

Is the *Brookvale* ride your first or one of your first endurance rides?

If so, here is what you need to know:

When you arrive:

- At the entry gate, you will be given a flyer and directions on where you can set up your camp. Please, follow those directions. You will also need to hand over your **completed Horse Health Declaration form with your horse's temperature log** for the days leading up to the ride. You won't be able to enter the ridebase without this completed form! You will have received this form if you **pre-nominated**.
- Set up your camp, including horse yards etc and make your horse comfortable with food and water.

Registration:

- Go to the admin area across the creek and register. All paperwork you need to fill in is there, if you have not been sent it after pre-nomination or did not have the opportunity to print it out. You do not take your horse or riding gear for registration, but if you are less than 18 years old, you have to take one of your parents/your guardian for the day to authorize your participation in the event
- Fill in the following paper work: (1) Ride entry form, (2) Notice to all participants – Dangers on track, (3) Day membership & non-member waiver, if you are not a member of the NSW Endurance Riders Association
- Hand over all paperwork to the person taking entries, pay the appropriate entry fee, pick up a pink vetting card for your horse, if it does not have a NSWERA logbook, and get the bib with your rider number. This bib has to be worn during vetting and during the ride.

Pre-ride vetting:

- All horses participating in an endurance event have to be **vetted** before the ride and after each leg. So, after you have registered and received your pink vetting card, you need to get your horse and present it to the vets. Your horse will need to have on a halter and long lead, and if it still has a rug on, that is fine, too, although the rug needs to come off when the vet inspects the horse. Also take the pink vetting card with you.
- The vetting area is adjacent to the Office ride registration tent. All events, except the 50km ride (40km +10km over two legs) has only one course leg, so your horse will be vetted before and after the ride.
- For the pre-ride vetting, temperature, respiration and heart rates are taken by a so-called TPR steward and entered in the pink vetting card. Then you move on to the vet.
- After the vet has checked your horse and assessed various parameters that are recorded on the pink card, you need to trot your horse out on a long lead so the vet can see whether it moves freely. Then you will be told, whether you are okay to start or not (for example in case the horse is lame). The pink card is then kept with the vets.

Pre-ride talk and assembly for the ride start:

- Before you head off for the ride, prepare buckets with water for strapping and water and feed (e.g. lucerne hay) for your horse for when you return from the ride
- About 1/4 of an hour before the start, you need to assemble with your horse, saddled and ready to start, at the starting point, which is the entry gate to the ride base on Doctors Flat Road. A pre-ride talk will then be held by the chief steward and ride secretary to give you a run-down on the course and what to pay attention to. **This pre-ride talk is compulsory to attend! Spurs and whips are not permitted and an approved helmet has to be worn.** No other tack or clothes are prescribed. Make sure you are dressed for the weather conditions. Wear sunscreen if it's sunny and consider taking water with you.

The ride:

- The **minimum** and **maximum** riding times for each of the ride events will be given to you at the pre-ride talk (and is provided in the information flier). To complete the ride, you may need to walk, trot and even canter some parts of the ride course. If you gallop the whole way, you may be eliminated. If you

walk too slowly the whole way you may be eliminated for being over time! **Listen to your horse** during the ride and do not be afraid to get off and walk with him or her on steep uphill or downhill stretches. **You should also look for opportunities to let your horse drink and eat while you are on course.** Don't be alarmed if your horse doesn't drink - many horses will not drink until they have travelled 20km or more.

- **Do not arrive back at the ride base before the minimum ride time or after the maximum ride time or you will be disqualified!**

Arrival back at ride base and strapping:

- When you arrive back at the ride base, you do not immediately return to your camp but need to **go with your horse to the time keeper tent** (beside the WICEN communication tent in the admin/vetting area) to receive a ticket telling you by which time (1/2 hour after your arrival) you have to present your horse for post-ride vetting.
- Then, go back to your camp site, give your horse something to drink and a bit to eat and strap it with plenty of water, particularly if it is sweaty and it is not windy.
- Immediately start with the strapping once you have taken the saddle and bridle off. Also have drinking water and something to eat ready for your horse. Eating and drinking will stimulate its guts, resulting in healthy gut sounds when the vet listens for them. When you strap and the horse is still hot from the ride (if you went relatively fast), it is particularly important to cool the chest and girth area, as this will help to reduce the heart rate. In addition, if the horse is hot, the water you put on it gets hot very quickly, too. It therefore has to be removed as soon as possible, for otherwise there is no cooling effect. You are better off sponging plenty of water on two or three times and removing it quickly each time than once and then leaving the water on for too long. After you have finished strapping, put a towel or blanket over your horse's rump to keep it warm. This is important, as the large rump muscles could start cramping, resulting in uneven gait and a possible vet out.
- If it is very windy, your horse will likely not be that sweaty and strapping it will make it cold and raise its heart rate. In that case, do not put a lot of water on your horse or even not any at all, and particularly, do not put any on the rump and thigh muscles, as they could get cold and stiff, potentially resulting in your horse being declared lame. Make your horse feel comfortable by cleaning the face with a sponge and otherwise only brushing the horse to remove most of the sweat is often better in windy weather.
- About 10 minutes before the vetting time, take the food away from the horse, if it has started eating, and start walking it around, leaving the towel/blanket/rug on its rump. Eating increases the heart rate, therefore, stopping your horse from eating for now will help to reduce and stabilise the heart rate. Walking your horse will keep your horse warm and supple and prevent him or her from getting stiff.
- **Make sure you arrive in the vetting area just before the time noted on the time slip!** Keep your ride bib with your number on, so the TPRs can see you when it's time to vet.
- **Remember: Late arrival can result in disqualification!**

Post-ride/Post-leg vetting:

- Again, first the TPR steward will be taking your horse's heart rate, before the vet will check your horse and have you trot it out on a long lead. Hopefully, you will then be given the thumbs up for a successful ride completion or for continuing your ride.
- After the vetting, you and your horse can return to camp to relax and to eat and drink.
- Depending on the time, there may be an official **Awards Presentation** once all riders have completed and administration has finalised the vetting cards and log books. You are welcome to stay for the Presentation. If you need to leave early, you can ask for your log book back but only once it has been signed off by the Chief Vet and Ride Secretary to confirm your horse's completion record. This is a busy time for the office volunteers, so please be patient.
- Most of all.....

Enjoy your ride and good luck!