



Endurance Pleasure Rides (Group & National)

National Pleasure rides are vetted for soundness at the start and finish.

Group training rides have no vetting.

- 1) No need to wear shirt, tie and hacking jacket. Most folk wear any coloured jods/breeches, polo shirt/sweat shirt/ rugby shirt / fleece and perhaps a gillet. Jod Boots or boots with a heel and a riding hat with kite mark. Good idea to have a map holder with your route on, hoof pick and perhaps a water bottle. No special tack is required for your horse.**
- 2) Arrive a good twenty minutes before your vet or start time if it is a group training ride.
- 3) When you first arrive go and get your number from the secretary. Check the notice board for any changes.
- 4) Prepare buckets of water for your return and hang hay net up outside trailer.
- 5) Put bridle on (this is not compulsory but you will have more control if no helper put head collar on over the top and tie up so you can remove bandages etc.) and unload removing bandages or travel boots. If cold or clipped then leave the rug on.
- 6) Put number on. Pick up vet sheet only for national pleasure rides.
- 7) You and your crew (helper) walk quietly to the farrier for shoes to be checked only for national pleasure ride.
- 8) Continue to the vet who will ask you for your vet sheet and to remove rug and then he will take your horses pulse, check his legs and back and then ask you to trot the horse up to a bollard 30 metres away and back.. All your horse's details will be put on the vet sheet and they will keep the vet sheet. This is only for national pleasure rides not for group training rides.
- 9) Walk back to the trailer and tack up. Remembering to attach your map holder with map, talk round in and speed/distance calculation sheet. Attach your drink and holder if you are taking one.



10) Walk to the start remembering to take your rider card on which you will have needed to put your rider number and the distance you are riding on.

11) As you start put your watch at 12' o'clock. Also make sure your helper has also done this *at the same time*.

12) Set off quietly and each time you get to a check point check your speed against your ride speed chart. You want to be riding between 8 and 15kph usually around 10kph to start with.

13) Your crew will have unhitched the trailer and will drive out to meet you at the various crew/check points. The crew will hand you a slosh of water to pour over the horse and offer a bucket of water for him/her to drink. (Do not worry if he does not drink on the shorter rides.) The rider will also need a drink and perhaps something to eat.

14) On returning to the venue (finish) get off after the finish and walk back to the trailer. You now have up to 30 minutes to get the horses pulse down to below 64 hopefully a lot lower for the national pleasure rides. This is not done for group training rides.

14) Untack and put head collar on. Tie up to trailer.

15) Offer him a drink. Do not feed until after vetting if you are being vetted.

16) Take his pulse. Good idea even if not required. You need to buy a cheap stethoscope for this. If you have problems finding the pulse ry at home a spray purple spray on spot so you can find it when stressed.

17) Depending on pulse and the weather pour or sponge water over neck and back especially on the big veins on the hind legs. Good idea even at a training ride before returning home in your transport.

NOTES ON COOLING

Depending on your horse and the weather.

If *wet*, use the weather to cool horse and rug with waterproof. Watch pulse as if too hot or too cold the pulse will go up. Do *not* put water on if the weather is cold and wet, think how you would feel!

If horse starts to shiver do not use water and rug.

If *hot*, then wash off all sweat and use a lot of water.

18) Check there are no stones in the horse's feet.



19) Keep checking the pulse and, when it is as low as you think you can get it, walk quietly to the vets for your final vetting; the same procedures will occur that happened at the beginning.

Remember you must present to the vet within **30** minutes or you will be eliminated. You may have to queue but, providing you have told the vet steward you are there, that is fine. You may need the 30 minutes to begin with but the sooner you can present with a low pulse the better. Again this only applies to National Pleasure rides.

20) After vetting go back to the trailer, feed and load. Then go to the secretary for your vet sheet, grade and rosette not sooner than 30 minutes after your final vetting. **Remember once you have your master card and vet sheet to return them to your log book for safe keeping. It is a good idea to have your horse passport kept permanently in your log book as it is law that when travelling your horse passport is with you. Again this only applies for National pleasure rides and you will not have filled in your mastercard as this is not recorded on it. IF you are a full member it is still quite a good idea to have your vet sheet in your log book for your own information.**

At training rides your speed may be recorded at National pleasure rides it will be recorded. Remember to be successful at national pleasure rides you really need to ride at a speed of at least 8kph and not exceed 12kph at national. Do enjoy your experience we are a friendly lot.