



No Stirrup November 2025 Activity Logbook & Instructions

Complete 10 Rides • Develop Your Independent Seat

Remember: You can use any format you prefer for your log (handwritten notebook, digital document, spreadsheet). This official logbook is optional to use but provided for your convenience.

How to Use Your Activity Log

What to Record

For each of your 10 rides, record the following information:

1. **Ride Number** - Number your rides 1 through 10
2. **Date** - The day you completed the ride (DD/MM/YYYY format)
3. **Activity Description** - Brief description of what you did

Optional Information: You may also include how long you rode without stirrups, horse name, type of activity (lesson, hack, schooling), or whether you dropped one or both stirrups.

Example Log Entries

1. 5/11/2025 – Group lesson on Bella – 5min cool down no stirrups
2. 7/11/2025 – Private lesson on Max – 10min no stirrups walk/halt transitions
3. 10/11/2025 – Flatwork session – 15min no stirrups including trot work and circles

What Counts as a Ride

- ✓ Any riding where you drop stirrups (one or both)
- ✓ No minimum time requirement
- ✓ Lessons, hacks, schooling all count
- ✓ Multiple rides per day count separately
- ✓ Different horses allowed

No Stirrup November 2025

Official Activity Logbook

YOUR NAME:

YOUR EMAIL:

NO	DATE	DESCRIPTION
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

How to Submit Your Log

⚠ **Submission Deadline: 10 December 2025**
Late submissions will not be accepted after this date.

Submission Methods

Option 1: Online Form (Preferred)

Visit: equestrian25challenge.co.uk/nsn-submit

Fill in your details and upload a clear photo or scan of your completed log.

Option 2: Email

Send to: info@mail.equestrian25challenge.co.uk

Subject: NSN Log Submission - [Your Name]

Include:

- Your full name
- Email used during registration
- Clear photo/scan/PDF of your log

What Happens Next

1. **Confirmation** - You'll receive an email within 24 hours confirming we received your log
2. **Review** - We'll review your log within 48 hours
3. **Rosette Posted** - Your blue "I survived No Stirrup November!" rosette will be posted within 5 working days
4. **Delivery** - Rosettes arrive via Royal Mail (typically 3-5 working days)

Remember: This challenge operates on the honour system. We trust all participants to accurately record their rides and prioritise safety for themselves and their horses.