

Getting Started in Endurance Riding



1. Introduction.
2. How to become a member of NSWERA INC.
3. Membership qualification for riders.
4. How to qualify your horse.
5. How to apply for a logbook for your horse.
6. Entry; Vetting procedure and strapping techniques for an Endurance Ride.
7. Entry; Vetting procedure and strapping techniques for a Training or Social Ride.
8. Basic strapping kit.
9. Summary of rider and horse qualifications.
10. AERA vet-gate-into-hold (VGIH) and FEI rides.

INTRODUCTION

Each new member of the NSW Endurance Riders Association Inc. (NSWERA) will receive a Members Handbook which will detail all the rules and regulations of the sport.

This Handbook should be read and understood. The following notes are a summary of what is required to participate in endurance riding in NSW.

Firstly, it needs to be understood the difference between an affiliated training or social ride and an affiliated endurance ride. "Affiliated" means approved by the NSWERA Inc. State Management Committee and the event must be run according to the rules and regulations of the Australian Endurance Riders Association (AERA).

An affiliated training or social ride is a totally non-competitive ride where all horses and riders must not exceed the maximum speed set for novice riders and horses.

The distance for a training ride is usually between 40km and 60km in one day and approx. 20kms for a social ride.

An affiliated endurance ride is competitive in nature and must be a minimum distance of 80kms in one day. Maximum speeds are set for Novice riders and/or Novice horses.

Endurance riders on Endurance horses may travel above the maximum novice speed set.

Approved Aust. Standards Riding Helmets must be worn at all times whilst on a horse at any affiliated endurance event.

Whips and spurs are not permitted.

HOW TO BECOME A MEMBER OF NSWERA INC.

In order to take part in an endurance ride, i.e. a ride of 80kms or more, a rider must do the following -

1. Become a member of an affiliated endurance association, in this case the NSWERA Inc. if you live in NSW.
2. Have completed 2 (two) affiliated training rides successfully.

In order to take part in an affiliated training ride, a rider can either be a member of NSWERA Inc. or be a day member at the ride. If you do become a member, you will be entitled to receive the bi-monthly publication of NSW Endurance News magazine with all the information regarding rides, what's happening in the sport, etc. plus senior members will be eligible to vote at the Annual General Meeting of the NSWERA Inc.

A fully paid up riding member of the NSWERA Inc. is entitled to full coverage under its Insurance Policy, which includes Personal Accident insurance whilst riding and training. A detailed description of the Insurance Policy can be found on the AERA (Australian Endurance Riders Association) website at www.aera.asn.au.

NSWERA Membership forms can be obtained from - The Secretariat

NSWERA Inc.

PO Box: 6627, Chatham, NSW, 2430 PH: (02)6553 8640 Fax: (02) 6553 8661

Email: secretariat@nswera.asn.au Website: www.nswera.asn.au and go to "Forms".

MEMBERSHIP QUALIFICATIONS FOR RIDERS

There are three types of riding membership – Novice, Intermediate and Endurance.

Novice Riding Membership-

Novice Riding Membership is applied for first and is for those riders who have not successfully completed two affiliated training rides and 240kms of affiliated endurance rides. Please note, a Novice Rider can only enter an affiliated endurance ride (i.e.80kms or more) as a novice rider if he or she has successfully completed two affiliated training rides

Novice riders are restricted to a maximum riding speed that must not be exceeded and cannot enter events greater than 120kms in distance, regardless of whether they are riding an endurance or novice horse.

Intermediate Riding Membership-

Intermediate Riding Membership is eligible to take part in introductory rides, training ride and training drives up to 65kms and mini-marathons.

Endurance Riding Membership-

Once a rider has successfully completed the novice criteria of 2x training rides and 240kms of affiliated endurance rides, they can apply to the Secretariat for an Endurance riding Membership.

An Endurance riding membership allows riders to ride in endurance events with unrestricted time limits as long as they are riding a qualified endurance horse. It must be noted that regardless of qualifications of horse or rider, all entrants in training rides must not exceed the maximum speed set. Also, if an endurance rider is riding a novice horse, they are restricted to novice time as well.

Complete the Endurance Section of the Membership form (as detailed above) and return with photocopies of your successful rides plus payment to The Secretariat of NSWERA Inc (see above.)

Both Senior Novice and Endurance Members have full voting rights at the NSWERA AGM.

No card – no ride.

Other types of Memberships available are-

Associate Non-Riding Members which receive a Newsletter but do not have voting rights.

HOW TO QUALIFY YOUR HORSE & HOW TO APPLY FOR A LOG BOOK FOR YOUR HORSE

Log Book Application forms can be obtained from - The Secretariat

NSWERA Inc.

PO Box: 6627, Chatham, NSW, 2430 PH: (02)6553 8640 Fax: (02) 6553 8661

Email: secretariat@nswera.asn.au Website: www.nswera.asn.au and go to "Forms".

Like riders, there are two types of horse classifications in the sport - Novice and Endurance. Novice Horse –

- • Has not successfully completed at least 3 affiliated endurance rides in a minimum of 90 days; and
- • Must have their permanent teeth fully erupted (the corner incisors be not be in wear and must be no less than 4 1/2 years of age on the day of the ride. (If the horse is not registered, then aging by teeth is required).

Endurance Horse-

- • Has successfully completed 240kms (3 x 80km) in affiliated endurance rides (does not include training rides); and
- • Must show a full mouth of permanent teeth erupted and with the permanent incisors in wear and be no less than 5 years of age on the day. (If the horse is not registered, then aging by teeth is required).
- • An endurance horse that has not successfully completed a ride for 13 months, must ride as a novice until it successfully completes one for the endurance section.
- • In order to enter an 80km ride or greater, the horse must have a Log Book. The Log Book is divided into two parts – one for the novice section and one for the endurance section.

Novice Horse Log Book Section

- • A horse can participate in a training or social ride without a log book, but must have a log book to participate in a ride that is 80km or longer, including mini-marathons (a maximum of 50km each day for 3 or more consecutive days).
- • Mini-marathon events require the horse to complete at least 2 affiliated training rides and be a minimum of 5 years of age on the day of the ride, and which have all permanent teeth erupted and in wear.
- • A horse that has not successfully completed 240kms (3 x 80km) in affiliated endurance rides is considered a Novice Horse.
- • A novice horse, like a novice rider, cannot enter an endurance ride greater than 120kms in one day.
- • To obtain a Logbook, complete all the forms and send the payment and the forms to the NSWERA Secretariat (see above). You may have a microchip inserted at this stage, or wait until you apply for Endurance Horse status.
- • The ID form for the Novice Section must be completed and accompany your Application and payment. At this stage, the owner/person responsible for the horse may complete the ID form.
- • The owner of the horse may decide to have the ID page completed by a veterinarian, in preparation for the horse becoming an endurance horse, rather than just completing the ID for Novice status.
- • If the horse is registered with an association, e.g. Arabian Horse Society of Australia, a copy of the Registration Papers must accompany the Logbook Application.
- • Make sure you photocopy all paperwork being sent to the Secretariat for your records. Endurance Horse Log Book Section
- • Once a horse has successfully completed 240kms (3 x 80km) of affiliated endurance rides (not including training rides), the owner can apply for Endurance Horse status by obtaining a Logbook Application form (see above) and completing the Endurance Horse section of the form.
- • At this point, it is important to remember that Endurance Status will not be considered until 90 days from the date of the first successful 80km ride.
- • The owner must send in the horse's Logbook as proof of its three successful rides to the NSWERA Secretariat (see above for address).

- • If not already done so as a Novice horse, the owner must have the ID part of the application completed and signed by a veterinarian. This ID form must accompany your Application, Logbook and payment.
- • Microchipping of all endurance status horses is compulsory, therefore, if not already done so, a microchip must be inserted into your horse at this point. When arranging for your veterinarian to come and identify your horse, please ensure he/she has an ISO microchip to implant into your horse and scanner available to check the microchip is working prior to and after implantation. The microchip stickers should accompany your application to be placed on your Logbook ID page prior to the horse commencing its first ride as an endurance horse.
- • When you complete the Endurance Horse Log Book application, part of the application process requires you to purchase a horse registration sticker. This maybe a "lifetime" sticker or purchased annually. You will not be able to start a ride unless this sticker is in the back of your logbook.

No sticker, no ride.

- • Make sure you photocopy all paperwork being sent to the Secretariat for your records. Expect a two week turn around for the return of your logbook.

ENTRY AND VETTING PROCEDURES & STRAPPING TECHNIQUES FOR AFFILIATED TRAINING & SOCIAL RIDES

Firstly, "Affiliated" means approved by the NSWERA Inc. State Management Committee and the event must be run according to the Rules & Regulation of Australian Endurance Riders Association (AERA).

An affiliated training ride is a totally non-competitive ride where all competitors must not exceed the maximum novice speed set. The distance is usually between 40km and 60km in one day.

An affiliated social or introductory ride is totally non-competitive and is a great introduction to endurance riding. They are usually less than 40km in distance. As in a training ride, there is a maximum novice speed set that all competitors must not exceed.

First things first

When you decide to do your first endurance ride, start by teaching your horse to:

- • accept a thermometer in its rear end,
- • accept strapping (i.e. to be touched all over, washed, dried with flappy towels etc.),
- • stand still while having its heart rate (HR) taken (its good practice for you too!),
- • rum out on a loose rein beside you,
- • drink from streams/pools of water along the route,

accept being away from its mates.

Heart rates are usually taken with a stethoscope, but learn to take your horse's HR without a stethoscope by feeling a pulse under the jaw, in the chest or over the digital artery.

To enter a Training Ride, the horse must have all its permanent teeth erupted (but the corner incisors need not be in wear) and must be no less than four and half years of age on the day of the ride. If the horse is not registered, then aging by teeth is required.

To enter a Social or Introductory Ride, the horse must be at least 3 years of age or over on the day of the ride. If the horse is not registered, then aging by teeth is required.

Make sure you have a current Australian Standards (AS/NZS 3838:2006) hard hat because it is compulsory to wear a helmet while on a horse at ride base and during a ride.

Setting-up Camp

- • When you arrive at the Ride Base, if you are not sure where to park, go to the Secretary's Office and they can direct you.
- • Various forms of yards are used -

o Electric fencing (minimum of 2 strands of electric tape) with electric charger on

and working or

o Purpose built steel yards

Whatever yards you use, make sure your horses are used to them prior to coming to the ride and that they are safe and secure.

• Water is provided at Ride Bases either in tanks or tapped, but be prepared to carry water to your camp, so have plenty of buckets on hand, especially if you are strapping for yourself. In some cases, you may have to bring human drinking water.

Version 3 Feb 2014

- • Set up camp as you like it but be organised for riding so that you are not hunting for your strapping gear and horse feed when you come in from each leg.
- • Most ride bases will have a canteen operating and it's nice to support these canteens as they are usually fund raising for local groups, etc.
- • Some ride organisers will ask you to bring firewood but most do supply some for camps. Try and share a fire and the firewood.
- • Information about rides can be found in the NSW Endurance News Magazine or in the Calendar section at www.nswera.asn.au and click on the ride.

Entering the ride

- • Before entering, run your horse out to check it is not lame.
- • Most ride organisers of Training and Social Rides now ask that riders to pre-nominate to the ride

secretary for administrative purposes. Usually no money is involved.

- • Each horse and rider must be entered prior to vetting and starting a ride of any length that is an affiliated endurance event, i.e. social rides, training rides and endurance rides.
- • Entry takes place at the Ride Secretary's tent or office.
- • Complete an entry and all the appropriate indemnity forms. If you are already a member of NSWERA, you must remember to bring your membership card when you enter. If you are not a member of the NSWERA, you will have to complete a Day Membership Form and a vet card. If the rider is 18yrs of age on the day of the ride, then a guardian/parent must sign for that rider. (To enter an endurance ride i.e. 80k or greater, you must be a fully paid up member of the NSWERA). Riders under 10 years of age must be supervised by an adult rider at all times. A Declaration by the Responsible Person (for the horse being entered) and Notice to all Participants – Dangers on Track also need to be filled out.
- • You will receive a ride number which you must wear at all times during the actual ride and a vet card. If your horse has a logbook, this must be brought with you to enter and will be used instead of a vet card.
- • In a training or social ride you will not be asked to weigh.
- • After you have entered, you are free to proceed to the vetting area with your horse

Pre-Ride Vetting

- • Bring your horse unsaddled to the vetting ring. Make sure you have your vet card or logbook with you for that horse.
- • The horse's temperature, pulse and respiration will be taken by either a TPR Steward or a vet and these will be recorded on your vet card or log book. The vet will check all the other parameters required on the vet card and you will then be asked to trot your horse out on a loose rein.
- • Practice taking your horse's temperature and pulse at home. Also teach your horse to trot out steadily when asked on a loose rein. You are not allowed to flick him with the lead or hunt him up. If the horse cannot be examined in a safe and controlled manner, it may not be permitted to start as the pre ride vetting examination could not be completed.
- • Your horse must pass all the criteria that are on the vet card, including being sound at the trot.
- • At this point, it is usual that your vet card or logbook will be kept by the Ride Organisers until the end of the ride.

- • Take your horse back to its yard and allow it to relax, eat and drink, prior to the start of the ride, which may be the same day as vetting or the next day if the training ride is being run in conjunction with an endurance ride.
- • If the ride is the next day, you may like to take your horse out for a light ride prior to bedding down for the night.

Pre-Ride Talk

- • At every endurance event, there will be a Pre Ride Talk given after all the entries have been vetted.
- • A description of the course will be given and any hazards or dangers on course described. The Ride start times, novice times and speeds, marking and any other relevant information (water points, checkpoints, hazards etc.) will be given to riders at this talk.
- • It is compulsory to attend the Pre Ride Talk. **Getting ready to ride**

Start getting ready about 1 hour before the ride. Get your strapping gear together, fill water buckets, and go to the loo.

Get ready to ride about 30 minutes before the start time - have your easiboot and sponge tied to the saddle, have your hard hat and ride number on, and have drinking water and sunscreen for yourself.

Warm your horses up by walking him around, off you go, smile, have fun and enjoy the ride!

Strapping Your Horse at the End of the Leg or Ride

- Upon arrival back at the ride base, proceed to the timing desk and you will be given a time slip that will show your time to vet, which will be 30 minutes after your arrival, e.g. if you arrive at 10.15am, your vetting time will be 10.45am (see example below).

Version 3 Feb 2014

Time Slip	Rider Number	In	Vet	Out
	1	10.15 am	10.45 am	11.15 am

- • During the 30 minutes prior to vetting, you will strap your horse to take heat out of its body, remove dirt from legs and girth and allow the horse to relax prior to vetting. His HR must be below 55bpm.
- • Have your strapping gear organised so that when you come in all you have to do is take the saddle off, put a headstall on and starting washing your horse down with cold water if it is hot, and warmer water if the weather conditions are cooler and your horse is not hot.
- • Scrap the water off and towel your horse down to make comfortable. If the air temperature is cool, place a light rug over the hind quarter or the whole horse, depending on how hot the horse is.
- • Offer some water with the chill off and some damp hay. Walk the horse slowly and offering a pick of grass or hay and the opportunity to urinate if it wants. Ideally, do not allow the horse to eat 5- 10mins prior to vetting.
- • Don't forget the rider who will need lots of sustenance and don't forget to thank your strappers. **End of the Leg/Ride - Vetting**
- • Make sure you arrive at the vetting area at least 5 minutes prior to your vetting time. This allows for any discrepancies in timing between your watch and the Vet Steward's and also allows your horse to relax in the vetting area prior to having your pulse taken.
- • Your vet card or log book will be ready for you at the Vetting Area. You will get this back after the Head Vet and Ride Secretary have signed them off, at the Presentations.
- • Post ride vetting is exactly the same as the pre ride vet check.
- • Your pulse and respiration (not temperature unless the vet specifically asks for it) are taken and your pulse must be 55bpm or under at the end of social or training ride legs.
- • Congratulations! You are successful if the vet passes your horse as sound metabolically and physically, i.e. is not lame and passes all the vetting criteria that are recorded on your vet card or log book.
- • Take your horse back to its yard and allow it to eat, drink and relax before its journey home.
- • There will usually be a Presentation ceremony after the last rider has vetted. This is a nice time to thank the ride organisers and to celebrate your completion. If you wish to leave prior to the presentations, depending on how busy the Ride Secretary is, he/she will either give you your logbook, once it has been signed off by the

Head Vet or will post it to you. If you know you will need to leave early, have a self-addressed postage paid envelope available for this purpose.

ENTRY AND VETTING PROCEDURES & STRAPPING TECHNIQUES FOR AN AFFILIATED ENDURANCE RIDE - (80kms or more)

"Affiliated" means approved by the NSWERA Inc. State Management Committee and the event must be run according to the Rules & Regulation of Australian Endurance Riders Association (AERA).

An affiliated endurance ride is competitive in nature and must be a minimum distance of 80kms in one day. Maximum novice speeds are set for Novice riders and/or Novice horses. Endurance riders on Endurance horses may travel above the novice speed set. An endurance rider on a novice horse and a novice rider on an endurance horse must not exceed the set novice speed for that ride.

Most Endurance rides incorporate a training and/or social ride into the event.

Administrative Requirements – Endurance Rides

- Pre nomination is requested for all affiliated endurance rides, and for some rides it is compulsory. You can use the forms be found under "Forms" on the NSWERA web site at www.nswera.asn.au, (have several blank copies to make it easy), by going to the "Pre Ride Nominations" button on the website also, or just give the Ride secretary a ring to let her know you are coming.
- To enter an endurance ride, the rider must have completed a minimum of 2x training rides and be a full member of the NSWERA Inc.
- To enter an endurance ride, a horse must have a logbook and a current AERA registration sticker (annual or lifetime) in the logbook.
- To enter an endurance ride a horse must show a full mouth of permanent teeth erupted and with permanent incisor in wear and be no less than 5 years of age on the day of the ride. (If the horse is not registered, then aging by teeth is required.)

See Notes on "Setting-up Camp for Rides" above.

Entering a Ride

- Each horse and rider must be entered prior to vetting and starting a ride of any length that is an affiliated endurance event, i.e. social rides, training rides and endurance rides.
- Entry to the rides takes place at the Ride Secretary's tent or office.
- Complete an entry form and all the appropriate indemnity forms. If the rider is 18 yrs of age or

under on the day of the ride, then a guardian/parent must sign for that rider.

- You must remember to bring your NSWERA membership card and the horse logbook (with a current AERA registration sticker) when you enter. You will not be able to enter an endurance ride, i.e. 80km or more, without these.
- You will receive a ride number which you must wear at all times during the actual ride.
- In an endurance ride you will be weighed with your saddlery, before, during and after the ride. "All up riding weight" must include all riding gear, excluding bridle. If you riding in the middleweight or heavyweight division, you must maintain the minimum weight for that division (73kg and 91kg respectively).
- After you have entered, you are free to proceed to the vetting area with your horse. Version 3 Feb 2014

• If, for some reason, you are not going to be able to vet in during the required vetting time, please advise the Ride Secretary that you are going to be late so that arrangements can be made. Ride Committees will endeavor to accommodate entrants who have a genuine reason for being late, but "tardiness" is not a genuine reason.

Pre-ride Vetting

- Bring your horse unsaddled to the vetting ring. Make sure you have your logbook with you for that horse.
- Practice taking your horse's temperature and pulse at home. Also teach your horse to trot out steadily when asked on a loose rein. You are not allowed to flick him with the lead or hunt him up. If the horse cannot be

examined in a safe and controlled manner, it may not be permitted to start as the pre ride vetting examination could not be completed.

- • The horse's temperature, pulse and respiration will be taken by either a TPR Steward or a vet and these will be recorded in your log book. The vet will check all the other parameters required in the log book and you will then be asked to trot your horse out on a loose rein. If your horse cannot demonstrate this trot, he may be disqualified as "failure to lead".
- • Your horse must pass all the criteria that are on the logbook, including being sound at the trot.
- • At this point, it is usual that your logbook will be kept by the Ride Organisers until the end of the ride.
- • Take your horse back to its yard and allow it to relax, eat and drink. You may like to take your horse out for a light ride prior to bedding down for the night at the ride base.
- • Once your horse has entered the ride, it officially comes under the control of the Head Vet. You must not remove the horse from the ride base, except while competing in, or exercising prior to the ride, until such time as it has been officially signed off on its logbook by the Head Vet and Ride Secretary.

Pre-ride Talk

- • At every endurance event, there will be a Pre Ride Talk given after all the entries have been vetted.
- • A description of the course will be given and any hazards or dangers on course described. The Ride start times, novice times and speeds, course marking and any other relevant information will be given to riders at this talk. The official time is given, and the time allowed for early vetting if allowed.
- • Early Vetting is the time allowed for early presentation to the vets. You may choose to present at the 30" point or at the nominated early time to the vets, but if you vet out, you cannot come back at the half hour. If you are successful then you have a little more time before heading out at your out time.
- • It is compulsory to attend the Pre Ride Talk.

Version 3 Feb 2014

Start of the Ride

- • The start time for the ride will have been given at the Pre ride talk.
- • Make sure you are wearing your ride number and collect in an orderly manner at the marshalling gate where you will be asked for your ride number. This will be repeated back to you to confirm that you are starting the ride.
- • While on-course you feel you need to withdraw from the ride for whatever reason, the horse must be taken back to the ride base and be presented to the vets within 30". If the horse passes the check and before it is due to leave for the next leg, the logbook is marked by the vet as withdrawn and so noted in the Ride Master Sheets.

Strapping Your Horse after the 1st Leg

(A Basic Strapping Kit can be found at the end of these notes)

- • Upon arrival back at the ride base, proceed to the timing desk and you will be given a time slip that will show your time to vet, which will be 30 minutes after your arrival, e.g. if you arrive at 10.15am, your vetting time will be 10.45am. (See example of time slip below.) If you are late presenting to the vet, you may be disqualified.
- • The time slip will also give your time that you can leave on the next leg. Based on the above example, you will be able to leave at 11.15am, i.e. 30mins after your time to vet.
- • During the 30 minutes prior to vetting, you will strap your horse to take heat out of its body, remove dirt from legs and girth and allow the horse to relax prior to vetting.
- • Have your strapping gear organised so that when you come in all you have to do is take the saddle off, put a headstall on and start washing your horse down with cool water if it is hot, and warmer water if the weather conditions are cooler and your horse is not hot.
- • Scrap the water off and towel your horse down to make comfortable. If the air temperature is cool, place a light rug over the hind quarter or the whole horse, depending on how hot the horse is at the time.
- • Offer some water with the chill off and some damp hay. Walk the horse slowly and offering a pick of grass or hay and the opportunity to urinate if it wants. Ideally, do not allow the horse to eat 5-10 mins prior to vetting.
- • Make sure you arrive at the vetting area at least 5 minutes prior to your vetting time. This allows for any discrepancies in timing between your watch and the Chief Steward's and also allows your horse to relax in the vetting area prior to having your pulse taken.

Time Slip	Rider Number	In	Vet	Out
	1	10.15 am	10.45 am	11.15 am

Vetting after the 1st Leg

- Your horse's log book will be ready for you at the Vetting Area.
- The vet check during the ride is exactly the same as the pre ride vet check, except that your pulse

rate must be 55bpm and under.

- You will only be allowed to continue in the ride if your horse successfully passes this vet check.
- Take your horse back to its yard and allow it to eat, drink and relax before going out on the next leg.
- After you have vetted through the 1st leg, you might for many reasons, decide to retire from the ride. You must advise the Chief Steward that you wish to retire before you are due out or you will need to represent to the vet.
- Make sure your horse has access to good clean water, fresh dampened hay and good feed that the horse will enjoy. Some horses will eat "their heads off" for the whole 30minutes, others will be content just to pick at some hay.

Subsequent Legs/End of Ride

- You do not have to go back out onto the next leg right on time, however, you are in your own riding time if you decide to stay in camp longer.
- Some riders give their horses electrolytes just prior to going out on the next leg. This is a personal decision. Talk to experienced riders regarding this topic and base your decisions on what suits your speed of riding and horse.
- Ideally, have a clean saddle cloth for each leg of the ride and have it all ready to put on so you can saddle quietly and efficiently.
- When you are ready to go back out on course, return to the timing desk and call out your number and you will be checked out onto the next leg of the course. Do not just go out on the next leg without being officially cleared to leave the ride base.
- Repeat the strapping procedures of the 1st leg and proceed to the vetting area, as for the 1st Leg. Note that if this is the last leg, there will be no "out" time on your vet slip.
- The subsequent vet check/s during the ride are exactly the same as the 1st Leg vet check, except that your pulse rate must be now be 60bpm and under for all subsequent legs. Note that you cannot withdraw a horse until after it has been vetted.
- You will have completed the ride if your horse passes the final vet check. If it fails this vet check, it is considered a "Vet Out". This happens to every rider in the sport and is extremely character building so take it with good grace and accept it as part of the criteria of being involved in a competitive long distance horse sport.
- Take your horse back to its yard and allow it to eat, drink and relax before your trip home.
- Make sure your horse has access to good clean water, fresh dampened hay and good feed that the horse will enjoy. Again, some horses will eat "their heads off", others will be content just to pick at some hay, until they relax. Every horse is different as are their requirements and eating habits.
- There will be Presentation ceremony after the last rider has vetted. This is a nice time to thank the ride organisers and to celebrate your completion.
- If you wish to leave prior to the presentations, depending on how busy the Ride Secretary is, he/she will either give you your logbook, once it has been signed off by the Head Vet or will post it to you. If you know you will need to leave early, have a self-addressed postage paid envelope available for this purpose.

Ride Etiquette

- Do Not leave rubbish on track.
- Please be sure to extinguish cigarettes when on track – be aware of fire bans as smoking is NOT

allowed.

- If you bring your dog, it must be restrained at all times.
- A horse does not have to be shod.
- Bad behaviour by horse, rider or strappers will not be tolerated.
- Please put a blue ribbon in your horse's tail to warn others if he is a stallion.
- Please put a red ribbon in your horse's tail if he doesn't like horses rushing up behind him, or if he

kicks.

- When approaching a group of riders, let them know you wish to pass on the right. You may need to wait a minute or two to safely pass.
- If you are in a group of riders, please pull over when safe and allow the rider/s to pass.
- When approaching horses that are already at water and drinking, please do not barge or rush in.
- Be considerate of a horse coming in to drink when you are departing – he may not drink to keep up with you.
- Do not rush up behind horses that are going quietly along. You don't want to risk being kicked, or your horse shying or playing up and riders falling off or getting into trouble.
- Do not strap out of water containers on course – use streams and dams – as the water is contaminated by the horses sweat.
- Please use a quiet generator and be considerate of other riders and turn your generator off early.

A Basic Strapping Kit

- Metal bucket for heating water by the fire, especially for those cold mornings when coming in off the 1st Leg.
- Sponges
- Clean Towels
- Scrapper
- Hoof Pick
- Grooming brushes, etc.
- Easy to put on headstall
- Warm rugs, such as kersey or polar fleece rugs, waterproof rugs, etc.
- Cotton or lighter rugs for those in-between weather conditions that don't warrant a heavier rug
- Stethoscope & thermometer (essential as you continue in endurance - can be purchased from a

pharmacy)

- Feed and water buckets
- Fresh sweet hay, preferably dampen hay for horse to eat whilst strapping
- Horse feeds for after the ride or each leg (preferable keep grains or high carb feeds to a minimum

prior to the ride and save these for after the ride)

Strapping

- Aims to assist restoration of metabolic balance as quickly as possible - temperature, HR.
- Ask someone at base what the weather there is like if you are the hot & bothered rider!
- Always offer horse a drink first & the opportunity to pee.

- • Have adequate cold (40- 80 L) & hot water (20 L) available, depending on the weather.
- • To reduce body heat & therefore HR, repeatedly use cold water on & scraped off immediately, on part or all of body depending on condition.
- • Watch for changeable weather, cloud, wind after cooling the horse - rug if necessary, especially if there is a queue for vetting & keep moving.
- • If HR is OK & horse not hot, avoid body water; just wash legs with cold water.
- • As soon as HR is stable at acceptable level, leave horse alone in yard or walk to green pick.
- • Massage main thigh muscle groups if concerned over stiffness, keep warm with some movement.

Version 3 Feb 2014

SUMMARY OF AERA (AUSTRALIAN ENDURANCE RIDERS ASSOC) RIDER & HORSE QUALIFICATIONS

Novice Horse	Endurance Horse	Novice Rider	Endurance Rider
<p>Has not completed 3 x • affiliated endurance rides (240km).</p> <p>May enter a training or social ride using a pink vet card.</p> <p>To enter a mini- marathon (50k x3 or more days) or endurance ride (i.e. 80km or more) must have a Novice Horse logbook.</p> <p>Must not exceed 14kmp• (or novice speed set by the Ride C'tee) at any affiliated event.</p> <ul style="list-style-type: none"> • • 	<p>Has successfully • Completed 3 x affiliated endurance rides (240km).</p> <ul style="list-style-type: none"> • <p>Has an Endurance Horse logbook which has the appropriate ID forms, registrations, etc. completed.</p> <p>Must use its logbook at all endurance events, • including social, training and endurance rides.</p> <p>Is not restricted by speed, unless being ridden by a Novice Rider in an affiliated event.</p> <ul style="list-style-type: none"> • 	<p>Has not completed • 2 x affiliated training rides & 3 x affiliated endurance rides (240km).</p> <p>To enter a social or training ride, may do so using Day Membership.</p> <ul style="list-style-type: none"> • <p>To enter a mini- marathon, must have completed 2x affiliated training rides and be an Intermediate Member.</p> <p>To enter an endurance ride (i.e. 80km or more) must be a full Member & have Completed 2 x training rides.</p> <ul style="list-style-type: none"> • <p>Must not exceed 14kmp (or novice speed set by the Ride C'tee) at any affiliated event.</p>	<p>Has completed 2 x affiliated training rides & 3 x affiliated endurance rides (240km).</p> <p>Has applied for & received endurance status from the State endurance body in the State in which they reside.</p> <p>Is not restricted by speed, unless the rider is riding a Novice Horse in any affiliated event.</p>

AERA VET GATE INTO HOLD (VGIH) & FEI RIDES

Before attempting a VGIH Ride or FEI ride, it is advisable to attend a ride as an observer or even as a strapper to understand the differences between standard AERA vetting and VGIH vetting. It is also strongly advised that competitors make themselves totally familiar with VGIH rules and regulations for AERA and the current FEI rules.

Please note when entering an FEI event there are requirements for both horse and rider above and beyond what is required to enter an AERA VGIH ride. As at the date of writing, these requirements include -

- • Completing an Application for FEI Registration of Horses and/or Rider. Both horse and rider must have AERA endurance status (i.e. not novice)
- • Understanding of the "Stad' rating system for FEI Information regarding FEI rules and requirements can be found on the NSWERA website at <http://www.nswera.asn.au/nsw-fei>

At an AERA ride run under VGIH, all administrative requirements remain standard, i.e. member status, logbooks, etc. The only thing that changes is the vetting procedures of the ride.

Pre ride vetting will be the same as at all affiliated endurance events.

After the horse completes a leg of the ride, the arrival time will be recorded on a time slip. In rides less than 119kms the horse has up to 20 minutes to present to the Vets after this arrival time. In rides 120kms and over, the horse has up to 30 minutes to present to the Vets after this arrival time.

After receiving a time slip (and sometimes the logbook as well), the horse proceeds to either a communal strapping area that adjoins the vetting area, or it may return to its camp to be strapped.

The pulse rate at an AERA event is 60bpm. At all FEI events the pulse rate is a standard 64bpm and under. Hold times vary depending on the length of the ride and will be advised at the pre ride talk or, in the case of FEI events, in the Ride schedule.

Once you are happy with your horse's pulse rate, you proceed to the vetting time line and call "Time" and your ride time will then stop. The important thing to remember is that until you call "Time", your riding time is still accumulating. You then proceed to the vet for a vet check and if your horse successfully passes the vet check, it is taken back to its camp for the period of the hold time.

This process is repeated for all legs, except for the end of the ride when the riding time stops as soon as you cross the finish line and you have up to 30 minutes to present to the vets. The important thing to remember at this time is that you only have one chance and if your pulse rate is over the required rate, it is an automatic "vet out".

Rider Gear

It is worth noting for rider and horse that new gear should be well used before taking it to a ride. It is not uncommon for new gear to rub, not fit correctly or simply not do the job properly.

- • Comfortable ride clothes.
- • Good shoes that grip.
- • Waterproof jacket that is easy to ride in.
- • Warm clothes/beanie/gloves.
- • Spare change of clothes in case you get wet.
- • Sun hat/sunscreen.
- • Head lamp for riding in the dark.
- • Hard hat.
- • Drinking water.
- • Electrolyte drink, especially if hot.
- • Easy food to prepare and eat – e.g. fruit, muesli bars, snakes/jelly beans.
- • Tent.
- • Table and chair.
- • Light.
- • Gas cooker.
- • Frypan, saucepan, kettle.
- • Knife, fork, spoon, mug.
- • Food that is easy to prepare.
- • Warm sleeping bag, pillow and mattress (don't forget the jarmies).
- • Spare torch, batteries, alarm clock.
- • Esky with yummy food.
- • Spare loo paper.

Horse Gear

- • Tack box.
- • Saddle and saddle blankets.
- • Bridle.
- • Breastplate/crupper.
- • Girth cover.
- • Easyboot/spare shoes.

- Spare halter and lead/reins/stirrup leathers/girths.
- Rugs – heavy/light/combo.
- Neck rugs.
- Sponges for strapping (1 on the saddle for on track strapping).
- Feed and water buckets. (mud from their local dam to add to the water if not drinking).
- Feed and electrolytes.
- Electric fence and charger, or sturdy metal yards.
- First aid kit (thermometer, stethoscope, bandages, antiseptic cream/wash etc.).

When preparing for a ride, check the stitching on all your gear is secure and clean (girth, stirrup leathers, bridle, boots etc.) Don't change his gear or feed regime the week before - give him a good few weeks before the ride to get used to the change. If you can, give him a wash a few days before so that he is reasonably clean for the vets, and you can also check for any little rubs or cuts that may need attention.

Your horse can be barefoot, booted or shod. If he is shod, get him done about 4/6 days before so if the farrier doesn't turn up, or there is a problem, or you can rectify it.

FEED

1. Feed the hind gut- FIBRE! - hay - oaten, wheaten, pasture/meadow, limited lucerne, Speedibeet/Maxisoy. - go to <http://www.shady-aores.com/susan/beetpulp.shtml>
2. Grass is good!
3. Feed only wet feeds; offer wet & dry hay at events +/- molasses water soaked.
4. Use good quality complete concentrate feeds - "muesli" type or pellets if needed.
5. Do not feed a grain/pellet feed within 4 hours of start time.
6. Ensure adequate energy intake leading up to a ride - "hard feeds" plus hay.
7. Give recommended dose of suitable electrolytes on evening before ride & at intermediate checks AFTER vetting.
8. Always ensure adequate & acceptable (to horse) water supply allow chance to drink at every opportunity on track, depending on weather & exertion level.
9. For 80 km (two legs) rides, usually only offer wet & dry hay at half way & or Speedibeet/Maxisoy. 10. Longer events require more involved feeding management.

FOOT CARE AND PREVENTING LAMENESS

1. Movement is the key to hoof health - 15 km a day - herd living, unrugged.
2. Use a competent trimmer or farrier every 4-5 weeks maximum.
3. Have a knowledgeable person check your horse's gait whilst ridden.
4. Use a graded work program with lots of LSD (long slow distance) for first years.
5. Where possible, work unshod until harder training begins then choose bare, boots or shoes. 6. Avoid hoof dressings, daily water soaking for 15 minutes is far better.
7. If buying a horse for endurance, thoroughly examine its feet - club feet, contracted heels flexion tests; also its basic conformation for obvious faults.
8. Work horse over a variety of terrain & surfaces.
9. Always pay attention to your horse & how he is travelling when riding.