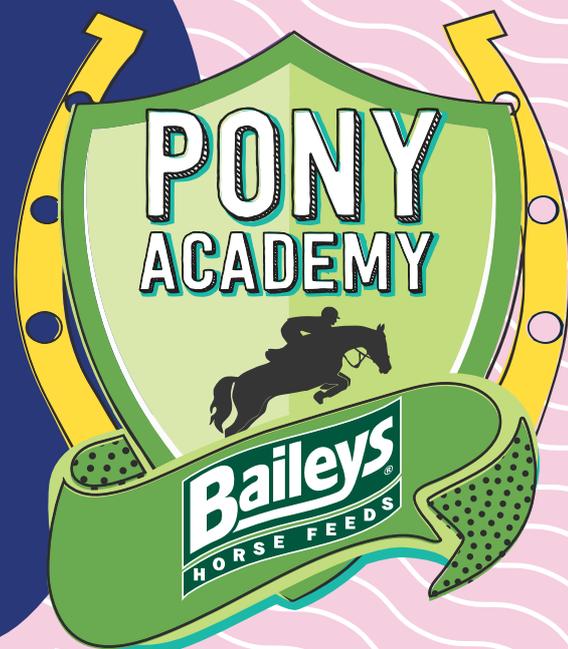


JOIN THE PONY ACADEMY!



Prove your pony knowledge by taking the PONY Academy test



HOW TO GAIN YOUR CERTIFICATE

Complete the paper opposite and send it with a stamped, self-addressed A5 envelope to the address on the back of the paper.

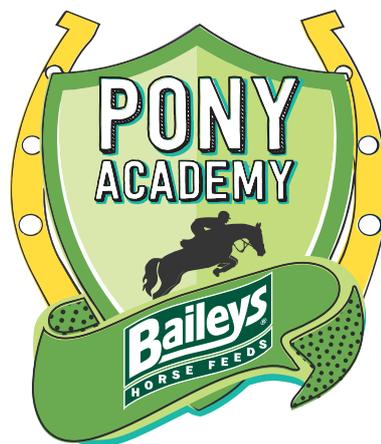


JOIN IN...

- The PONY Academy is open to everyone, so why not have a go?
- Everyone who passes will receive a fab PONY Academy certificate!
- If you score highly, you'll receive a silver (merit) or a gold (distinction) star!
- PONY Academy papers appear every few months in PONY mag – how many certificates will you gain? Go on, show off your pony knowledge!
- All topics and questions are based on features in previous issues of PONY magazine.

This month: POST-EXERCISE RECOVERY

This month, our paper's all about helping your pony recover after a busy day. Answer as many questions as you can, but don't worry if there's an answer you don't know – you can still send in your paper for marking. This paper's based on *Cool it* from the October 2021 issue of PONY mag.



1 Fitness is super-important for recovery. But how can you help your pony get fitter? (tick all that apply)

- Long, slow workouts
- Only lunge him
- Hillwork
- Jumping every day
- Shorter, more intense sessions

2 What type of ground and workload is most jarring on your pony's legs?

- Fast work on a surfaced arena
- Slow work on sandy gallops
- Fast work on firm going

3 What will happen to your pony's heartrate and body temperature as you walk him off after an intense exercise session?

- They'll gradually lower to a normal level
- They'll stay the same
- They'll increase quickly to a normal level

4 What are the key areas to focus on when washing off your pony with cool water? (tick all that apply)

- Chest
- Hindquarters
- Girth area
- Between his hindlegs
- Under his bridle
- Hooves

5 If it's a cooler day, but your pony's still sweaty, what should you do?

- Wash him off with warm water
- Wash him off as usual and pop a cooler rug on
- Put a fleece on him so he dries quickly

6 What can you do to help cool your pony's legs post-exercise?

- Hose them until they feel cold to touch, or use cooling boots
- Leave cooling clay on overnight
- Wrap them in wet stable bandages

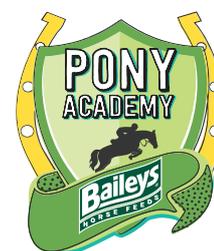


7 What factors should you base your pony's diet on? (tick all that apply)

- Age
- Markings
- Type
- Workload
- Height
- Body condition

8 What can you add to your pony's feed to replace the minerals he loses while sweating?

- Water
- Protein
- Electrolytes
- Biotin
- Apple juice



NOW COMPLETE THE FORM BELOW AND SEND EVERYTHING ON THE LIST SO WE CAN MARK YOUR PAPER

Name

Address

.....

.....

Postcode Age.....

Email.....

Parent/Guardian signature

(If under 13 years old)

DJ Murphy (Publishers) Ltd will hold and collect your personal information to process your entry only, unless you agree to sign up to our email newsletters

Yes, I want to hear about the latest offers, competitions, news and videos from PONY

Please confirm you are over the age of 13, or have your parent or guardian's permission to sign up to the PONY mailing lists

Your data will be kept securely for six months and we will not pass your details on to any third parties.

IMPORTANT!

Ensure all these things are included with your paper, so we can send out your certificate.

I am enclosing...

my completed paper

an A5 stamped envelope with **my name and address on**

This envelope **MUST** have postage for a small envelope and be correct for the country of destination (for Ireland, please ensure an Airmail Large 2nd class stamp is on the envelope).

We are unable to send certificates to entries without a correctly stamped and self-addressed A5 envelope included with the paper. This is not the envelope you send your entry to us in!

Now send your completed paper to:

PONY Academy paper, PONY magazine,
Olive Studio, Grange Road, Tilford, Surrey
GU10 2DQ

