

## 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.
- Set up your camp 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 prenomination 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 registration tent. Your event has only one leg of 22 km or 40 km, 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, 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.

### ***The ride:***

- The minimum riding time for the 22 km ride is 2 hours and the maximum riding time is 3.5 hours. For the 40 km ride, the minimum time is 3.5 hours and the maximum 6 hours. To complete in minimum riding time, you would need to trot for most of the time and compensate with canter episodes for times, where you only walked. For completion in maximum riding time, you could walk a lot of the time on an average horse with some trot. Listen to your horse during the ride and do not be afraid to get off and walk with him on steep uphill or downhill stretches.
- **Do not arrive back at the ride base before minimum time is up 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. 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 prevent it from getting stiff. **Make sure you arrive in the vetting area just before the time noted on the time slip! 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 relax and eat and drink.

**Good luck!**