



HOW TO...

BECOME A POINT-TO-POINT JOCKEY





WELCOME

WELCOME. YOU ARE ABOUT TO EMBARK ON AN INCREDIBLY EXCITING CHAPTER.

Whether you want to stay a true amateur enjoying an adrenaline fulfilling hobby, challenge for championships titles or dream of becoming a professional jockey, point-to-pointing is the sport for you. Whether you are starting with limited racing experience, have been competing pony-racing or are from a racing family, we will embrace you and help you with everything you need!

As the grassroots of national-hunt jump racing, point-to-pointing has long been the best starting place for young jockeys, no matter what their aspirations are. It's a wonderful sport allowing riders of all levels to successfully compete against each other.

Everything you need can be found on the national GB Pointing website @ www.gbpointing.co.uk. or by ringing the PPA office on 01793 781-990 where one of the team will gladly help and guide you.



GETTING YOUR LICENSE.



"By failing to prepare, you are preparing to fail."

– Benjamin Franklin



Applying for your license for the first time is a simple step-by-step process and there are **two important things** to do beforehand. You will require an **assessment with a jockey coach/assessor** - you will find a list on the national website and coaches are based across the country. These can be found on the GB Pointing website under **Home > Participants > Jockeys**, where you will find all of the forms below.

Secondly, you will need to gain a **full medical** from your GP and also a passport photo for your license.

QUICK LINKS

- RQC apply online
- Medicals
- Assessments
- Sponsorship
- Self-Assessment Fitness
- 📄 Approved Jockey Coach List

You can then apply for your **Riders Qualification Certificate** which is your licence to ride. This is all done online via the national website, where you can upload your assessment and medical forms. **Please allow three weeks** for the forms to be processed for the first application. Once you have received your license and your **medical record book (MRB) fill in all details required inside as soon as possible.**

All forms and details can be found on the national website under **Participants > Jockeys**.

Your MRB and Jockey licence (which acts as your ID) **MUST** be taken with you each time you intend to ride and my **TOP TIP** is to put them in a small plastic wallet with your name on. They are to be handed in on race day to the declarations team and if kept in a plastic wallet it helps to avoid losing them. Don't forget to collect it at the end of the day!



ON A
RACEDAY.





On raceday, giving yourself plenty of time is imperative and arriving at least **two hours before your intended ride** is advisable. This will give you plenty of time to get your bearings, walk the course and get ready. It is likely you will end up chatting to people so this just gives you plenty of time to allow for distractions! If you are going in the lorry, give yourself more time if you are required to care for the horse before getting into jockey mode - it all takes time! The lorry park is quite often far away from the weighing room and can be quite a walk.

TOP TIP as daunting as it may seem, be confident and say hello to your fellow weighing room colleagues – the older/more experienced jockeys are all there to help and there is likely to be other riders who are also starting out.

Take your **kit bag**, including your plastic wallet with your **license, medical record book** and your **saddle** to the weighing room, **locate the relevant changing room** and find yourself a space.

Hand in your license and medical record book then walk the course.

TOP TIP the start and finish won't always be obvious when you head out onto the course. The start may be out in the country somewhere and the finish a long way up the straight. Knowing where they are will only help as you walk the course. It is useful to keep looking back during your walk to see where you are coming from, most importantly on sweeping bends with no running rail and only hurdles as the markers, and on any bits of ground that have a camber.



GIVE
YOURSELF
TIME.



TOP TIP

Check out the route from the paddock to the course and then to the start. Every course is different and over time you will formulate your own course walk plan and methods, but until you get into the swing of things watch a race or two as this will help you feel more comfortable.



The **jockeys changing rooms** are a safe place for you to get **changed and keep your belongings**. Hot and cold drinks and some snacks are available.

A large sports bag is ideal for your kit and it's advisable to name your belongings. With a lot of people in a small space with similar kit it is easy to muddle thiup. **Tippex is brilliant to apply initials** to your hat and body protector.



TOP TIP three very useful things to put in your kit bag are; two carrier bag for all your dirty kit to come home - one for your clothes and one for your boots on a muddy day; a Tupperware tub for all the small bits that end up hiding in the bottom of a big bag, wristbands, goggles, gloves, etc and a wash bag. Even on a cold day deodorant and baby wipes are much needed!



BEFORE
YOU JUMP
OFF.





TOP TIP have a dress rehearsal in all your kit before the day. The boots are lighter and have very little sole so are a different feel in your stirrups. The breeches are slippery and again feel very different to your daily ones. It is also useful to weigh yourself with all your kit so that you can be as organised as possible on the day.

You are required to **weigh out** in the kit you intend to ride in, do this **40 – 50 minutes before your race**.

Collect your number and head to the scales, you will be **wearing your colours**, but your hat silk and number can be put on the table next to the scales. Tell the clerk of the scales what number you are and which race you are weighing out for.

TOP TIP

Check how many runners you have in your race and familiarise yourself with your jockeys – it is always good to know who is riding the likely favourite, what colours they are in is the best way.

After weighing out, head to the lorry to **tack up**. It may be your team don't require your help!

Then head back to the changing room where the other jockeys will be getting ready for race time. You will be **called to the paddock** by a Steward. When you walk into the paddock **find your connections** and greet them politely with a nod of the head or a handshake and most importantly a smile.

A **bell will ring** to signal the time to get on board, you will have a minute or so before you leave the paddock so you can make sure you are happy with your **stirrup length and tie a knot in your reins**.

When you **arrive at the start**, pull up and take a look at the first fence and follow the field! Whilst circling at the start the starter will read out your number or surname, simply reply **'Yes Sir'**. There will also be an opportunity to have your **girth checked** at this point.

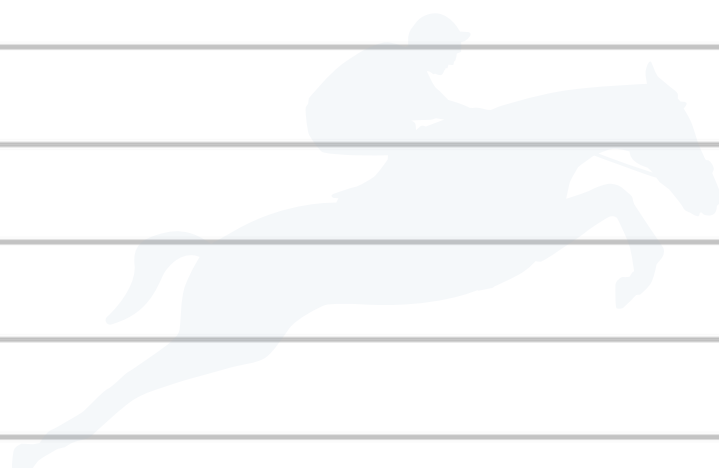
Always be polite and if in doubt ask for help!
Remember to enjoy!!

JOCKEY KIT LIST



- ☐ Breeches
- ☐ Polo-neck/under top/skin
- ☐ Tights/leggings
- ☐ Body protector
- ☐ Boots
- ☐ Pull-ups
- ☐ Colours

- ☐ Hat
- ☐ Stick
- ☐ Hairnet
- ☐ Gloves
- ☐ Goggles
- ☐ Wristbands
- ☐ Boots



JOCKEY KIT LIST



- ☐ Washbag
- ☐ License
- ☐ Medical Record Book (MRB)

- ☐ Saddle
- ☐ Stippups and leathers
- ☐ Girths
- ☐ Over girth
- ☐ Non-slip pads
- ☐ Carrier bags

TOP TIP: There will be refreshments available but feel free to bring your own too.



GOOD
LUCK.