



ENDURANCE RIDE PROCEDURE BASICS

Welcome! So you have decided to come and enjoy the fun..... just a few notes to answer some questions that arise as you begin your endurance journey.....

ENTERING A RIDE

Nominating for a ride is easy! Nominate either through our website waera.au - go to the Ride Entry tab under the Starting Out Menu, or through Aeraonline [Log in - AeraOnline](#).

If you have never used AERAOnline before, you will have to register. Follow the prompts to create your login, then enter your details and horse details. Once done go to the Events page [Events - AeraOnline](#) and find the ride you wish to enter. Click "View or nominate now" then click on the distance you wish to enter. You can then follow the prompts to the payment section.

The Horse Health Declaration form (HHD) needs to be printed then completed on the 3 days prior to the ride. (*see below*)

The printed and completed Horse Health Declaration (HHD - 3 day horse temperature), will need to be brought to the ride desk on the day of the ride. Copies can be found on the website under "Documents" or [Horse Health Declaration \(HHD\)](#)

BEFORE THE RIDE - 3 DAY HORSE TEMPERATURE (HHD form Horse Health Declaration)

All horses that are attending the event must have their rectal temperature taken once daily for 3 days prior to the ride and recorded in the temperature log table on the HHD form. You then present the completed form to the Ride desk when you register on the day.

How do I take a horse's temperature?

The best way to take the horse's temperature is rectally. Keep a plastic digital thermometer in your medical kit. They are safe, easy to use, inexpensive and available at most pharmacies and are operated by pressing a button to turn them on. Simply lubricate with petroleum jelly (Vaseline) and insert the thermometer into the horse's rectum. Always clean the thermometer well before returning it to its case...and especially if used on an ill horse, to prevent the spreading of an illness. It may take one to three minutes for an accurate reading, although many digital thermometers take readings quickly and beep when they are done. Simply read the digital display for the horse's temperature. (Note: So you don't lose the thermometer in your horse, attach a piece of string to the handle end along with an alligator clip. When the thermometer is inserted, fasten the alligator clip to tail hairs, thus securing it!) Normal body temperature is 37.5 – 38.5° C, but environmental factors can affect the readings by 0.5-1° C.

There are plenty of videos on YouTube on how to take your horse's temperature, for example:
https://www.youtube.com/watch?v=8sJhww3_hfo

ARRIVING AT A RIDE

If you are not camping overnight, and arriving on the morning of the ride, we ask that you arrive at least 2 hours before your ride start time. This ensures you have enough time to register, vet your horse, attend the pre-ride brief and get you and your horse ready.

Once you arrive at a ride, set up your yards. Metal yards need to be fixed to a solid object, steel post, or float. If you are using electric tape this needs to be two strands with the top between 1.2 & 1.4 meters above the ground, no sags and energized at all times when the horse is in the yard.

If you are not staying overnight and using yards, please note that your horse should be tied securely to the float and supervised by a competent person at all times.

Then present to the Ride Desk to register your arrival (so that we know you and your horse are on site). Hand in your completed Horse Health Declaration. You will receive a numbered bib and a tag with the Chief Steward's telephone number to attach to your saddle. Please make sure you have the tag on BOTH your bib AND your saddle. This number is what you ring if you need assistance out on track. If you are new to the sport and your horse has not been issued with a log book, you will be given a blue day card which will record all your horse's details and veterinary check details. Wearing your bib (number) and taking your blue day card (or log book), take your horse to the vet ring for the pre-ride vet check. (no saddle etc, just halter)

If your horse is prone to kicking (either on ground or ridden) place a RED ribbon in their tail to advise others to take caution. A BLUE ribbon indicates a stallion.

VETTING

At the vet ring if your horse is wearing a rug, please make sure that all straps are undone to allow easy access. A TPR steward will then take your horse's heart rate, respiration rate and temperature. This is recorded in your blue day card. You will then be directed to present your horse to the vet. The vet will check your horse to make sure they have no injuries, that they are well hydrated, have good gut sounds and are generally in good health. You will then be asked to trot your horse out. The trot out is generally straight out around a cone and back. This allows the vet to assess if your horse is sound. Once you have passed the vet check your blue day card or log book will be kept by the vet for entering into the computer and returned to you at the finish line with your time to attend a post ride vetting (*see Crossing the finish line*). You can then take your horse back to the yards and make them happy!

PRE-RIDE BRIEFING

You will then attend the pre-ride brief, the time of which is usually stated on the ride information. No horses or dogs allowed at this briefing. The briefing will alert you to anything you need to be aware of on course, the course markers you are to follow, and your minimum & maximum time limits on your ride. Minimum ride times are set for all Novice horses until you are classed as an

“Open Endurance rider”, and are in play for your horses welfare. A maximum ride time may also be set for your safety. Your ride start time will be confirmed.

STARTING & DURING YOUR RIDE

Present to the start line at the designated Start time. It's all nice and calm, you don't all have to charge across the line at the same time! Walk towards the start and call your number loudly to the Chief Steward. Make sure the CS has acknowledged you, as this is a record of you going out on course.

If you wish to wait until some riders have started (to avoid other horses or if you are nervous etc), you can wait, however make sure you cross the start line within 15 minutes of the official start time, or you will be disqualified. (Example Start time 8.00am - you can start at 8am, but you have until 8.15am to cross the start line and begin your ride.)

At checkpoints, call your number to the CP person and make sure they have heard you, again, this information is relayed back to base so we know where you are on course for your safety. At checkpoints, there will be water, hay and carrots for the horse and water for riders. Please approach water points carefully so as not to frighten or disturb horses which may be drinking. If there is a rider trying to get his or her horse to drink, please wait until they have finished. Do not allow your horse to push in. Once the horse has had a drink, move away from the water container, so that others can have their turn. The same courtesy applies to horses eating the hay/carrots.

If you wish to cool your horse (strapping) at a CP, please ensure you use the smaller buckets available to take water from the large drinking container and move aside to a safe spot where you can attend to your horse. DO NOT dunk your sponge in the drinking water to strap from, other horses do not wish to drink your horses sweat!

At all checkpoints if you feel that your horse, or you, cannot complete the ride, you may call for the rescue float. The rescue float will bring you back to the ride base where you must present to the Chief Steward at the Vet ring. You can take your mobile with you, however any assistance out on track MUST go through the Chief Steward first. (CS mobile number is on the tag on your bib and on your saddle).

Whilst on course please be aware of other riders. Pass safely, calling out loudly and letting other riders know you are passing on the right, and being careful of any unsettled horses. Kickers will be wearing a red ribbon in their tails, please give them a wide berth. Some riders will put a red ribbon in when they are schooling a young/green horse so please give them plenty of space.

CROSSING THE FINISH LINE

As you approach the finish line/desk, call out your number. Dismount, and collect your day card or log book. This will have your vet time clearly recorded which will be 30 minutes after your finish time. Take your horse back to your yards for strapping.

STRAPPING

Strapping is cooling the horse down and making them comfortable so that their heart rate is less than 55 beats per minute. You have up to 30 minutes to achieve this and present to the Vet ring. (*strapping is a whole subject on it's own, so we won't go into detail here*)

POST RIDE VETTING

Still wearing your bib, take your horse and your blue day card or log book with you to the vet ring. Make sure you arrive at the vet ring within 30 minutes of crossing the finish line. If you present after the 30 mins you may be disqualified.

A TPR Steward will take your horse's heart and respiration rate. Proceed to the vet as directed. The vet will examine your horse and ask you to trot out again. The vet will advise if you have passed successfully or if not, will let you know why not.

PRESENTATIONS

Presentations are part of the endurance experience, to show comradeship to your fellow riders and appreciation to the hoard of volunteers who have helped put the ride on. Presentations are held as soon as possible after the last rider in your ride distance has been vetted. Your ride/vetting details have to be entered into the National computer database so please be patient. You will receive your blue day card or log book as a record of your ride, and sometimes there are small prizes!

You should allow for 2 hours in camp after your ride, this is for your horse's welfare. Should you need to leave prior to presentations, your blue day card or log book needs to be signed off by the Head Vet and Ride Secretary, even if your horse has vetted out. The vet will only sign off the log book or vet card if he or she thinks the horse is in a safe condition to travel home.

AFTER THE RIDE

Whether you completed successfully or did not have the ride you quite imagined, you and your horse will have had an amazing experience together.

We look forward to seeing you at a ride.

TO COMPLETE IS TO WIN!!

