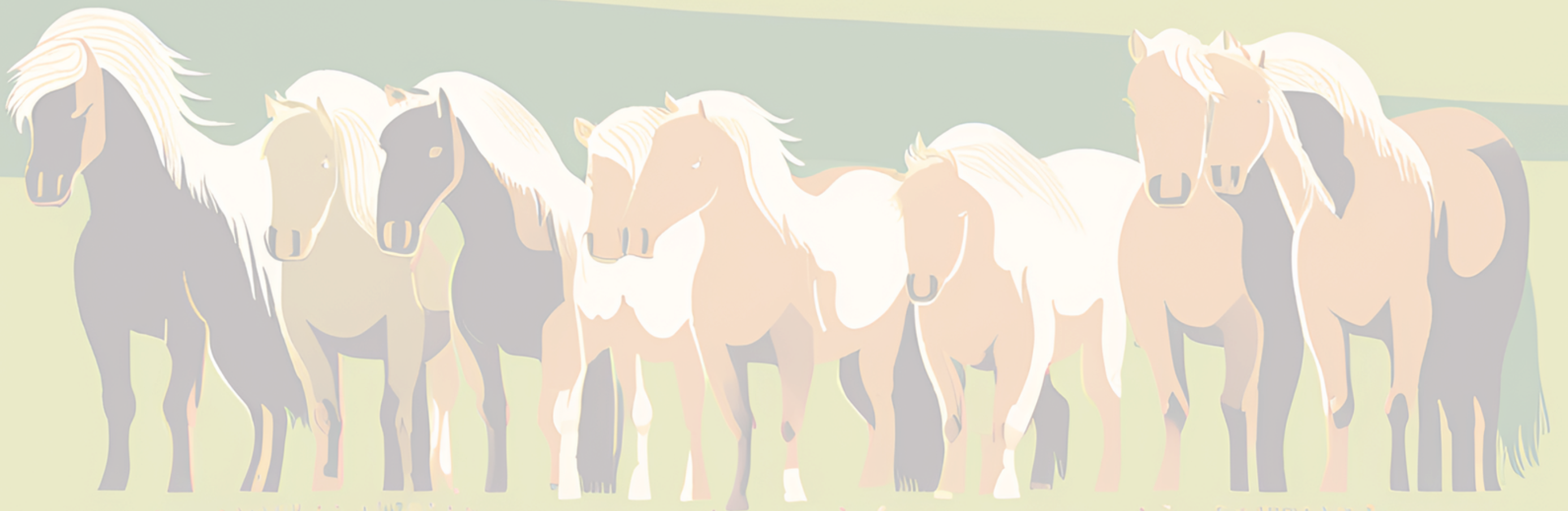




IHSGB   
YOUTH

# Young Rider Welcome Pack



*Educate ~ Promote ~ Encourage ~ Protect*



*IHSGB Limited, Registered Charity Numbers: 1101183 (England & Wales), SC039030 (Scotland),  
Company Registration No. 3974594. Registered Office: 45 High Street, Haverfordwest,  
Pembrokeshire, SA61 2BP.*

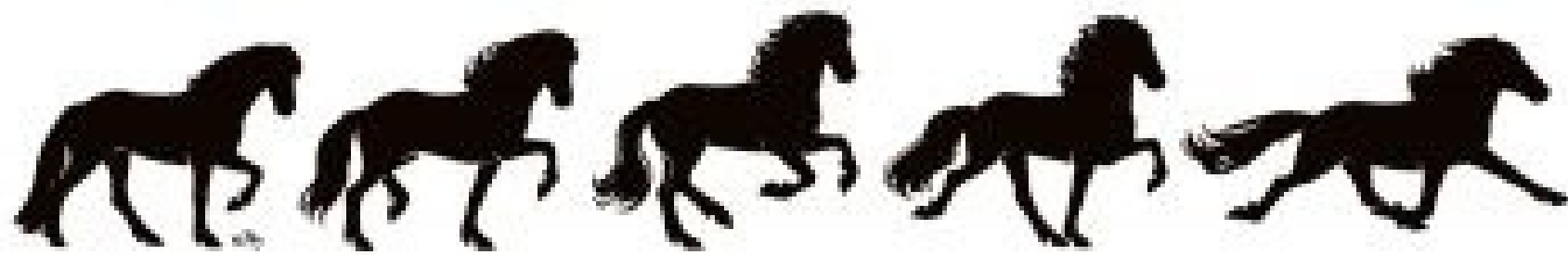


# Welcome!

The IHSGB is committed to supporting the development and welfare of our Youth members.

The IHSGB was founded in 1986!

The society still exists today to maintain the purity of the unique Icelandic horse, to promote interest in the breed, to protect the welfare of the breed, and to encourage Icelandic horse breeding and riding competitions.



*The IHSGB has been a full member of FEIF since 1986!*

*FEIF originally stood for 'Föderation Europäische der Islandpferde Freunde' (European Federation of Icelandic Horse Friends). It later changed when the USA joined making it truly a world-wide organisation using English and German to the 'International Federation of Icelandic Horses'.*

The IHSGB wants to ensure our youth members have opportunities to:

Develop knowledge and understanding of the Icelandic horse.

Improve their skills as equestrians.

Learn new skills.

Make amazing memories.

Make new friends.

Be sociable.

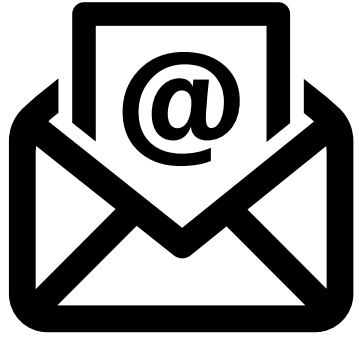




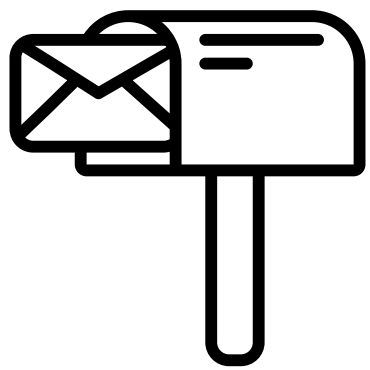
# Stay Safe!



The youth trustee not only represents our youth members within the IHSGB but also at FEIF whilst also taking the lead for IHSGB child safeguarding!



*The IHSGB will only contact you by:  
Your email (if you have one), or your parents or guardians email  
or by post.*

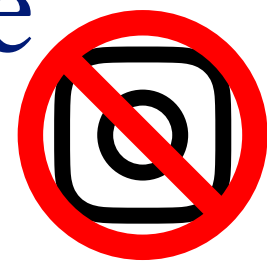


*All IHSGB emails start with the department name  
e.g youth and end with @ihsgb.co.uk*

*If you think the email you have received is not from the IHSGB,  
do not reply to it and inform your parent or guardian.*



IHSGB Youth does NOT have  
Facebook or Instagram!



If you have any questions about anything, ideas or suggestions then please do  
contact [youth@ihsgb.co.uk](mailto:youth@ihsgb.co.uk)





# Young rider badges

The young rider badges were created to help riders build a bond and develop their skills and knowledge with their Icelandic horse both on the ground and ridden.



For more info and how to enter please visit  
<https://ihsgb.co.uk/training-2/young-rider-badges/>



# International opportunities

FEIF provides great opportunities for young riders all around the world!

## Youth Camp

The goal of FEIF YouthCamp is to bring together young people from different countries who share a passion for the Icelandic horse, and participants will also learn something of the horse culture(s) of the host nation. Throughout the week a range of activities, with and without horses, are offered. In the past this has included hiking, crafts, long hacks, and even polo lessons on Icelandic horses.



## Youth Cup

The focus of the bi-annual FEIF YouthCup is teamwork, sportsmanship, improved riding skills and cross-cultural friendships.

The FEIF YouthCup consists of a week of intense training with respected instructors of international standing. The week ends in a competition with a range of youth classes on and off the oval track. Riders aged 14 - 17 train and compete in international teams, with the aim of fostering friendship and an awareness of cultural difference.

The language at all international FEIF events is English.

## World Championships

Organised every other year in one of the member countries. The event is the opportunity to experience the best horses and riders.

All full FEIF member associations may send teams that can comprise of up to 7 rider/horse combinations and up to five young rider/horse combinations (young riders must be 16-21)



More information on these events can be found on the FEIF website under Youth Work or don't hesitate to contact [youth@ihsgb.co.uk](mailto:youth@ihsgb.co.uk)



# The Icelandic Horse

*The horses of Iceland are the original Viking horses and one of the purest horse breeds in the world!*

*The breed has been isolated on the rugged island in the North-Atlantic since the settlement, or over 1000 years ago with hardly any genetic input from other breeds if any at all.*

*The Icelandic horse is an extremely versatile breed. These strong, intelligent and smooth horses are successful in many disciplines and can do well in endurance racing, carriage pulling and are great for therapeutic riding. Some are excellent jumpers and many are trained to quite a high level in dressage.*



*Icelandics are either 4-gaited with tölt in addition to the \*‘ground’ gaits or 5-gaited with flying pace too.*

*Tölt is a 4-beat lateral gait which is very comfortable for the rider as there is no moment of suspension with always 1 or 2 hooves on the ground at all times. Flying pace is a lateral racing gait which can reach nearly 30mph in short bursts!*

*\*ground gaits\* - refer to the ‘normal’ gaits that every breed of horse has... walk, trot and canter*



# What can I do with my Icelandic?

Youth Awards recognise and encourage youth members who participate in equestrian events and activities, as well as helping them to keep track of their own personal development.

Young rider badges levels 1-4 with certificate and badge awarded upon passing.

YouthCamp, YouthCup & World Championships.

To find out more, visit [www.ihsgb.co.uk/youth](http://www.ihsgb.co.uk/youth) or get in touch va email.



**Volunteering** ~ The IHSGB holds and attends events throughout the year. These covers a range of disciplines from Formation Riding to Country Show Displays, Breeding shows & the British Championships. Running and attending these events would not be possible without the loyal support of our dedicated volunteers.

The IHSGB volunteers work in a wide variety of roles; from operation of track gates at competition to being point of contact in the IHSGB Gazebo Stall. To find out more contact [communications@ihsgb.co.uk](mailto:communications@ihsgb.co.uk)



**The Leisure awards** ~ The awards are available to members of the IHSGB and there are no age restrictions on any of the awards.

The Icelandic Horse Challenge Cup (IHCC) is a joint initiative between leisure, education and sport. The IHCC exists to recognise and encourage members who participate in Icelandic events and activities. The Icelandic Distance Award is your chance to clock up the miles! All activity counts such as hacking, schooling, social rides and more.

You can work through each award at your own pace.

To find out more, visit [www.ihsgb.co.uk/leisure](http://www.ihsgb.co.uk/leisure)





# What can I do with my Icelandic?

**Breeding** ~ There are worldwide breeding standards and the horses are bred for rideability and temperament. There are strict guidelines for the assessment of breeding horses to ensure the same standards are met across the world. Horses are judged for conformation, temperament and ridden abilities in all five gaits by qualified judges. An Icelandic horse can only be registered if it is 100% pure bred. Being a member also gives you free access to a global Icelandic horse database known as WorldFengur.

If you feel you could help with the breeding shows or other breeding activities then why not contact the breeding team - [breeding@ihsgb.co.uk](mailto:breeding@ihsgb.co.uk) or check out the website [www.ihsgb.co.uk/breeding-studbook](http://www.ihsgb.co.uk/breeding-studbook)



**Education** ~ The IHSGB is committed to the development and education of its members in their knowledge and understanding of the Icelandic horse. There are training courses held around the country for every level of rider. With becoming a member you also gain access to the great training tool that is TöltOnline, where you can ride and learn from home. This platform gives you feedback and helpful tips to aid you and your horse working together in harmony.

[www.ihsgb.co.uk/training-2](http://www.ihsgb.co.uk/training-2)

**Sport** ~ If you like the technical challenge of dressage but crave the exhilaration of speed then you will love Icelandic competition riding. Gait riding tests ask for accuracy, wide flowing movements, speed and elegance.

Pace races are for speed but also need skill and horsemanship. Competitions are run under international rules and are judged by at least 3 qualified judges with classes offered at a variety of levels – from real beginners, to those with more experience.

The IHSGB Summer Festival and British Championships are held every year and every two years, GB sends a team to compete at the World Championships for Icelandic Horses.

To find out more, visit [www.ihsgb.co.uk/competing](http://www.ihsgb.co.uk/competing)



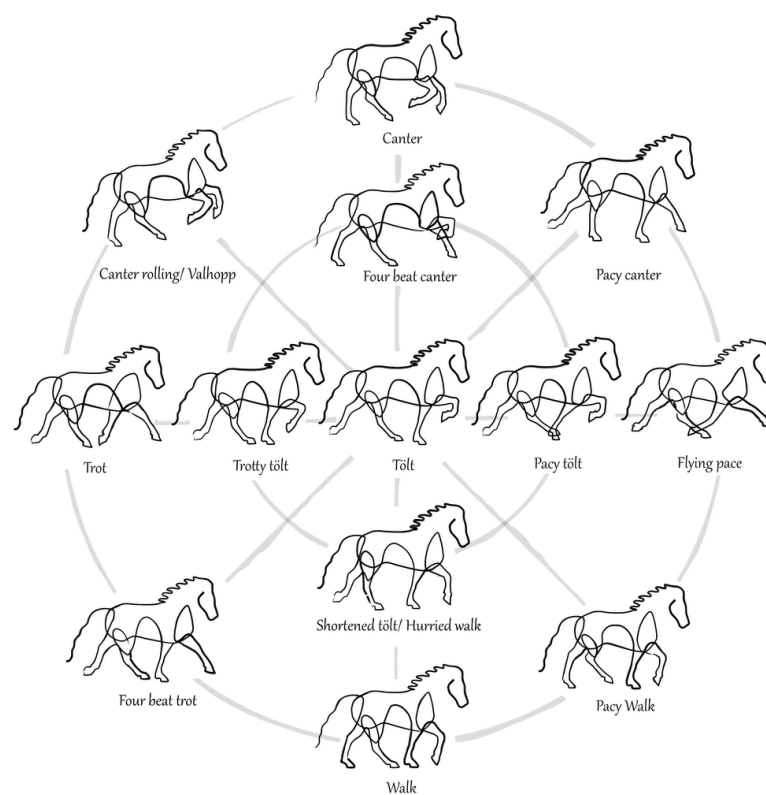




# The unique gaits

## Tölt

Tölt is a four beat gait in which the legs move in exactly the same order as walk, though more quickly. Each hoof spends a shorter period of time on the ground than in walk, and there are always one or two hooves on the ground at any one time. This gives a supremely comfortable gait for the rider, and one that is available at a variety of speeds. Tölt can be so smooth a rider can carry a cup of water without spilling a drop.



## Flying Pace



Pace is the fifth gait and not found in all Icelandics.

Flying pace is a lateral two-beat gait in which the two legs on the same side of the horse move forward together with a moment of suspension, hence calling it 'flying' pace!

A good Icelandic 5 gaiter will show shorts bursts of flying pace under saddle, covering 100m in under 8 seconds, or 250m in just over 21 seconds – that's nearly 30 mph.

Pace is highly prized among the Icelanders, but is saved for special occasions and only ridden at top speed.



# What does the IHSGB do?

The IHSGB is a passport issuing organisation, approved by Defra, which provides passports for pure-bred Icelandics. If a horse does not have a passport from the IHSGB or another FEIF organisation then it may not be a pure, registered Icelandic horse and will not be able to enter IHSGB events.



The IHSGB has been a full member of the International Federation of Icelandic Horse Associations since 1988. FEIF is the international governing body of Icelandic horses which has 24 members including Canada, USA, Australia and New Zealand



The IHSGB publishes a regular magazine, known as Sleipnir, with updates from the trustees, articles from members and news all about the Icelandic Horse

**\*\*DID YOU KNOW?\***

In Norse mythology Sleipnir is an 8 legged horse belonging to the chief of gods, Odin!





# Not only is the IHSGB a member of FEIF, we also work alongside the Showing Council and Riders Minds.



As an IHSGB member this means you have access to Riders Minds as well as other benefits.

We always look after our horses but sometimes we forget about ourselves. It is important to talk about how we feel, if at any point you do feel like your usual self then please talk to someone you trust or contact your GP.

Website: [www.ridersminds.org](http://www.ridersminds.org)  
Free Phone Helpline: 0800 088 2073  
Text: 07729 774 117  
Mental Health Checker  
Young Riders Area



[www.theshowingcouncil.co.uk](http://www.theshowingcouncil.co.uk)  
Tel: 07957 503 631

The showing council represents a group of 20 key showing bodies which came into being under the direction and guidance of Graham Suggett and Jan Rogers from the British Equine Federation (B.E.F). Their aim was to: Discuss, agree and advance (through the B.E.F and other bodies) policies advantageous and beneficial to its members' interests.

If you haven't had a go at showing, give it a try! It promotes this amazing breed whilst being an opportunity to experience another discipline and most importantly having fun!





# IHSGB trustee and management email addresses



The trustees are the people who share ultimate responsibility for governing a charity and directing how it is managed and run.

[trustees@ihsgb.co.uk](mailto:trustees@ihsgb.co.uk)

[chair@ihsgb.co.uk](mailto:chair@ihsgb.co.uk)

[leisure@ihsgb.co.uk](mailto:leisure@ihsgb.co.uk)

[sport@ihsgb.co.uk](mailto:sport@ihsgb.co.uk)

[breeding@ihsgb.co.uk](mailto:breeding@ihsgb.co.uk)

[education@ihsgb.co.uk](mailto:education@ihsgb.co.uk)

[youth@ihsgb.co.uk](mailto:youth@ihsgb.co.uk)

[communications@ihsgb.co.uk](mailto:communications@ihsgb.co.uk)

The management team focuses on the day-to-day running of a charity.

[office@ihsgb.co.uk](mailto:office@ihsgb.co.uk)

[studbook@ihsgb.co.uk](mailto:studbook@ihsgb.co.uk)

[newsletter@ihsgb.co.uk](mailto:newsletter@ihsgb.co.uk)

[membership@ihsgb.co.uk](mailto:membership@ihsgb.co.uk)

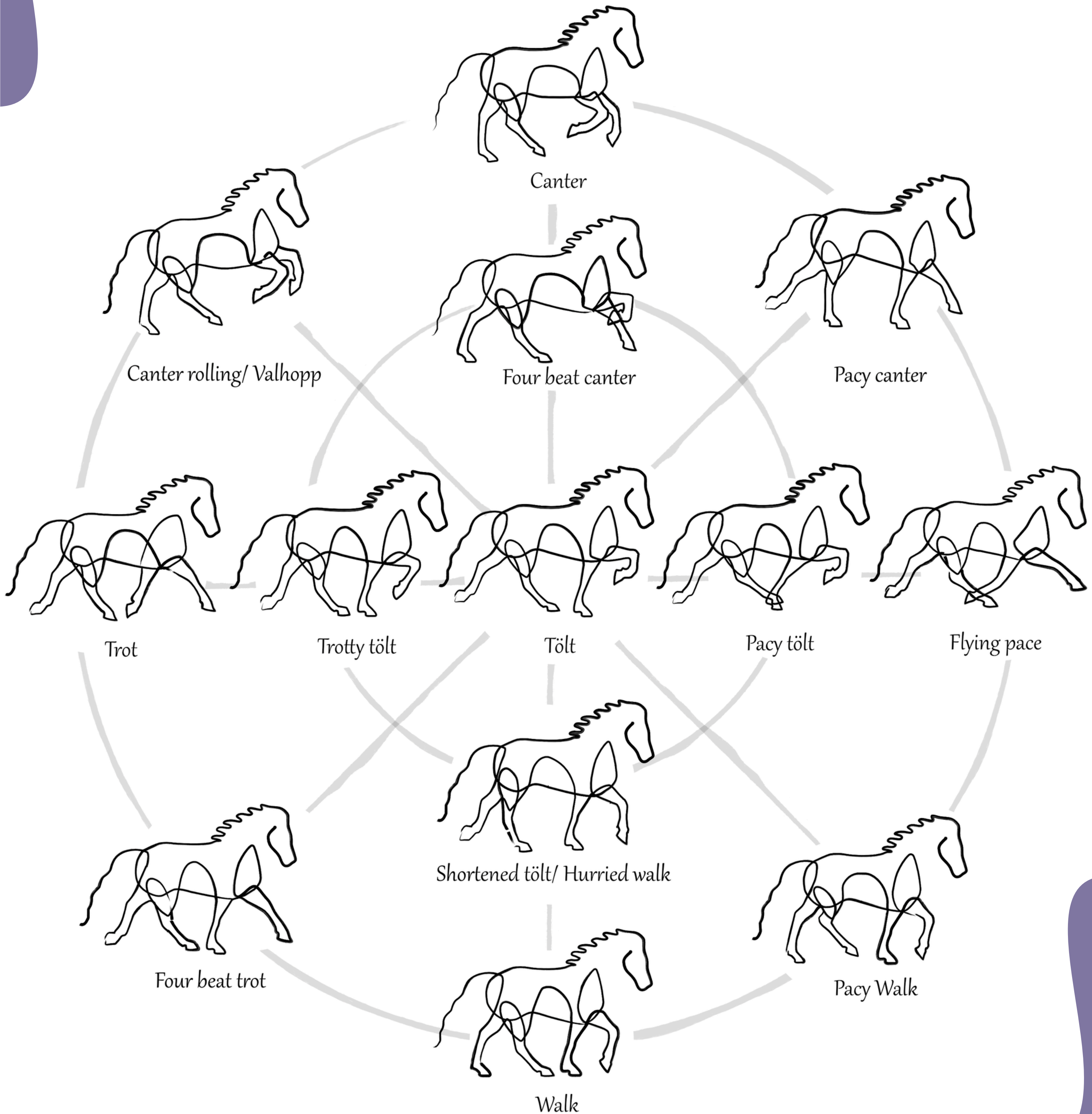
[webmaster@ihsgb.co.uk](mailto:webmaster@ihsgb.co.uk)

If you have any questions or ideas you would like to ask or share the trustees or management team you can email at any time.



# Gait Chart

...And the leg spaghetti that can happen in between!





# Activities

Horse and Human skeletons are very similar!

HUMAN	HORSE
FINGERS/ TOES	PEDAL/ COFFIN BONE
FINGERS/ TOES	SHORT PASTER BONE
FINGERS/ TOES	LONG PASTER BONE
METATARSAL BONES	HIND CANNON BONE
ANKLE	HOCK
TIBIA & FIBULA	
FEMUR	
PATELLA (KNEE CAP)	
PELVIS	
METACARPAL BONES	FRONT CANNON BONE
WRIST	KNEE
RADIUS & ULNA	
HUMERUS	
SCAPULA	
RIBCAGE	
SPINE	
SKULL	



# Activities

Can you highlight the similarities and differences in the skeletons?

HUMAN	HORSE
FINGERS/ TOES	PEDAL/ COFFIN BONE
FINGERS/ TOES	SHORT PASTERBONE
FINGERS/ TOES	LONG PASTERBONE
METATARSAL BONES	HIND CANNON BONE
ANKLE	HOCK
TIBIA & FIBULA	
FEMUR	
PATELLA (KNEE CAP)	
PELVIS	
METACARPAL BONES	FRONT CANNON BONE
WRIST	KNEE
RADIUS & ULNA	
HUMERUS	
SCAPULA	
RIBCAGE	
SPINE	
SKULL	

