

## HELPFUL HINTS FOR THOSE ATTEMPTING THEIR FIRST INTERMEDIATE OR INTRODUCTORY RIDE

- 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 in any affiliated endurance event.
- To enter a Training or intermediate 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.
- The rider does not need to be a member of the Australian Endurance Riders Assoc. (AERA) to enter an introductory (5-10km or 20km) or intermediate (40km) ride. As part of the entry process, each rider will be asked to sign a Day membership waiver if they are not current AERA members. (Please see “Entering the Ride” on Page 2 of these notes.)

### **Setting-up Camp**

The only camping restriction at the Matar Stables Bullio Cup event will be where the CEI\* horses will be camping, otherwise you are free to camp where you like in the camping areas.

If you decide to camp (those attempting the 40km ride must camp), make sure your horses are used to their yards prior to coming to the ride and that they are safe and secure.

Examples of Various forms of yards that can be used –

- Electric fencing (min. of 2 strands of electric tape) with electric charger on and working, or
- Purpose built steel yards, or
- Steel posts with caps with 3 strands of rope that are tight and secure.

Horse Water will be provided at Ride Base, but be prepared to carry water to your camp, so have plenty of buckets on hand.

You will need to bring human drinking water.

Dogs are permitted but must be on leashes or tied at all times.

## **Entering the Ride –**

- There is compulsory entry requirements for all rides. Go to the Nomination site at [www.bullio.net/bullio-cup](http://www.bullio.net/bullio-cup) and complete your entry.
  - You will receive a confirmation email with your entry form, Horse Health Declaration form (to document your horse's temperature) and any Saturday night dinner tickets you have purchased.
  - Sign all documents and bring with you to the office to complete your entry.
  - If you are not a member of the NSWERA, complete a Day Membership Form.
  - If the rider is 18yrs of age or under on the day of the ride, then a guardian/parent, complete that Declaration. 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.
  - All these forms will be part of your entry form.
- At the office, you will receive a ride number which you must wear at all times during the actual ride and a horse vet card. If your horse has a logbook, this must be brought with you to enter and will be used instead of the horse vet card.
- In an introductory or intermediate 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 and the person leading the horse is wearing the ride number.
- The horse's temperature, pulse and respiration (TPR) 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.

*Please remember, that the veterinary exam is a fundamental part of endurance riding. So make sure your horse can be examined safely and in a controlled manner. If the horse cannot be examined, it may not be permitted to start. It is a good idea to practice at home taking your*

*horse's heart rate, temperature and running out on a loose rein next to you.*

- Your horse must pass all the criteria that are on the vet card, including being sound at the trot. This forms the fundamental ethos of our sport of "fit to continue".
- At this point, 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 you are camping or entering the training ride.
- If the ride is the next day, you may like to take your horse out for a light ride or lead prior to bedding down for the night.

### Pre-Ride Talk

- It is compulsory to attend the Pre Ride Talk, not matter what event you are entering.
- The pre ride talk for the 40km ride will take place on Saturday at 5.30pm.
- The pre ride talk for the 20km and 5-10km rides will take place on Sunday, 15mins prior to your start. This can be attended with your horse.
- A basic description of the course will be given. 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.

### 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.
- During the 30 minutes prior to vetting, you may need to cool the horse by giving them a sponge with cool water, remove dirt from legs and girth and allow the horse to relax prior to vetting.

- The horses heart rate **must** be 55bpm or below to vet through. It's a good idea to take your horse's heart rate prior to going to the vetting area. This gives you a good idea if you need to do a bit more strapping to bring the heart rate down.

*Strapping can be trial and error as you learn about your horse, what he likes and doesn't like and how he recovers from exercise. Some horses don't need much strapping at all and others may need a bit more time and water to achieve a lower a heart rate. Much of this can be learned at home where you can practice strapping and taking your horses' heart rate and running him out on a loose rein after you've been for a ride.*

- If it's warm and your horse is warm, use cooler water to reduce body temperature. If the air temperature is cold, then perhaps more tepid water, or not water, may suffice. Again, you will learn all this if you practice at home.
- 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 if it is very cool.
- 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. Ideally, do not allow the horse to eat 5-10mins prior to vetting.

#### Presentation to the Vets at the end of the ride -

- Make sure you arrive at the vetting area at least 5 minutes prior to your vetting time (30mins after you have finished your ride which can be found on your time slip). 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 the heart rate 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.
- The heart rate 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 introductory and intermediate legs.

- 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 (and that includes the rider and strappers too!)
- There will be a Presentation ceremony on Sunday at approx.. 2.00pm. We would love you all to attend and to be a part of this celebration of your ride.
- If you wish to leave prior to the presentations, depending on how busy the Ride Secretary is, 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.

**Hints to make up a basic strapping kit -**

- Plastic water buckets for carting water
- Horse water and feed buckets
- Metal bucket for heating water by the fire if there is no fire ban
- Sponges
- Clean Towels
- Scrapper
- Hoof Pick
- Grooming brushes, etc.
- Headstall/s
- Warm rugs including waterproof rug, etc
- Cotton or lighter rugs
- Stethoscope
- Fresh hay for before, during and after ride. Some experienced riders prefer to feed slightly damp hay whilst strapping.
- Horse feeds for before, during and after ride that the horse is used to eating.

Training or preparation of your horse is very subjective and depends on many factors, not the least being age, condition of the horse (is it very fat or very thin) and fitness. This subject is quite complex. Generally speaking, a horse that is healthy, not fat and is ridden for pleasure once a week will cope well doing a 5-10km or 20km ride at a modest pace. If you are concerned, start taking your horse's heart rate at home after you have ridden it and if it recovers to 55bpm and under within 30mins and is not breathing heavily, it should be ok to complete 5-10kms or 20kms.

To shoe your horse or not to shoe your horse, again is subjective and depends on your horse's feet. Generally speaking the intermediate and introductory courses are on gravel, forestry road and although there is soft going, if in doubt we advise to shoe your horse.

Introductory and intermediate riders are governed by a minimum speed which determines the minimum time you can take to complete the course. This will be advised to you at the Pre ride talk. This is regardless of whether you are riding an endurance horse and/or you are an endurance rider. This is because the fundamental tenant of these rides is that they are a non-competitive event, therefore, have fun and enjoy.

We also ask that everyone remember to respect their fellow riders and be considerate out on track. If someone is at a water point before you, wait until they have finished before you rush into the water. If you wish to pass someone, please let them know that you wish to pass by advising "passing on the right" or "passing on the left" and wait for them to move out of your way once it is safe for them to do so.

Remember, horses can kick so be mindful that you are not riding too close to the horse in front or too close to a horse at a water point.

Also please be considerate of our volunteers. They have given up their time to help us put on a ride for you. The check point personnel will repeat your number back to you to make sure they have it correct. Don't forget to say thanks when you go through a check point or gate way. It will make their day.

If you require any further help, advice or assistance please don't hesitate to contact the Ride Secretary at email [acabailey@gmail.com](mailto:acabailey@gmail.com).

A complete set of Getting Started Notes and Information about endurance riding can be found at [www.nswera.asn.au](http://www.nswera.asn.au).

Endurance riding can be as complex or as simple as you want to make it. It is a wonderful opportunity to ride unique and interesting country. Just enjoy the moment and have fun.

Remember the motto of endurance riding is "**To Complete is to Win**"