

GAUTENG ENDURANCE

TRAINING DAY

ADDITIONAL INFORMATION

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1. OVERVIEW

Horsemanship

- Very important to understand what you want to achieve from the endurance ride before you start preparing and before you start the ride.
- Always remember the motto: **“To finish is to win”**
- You need to think, plan, evaluate, decide, and manage the whole ride so that you can put your horse in a position to be at his/her best. Listen to your gut and observations and make the necessary changes if needed – always put your horse’s wellbeing first.

Know yourself - Remember the following:

Understand your limitations and riding ability – get professional fitness and horse-riding lessons if required.

- Look after yourself – weight and fitness – remember that for every 15kg your horse’s carry his heart rate can be 6 beats more.
- Be disciplined with your training.
- Understand your goals and limitations.

Be disciplined:

Be on time at the venue or make the necessary arrangements with the organisers for late arrival or problems experienced on route.

- Be on time for your vet inspections.
- Saddle up on time and be on time at the start of each leg.
- Attend the course briefing.
- Assist others where you can.
- Be able and ready to adapt and change as things and circumstances changes.
- Familiarize yourself with the layout of the venue on arrival.
- Wear your rider number as required.
- Proper behavior and good manners.

2. ERASA RULES - OVERVIEW

It is important that every rider read the rules and regulations to understand what is required for participating in the sport as rider, spectator, support team, official and organiser.

ERASA has the following rules(Read the ERASA rules as provided on the ERASA Website):

Chapter 1: Vision and General Regulations

- Welfare of the horse is paramount.
- Zero tolerance to prohibited substances.

Chapter 2: Ride

- Types of Rides
 - Vet gate: Your time stops when you present at the vet gate and at the finish line of the last leg. 20 minutes to present to the vet and 30 minutes after the last leg.
 - Compulsory Hold: Your time stops when you cross the line at the timekeeper. 20 minutes to present to the vet for all legs.
- Entry Types:
 - Stepladder – for all novice horses and can stop after any leg
 - Competitive – all horses out of novice.
- Pulse: Max 64 beats per minute at all vet checks

Chapter 3: Riders

- Affiliation. Riders need to be affiliated by ERASA/SAEF/Club to be able to ride more than 40 km.
- Dress Code
 - ERASA rider number must be worn and always be visible in front and back.
 - Always dressed neatly and appropriately.
 - Ride helmet – compulsory – only approved horse-riding safety helmets.
 - Safety stirrups compulsory if flat soled running shoes – shoes without a clearly defined heel – is worn.

- Spores, whips, and sjamboks not allowed at venue – may use whips for lunging.
 - Crops are allowed but need a maximum length of 75cm and wide double leather flat at end. Excessive use of crops will lead to disciplinary action.
- Riding Categories:
- Senior Rider – from year turning 18 (optional) or 22
 - Heavy – 95kg or above
 - Senior – Weight with saddle between 73 and 95kg
 - Light – Less than 73kg
 - Junior or Young riders - year turns 14 to year turns 21 – no weight limitation.
 - Child - year turning 10 to year turning 13 – no weight limitation.
- Senior's riding with Child.
- Can only senior if member of an endurance club
 - Need to stay with the child and can only proceed if the child cannot proceed and has been handed over to an official.
 - Max of 3 children at club rides (2 at national ride)
 - Senior and child must always be hearing distance from each other.
 - Child may be handed over to another senior if the senior rider is no longer continuing with the ride, it must be reported and authorised by the timekeepers before departure.
- All riders with less than 240km on their logbooks are considered as beginners. More than 240 seen as experienced riders.
- Weigh in of riders who do competitive riding:
- Preferably riding dress for the ride.
 - Saddle, numnah and other equipment which are carried(weights) by the horse.
 - Without bridle and protective leg gear.
 - Riders may not weigh less when requested to weigh in during the legs of a ride.

- If different saddles being used or weigh carrying numnahs, all needs to be weighed in and be recorded.

Chapter 4: Horses

- Age of Horse:
 - Non-competitive rides up to 99km – 5 years on day of ride
 - Competitive rides – 6 years
- Classification of Horses
 - Novice Horse
 - Marked with “N” on the hindquarters below the ride number
 - May enter for rides with max distance of 90km – minimum of 3 loops
 - Novice Phase
 - Enter under step ladder system.
 - Complete 2 rides of 40 to 79km at a speed of 16kmph or less that equals a riding time of 2:30. Every second over that be a disqualification for horse and rider.
 - Then 2 rides of 80 at speed of 16kmph or less
 - Over a period between 12 and 24 months.
 - Compulsory Rest Period:
 - Start to 40km but was eliminated – 12 days
 - 40 to 90km – 12 days
 - 2 x 40 on consecutive days – 12 days
 - Eliminated at ride of more than 40 km – 20 days’ rest.
 - Novice horse’s 2nd and any subsequent 40km the horse shall rest for FIVE (5) days before the horse may enter for another ride.

- Novice horse may not participate in 2 x 40km on the same day.
- Endurance Horses
 - All horses that completed novice phase
 - Need to complete an 80 km before you can compete in a 120 km. Need to complete a 120 km before you can compete in a 160km.
 - Compulsory rest period
 - 100 to 120 km – 19 days
 - Over 120km – 26 days
 - Extended mandatory rest period when invasive treatment was required or metabolic conditions.
- Horse Passport
 - Only horses registered at ERASA with an approved ERASA passport can compete in rides over 40km. The passport needed to be completed as required by the rules.
 - The SAEF stamp must also be present in the passport.
 - All participation of horses at endurance events needs to be entered into the passport.
 - The horse's microchip number needs to be part of identification.
 - All inoculations need to be captured in the passport and signed by a vet as prescribed.
 - African Horse Sickness (AHS) and Equine Flu is compulsory.
 - Microchips – all endurance horses have to be fitted with a microchip.
 - Equipment used on horses during a ride:
 - Protective leg gear may be used – need to be presented with gear at the pre-vet.
 - Use of large saddle bags is discouraged.

- No equipment that may restrict the movement of the horse's head may be used.
- No inhumane bits allowed.
- Don't go with the flow with modern tack trends, make sure the use really needed.
- Shoeing of Horses. A horse can be ridden with or without shoes. Half sets are also allowed.
- Behavior of horses:
 - Red ribbon in tail for horses that kick.
 - Horses that cannot be controlled or hold a risk to other participants may be required to withdraw.
 - Stallions – yellow ribbon in tail
 - Pregnant mares or mares with foals at foot not allowed to partake.

Chapter 5: Teams – see rules on ERASA's website.

Chapter 6: Officials - see rules on ERASA's website.

Chapter 7: Disciplinary - see rules on ERASA's website.

Chapter 8: Veterinary -Vaccinations

- Equine Flu
 - An initial set of two vaccinations shall be administered. The first vaccination must be followed by a second vaccination not less than twenty-one (21) and not more than ninety (90) days after the first.
 - After this a booster vaccination must be administered within a period of six (6) months plus twenty-one (21) days after the second vaccination of the first set.
 - Thereafter horses must be vaccinated at least once every twelve months, on the condition that the last vaccination was administered within a period of six (6) months twenty- one (21) days before the date of the endurance ride for which the horse is entered. In practice this means that horses that participate regularly in endurance rides should be vaccinated once every six months.
 - A horse shall be vaccinated with at least the first set of two vaccinations, and seven days must have passed after the second

vaccination before the horse may be allowed to enter for an endurance ride.

- Vaccinations must be done by a Vet.
- African Horse Sickness
 - Be vaccinated annually between 1 July and 31 December, **OR** If they were not vaccinated during this period, be vaccinated annually with an interval of not more than twelve (12) months. (Check the communication letters on the Website of ERASA and SAEF)
 - Horses shall have been vaccinated with both fractions/injections, and a period of at least twenty-one (21) days shall have lapsed since the second fraction/injection was administered before a horse may enter for an endurance ride.
 - Vaccinations must be done by a Vet.

Chapter 9: Treatment of horses and equine anti-doping and medication control - see rules on ERASA's website.

Chapter 10: Recognition and Award - see rules on ERASA's website.

3. TRAINING

- **Groundwork & Schooling**

Why is this so important? Firstly, to ensure the safety of yourself, others, and your horse. It builds trust between your horse and you. It also teaches your horse to work in the correct frame, which in turn will build the correct muscles to make him/her able to carry a rider. It teaches the horse balance, cadence, and rhythm.

When your horse does what you ask, even if it was only a second of doing the correct thing, release the pressure and praise! Give him a few seconds to think about it, and then only carry on. Remember to always end any lesson on a positive note!

Before starting your groundwork and schooling sessions, make sure you have the right equipment and that it fits properly. A list is attached of what is considered necessary equipment to get started.

Rope halter with a long working lead, bandages, or tendon/brushing boots for legs. Lunging cavesson if you prefer one, lunge lead, lunge whip, bridle with flash noseband and preferably a half spoon snaffle or a Fulmer snaffle. Lunge roller, numnah for use with the roller, and a pair of longlines.

It is very important to teach your horse to yield to pressure, if he does not understand this, most of your lessons will end up in a mess. Use the halter, lead and even your body to teach him to yield. Do some desensitizing work, especially with the young horses. For this you can get creative, use plastic bags, balloons, empty feed bags, sheets etc. Read your horse, and only go further once he is comfortable. A horse that is under stress will not learn. *But please, if you are not confident to do this, please don't, as it may result in either you and your horse or both getting injured.*

- **Arena Work**

Always remember to warm up. If possible, try and plan your session ahead. Concentrate on working in the correct frame, and in a nice forward rhythm. Incorporate circles and serpentines for suppleness. Also work on upward and downward transitions. Only once your horse is doing it correctly in the walk and trot, then move to the canter. You can also do trotting poles and cavaletti work. Just remember to always keep the lessons in your horse's ability and only move up a level when he is comfortable and confident. Always cool down and end in a positive frame of mind!

- **Long Lining**

This is a very important tool to help your horse build the correct muscle and work in the correct frame. It also teaches them to work with rhythm and cadence and builds balance and confidence. Before trying your hand at long lining, make sure you know what you are doing, also make sure your horse knows how to go on the bit, and move forward on the bit. He must be comfortable with the long lines touching his body and being behind his hind quarters. The key here is

to never force your horse into a position, and to get your horse to move forward at a slow, controlled, rhythmic pace, using their hind quarters as the main driving power. I always start a horse in the “long & low” position and work up to “perfect frame” which is where the horse’s poll is the highest point, his front quarter is elevated, and his hind quarters are working underneath him in optimal capacity. Please note to achieve this level of frame can take up to 2 years or more. Patience is the name of the game here. Just for interest’s sake, young green horses will tend to “rush”, will have no rhythm and cadence and will keep their heads to the outside for balance. As these youngsters’ progress, they transform into beautiful, powerful and controlled machines that leave you speechless. If done correctly, long lining is one of the most satisfying schooling tools available!

- **Lungeing & Walker**

- Lungeing: Incorporate lungeing every other day to keep fitness levels and prevent your horse from acting up. Lungeing also improves the horse’s balance and self-carriage. It also helps a horse to start focusing and paying attention. When you are lungeing, you are looking for specific actions from your horse, it is a training exercise, not just a running around with your horse’s nose to the outside and the shoulder dropped in. This teaches your horse to ignore you. He should be moving forward easily, ear and eye pinned on you and nose slightly to the inside. When a horse is moving in a relaxed manner, his mind starts relaxing and that will get him to think and respond positively. Try to not exceed 1 hour working time as work in a smaller circle will put undue stress on your horse’s joints.
- Walker: There are several benefits of using a walker. The most obvious being you can work several horses simultaneously at a controlled pace for optimal performance and efficiency. It is also a great tool to help with rehabilitating horses with previous injuries, as moving increases the blood circulation, decreases stiffness and swelling. It’s a great way to warm up and cool down. Because the work is at a controlled time and pace, you can work out an exercise program to suit a variety of horses. Starting young horses is also beneficial as you can do much needed LSD in the walker, this will build their bone, tendon and muscle for more rigorous work to come. Because the work is done in a circle (usually larger than a normal lunge ring), limit your session time to max 1 hour and 20 min, 30 minutes of which is warm up and cool down irrelevant of your horse’s fitness level.

- **Exercise for Endurance**

- Important to train your horse for what distance of speed you want to achieve with your horse.
- Endurance horses are built up over a 3-year period before a horse is ready to ride fast and real competitive – building up your horse ensures that he is strong enough to handle the competitive speed.
- Training of horses consists of a variety of methods, of which the groundwork above is part of the rest of the training is done with a rider on the horse. The key methods are:
 - Distance: Riding a set distance at a specific pace, both trotting and cantering.
 - Fartlegs: This can be done by trotting (young horses) and/or cantering (professional horses). For trotting: Done over a distance between 10 and 15km (preferable flat surface) by trotting a certain distance, like 200 meters, at normal speed and then 200 meters at extended trot. Same concept for cantering, normal canter, faster canter over specific distance.
 - Hills: For young horses – choose a nice, soft service uphill. Focus trotting uphill and relax trotting downhill, repeat many times, start at 6 kms (in total) and work up to 10 kms. Mature horses – choose a steep uphill – gallop to the top and relax trot down, repeat a few times, depending on your horse or until you feel he struggle to canter from top to bottom. If you ride with a heart rate monitor, only do the next hill when the heart rate has gone below 120.

Note: It is important that you read your horse and adapt the hill training accordingly.

Listen and feel your horses breathing.

- Long and slow: Very good to teach your horse to pace. Choose a route that does not have many big uphill or downhill. Try to keep the same pace (both for trotting and cantering) for the whole distance.
- Pacing: It is very important to teach your horse at home how to pace so that you can ride an endurance ride at a comfortable pace as this will ensure energy conservation. Note: Do not ride fast, walk, ride fast, walk – wasting energy.

- Heart Rate
 - Optimal heart rate during exercise is 100 to 150 – aerobic heart rate. An-aerobic is between 150 to 170 beats per minute.
 - During a ride do not exceed aerobic borders – built up lactic acid and tires out your horse – leave this for exercise at home.
 - Do not go too fast on an uphill, as this will use too much energy, leave this for your exercise at home.
- Changing of legs and gaits
 - Change legs during trot and canter.
 - Change your horse's gate, at least every 5 to 10 minutes.
 - If you see that your horse is favoring or taking only one lead during canter be sure to trot more on the other leg.
- Riding
 - You as rider need to ride lite on your horse
 - Move with your horse and not against him.
 - When riding at speed, the body should be slightly forward, otherwise straight, but never backward.
 - At obstacles try not to interfere with your horse's balance – allow him to manage the problem.
- Important notes:
 - A horse that is fit should never be in total rest.
 - Do all heavy or hard work 21 days before your race date – it takes 21 days for muscle damage through training to re-build.

BASIC FEEDING AND SUPPLEMENTS

BASIC FEEDING

Endurance horses are arguably the most complicated equine athletes to feed correctly.

Please remember that as your conditioning program becomes more intensive, you need to keep an eye on the condition of the horse, you can't keep feeding the same amount of food in work or in rest.

The nutritional needs of the endurance horse are somewhat unique compared to horses used in other athletic disciplines. The metabolic demands of endurance riding are high, requiring the horse to draw heavily upon his energy reserves to fuel muscle contraction and other body functions during exercise. As well, very large sweat fluid losses mandate aggressive replacement strategies to keep the horse hydrated during this extended exercise. Most importantly, we know that depletion of energy reserves, dehydration, and electrolyte imbalances can all contribute to poor performance and fatigue during endurance exercise. Therefore, optimal endurance exercise performance is critically dependent on sound nutritional management.

There are 3 points to remember as you increase training, first is hydration, second is gut mobility, and third energy.

There are two main fuel stores: 1) carbohydrate in the form of muscle and liver glycogen (the storage form of glucose); and 2) fat, which is stored in adipose (fat) tissue throughout the body and in muscle. While protein can be broken down for energy, it is not a primary fuel source. Therefore, the availability of fat and glucose (from glycogen) and the efficiency of utilization of these fuels are of primary importance for the endurance horse.

Feed diets high in good-quality forage such as pasture, grass hay, or mixed grass.

These forage sources can be fed ad lib to endurance horses. Horses have evolved to survive on forage, so it is the best possible feed for gut health. Forage provides slow-release energy that is by far the most important energy source for endurance horses. Pasture is best when it is good quality, containing high levels of protein and most of the essential vitamins and minerals.

Lucerne (alfalfa) hay is beneficial as it is high in energy, but its use should be limited, as high daily protein and calcium levels can be detrimental to race-day performance. High levels of calcium in the daily diet can interfere with calcium mobilization from bone for use during work. High-protein diets increase body heat, urine production, and water needs—all bad news for endurance horses. It is a good idea to feed lucerne as chaff mixed with hard feed rather than as the major forage source. Apart from supplying essential dietary energy, hay and forage stimulate water consumption. For every kilo of dry hay intake, horses consume up to four liters of water. This can be very beneficial when trying to get horses to drink during and after a hard training ride.

Feed a high-fat diet.

During exercise, it is desirable that endurance horses utilize fat rather than muscle and liver glycogen as their major energy source. Feeding fat daily during training gets the horses' metabolism used to utilizing fat during exercise. Research has shown that

endurance horses fed fat for a period of eight to ten weeks mobilise and utilise fat to a greater extent during exercise than horses not fed fat or given fat only in the short lead-up to the race. High-fat feeds and oil products are all excellent sources of fat for endurance horses. Diets high in fat have the added advantage of being more energy-dense, meaning that you can feed less than conventional grain diets and still get the same amount of energy, which is great for horses with poor appetites.

The nutritional factors of critical importance to the endurance horse are energy, water, and electrolytes. Dietary energy is expressed in terms of megacalories (Mcal) of digestible energy (DE), which is the amount of energy contained within feed that is absorbed by the horse.

For example, a 450-kg endurance horse has a maintenance DE requirement of 14.9 Mcal per day based on the formula:

$$\text{DE(maintenance)} = 1.4 + (0.03 \times \text{body weight in kg})$$

Researchers have also estimated the energy requirements associated with different intensities of exercise, taking into consideration the energy cost of carrying a rider. For this 450-kg horse to complete three hours of exercise at an average speed of 300 meters/minute (18 km/hour) while carrying 75 kg of rider and tack, the additional DE requirement is more than 21 Mcal ($525 \text{ kg} \times 0.0137 \times 3 \text{ hours} = 21.6 \text{ Mcal}$). Add the 21.6 to the 14.9 and you get a total DE requirement of approximately 36.5 Mcal per day.

This arithmetic gives us a rough estimate of the DE requirements for an endurance horse at work. However, he will not “burn” that many calories every day. Rather, his DE needs will depend on the amount of training and racing during a given period. As a rule, an endurance horse in training will need about 30 Mcal of DE per day to maintain body condition. It is important to assess body condition on a regular basis and adjust energy intake (and perhaps training volume) accordingly, shooting for a body condition score between 4 and 5.

A balance of these nutrients is required for an endurance horse, but with emphasis on high-quality fibre and fat. Forage and other sources of high-quality fibre should be the dietary mainstay (and provided free choice) since adequate dietary fibre is essential for maintaining gut health.

Water and electrolyte replacement is equally important for the endurance horse, plenty of fresh water must be always available during rides, and the horse must be offered water at frequent intervals, especially in hot weather.

Endurance riders and trainers employ various methods for administration of electrolyte concoctions. Many will give electrolyte pastes via dosing syringe before and during the ride. Others will add some electrolyte to slurry-type meals fed at vet checks during the ride. Remember that the electrolytes are given for two reasons. First, to replace the electrolytes lost in sweat and, second, to stimulate water intake so that the horse replaces fluid losses, which can approach 10-12 litres per hour in some circumstances. Therefore, it is very important to monitor water intake during rides.

BEFORE, DURING, AND AFTER A RIDE

The golden rule is to never make changes or add anything foreign to the diet just before or at the ride. You will see a DECLINE in performance, NOT AN INCREASE!

In the four- to five-day period before a race, training should be light. This reduction in activity combined with regular feeding will ensure that glycogen stores are “topped up” before competition. Most nutritionists discourage the feeding of large meals, particularly grain, before vigorous exercise. For early morning starts (many rides), the last grain meal should be given the night before. However, the horse should be allowed to nibble on hay or other forage in the hours before the race starts.

Aside from water and electrolytes, the horse should be offered high-quality feedstuffs at rest stops during the ride. Horses tend to vary in their preferences, so you might need to experiment (at home!) to find the best combination for your horse.

Offer water as soon as the horse enters the checkpoint. Delay the administration of electrolyte pastes until the horse has eaten since electrolyte pastes can sometimes cause a little irritation of the gums, discouraging food intake. Also offer plain forage, which can be soaked in water to encourage fluid replacement. This combination of feedstuffs should provide some energy for use during subsequent phases of the ride.

After the ride, the horse should be offered water (immediately) and free-choice hay, followed by a grain meal (or a mash combo similar to that offered during the race). At this stage, particularly after long rides, the horse will be in a significant energy deficit with low liver and muscle glycogen stores. The starch in a grain meal will help to kick-start glycogen replenishment. However, it is not realistic to restore these energy reserves in the immediate post-ride period. Muscle glycogen reserves will build up over the next three to four days providing the horse is rested and fed its normal diet. Some well-deserved rest and relaxation are the most important aspect of post-ride management.

Maintaining your horse at a body condition score of 4-5, conditioning him for long rides, and supplying enough energy, water, and electrolytes will give you a fit, fierce endurance competitor.

SUPPLEMENTS

Always talk to a professional about what your horse needs and make sure the supplements you use are registered.

Don't overfeed on supplements, only feed what your horse needs.

Due to the horse's complex digestive system, it is recommended to feed a supplement to ease the horse's gut, for stress and the hard work, otherwise the horse may have a running stomach or have a pulled-up look if the gut is too acidic or under stress.

A supplement for joints is also something to consider giving to your horses to help with the horse's recovery and to keep joints as mobile as possible. (Prevention is better than cure.)

For the more advanced horse a muscle builder and higher mineral intake is necessary and can also be obtained by a supplement.

For the breakdown of blood cells and minerals and vitamins during a ride a supplement to consider is to give a “hemoboost” during the legs to help the horse maintain its optimal levels.

And the right combination electrolytes need to be used.

SOME KEY TIPS TO REMEMBER

Horses cannot carbo load like humans.

A horse can lose between 40 to 50 kg weight during an endurance ride.

Important to know that you should not try and build up a horse's energy a week before the ride – if you do this then your horse will ty-up/get stiff.

4. PREPARING FOR THE ENDURANCE RIDE

Inoculations and Passport. Ensure the AHS and Equine Flu is up to date in the Passport

TIPS TO REMEMBER

THE WEEK BEFORE THE RIDE DON'T INCREASE THE HORSE'S FOOD OR CHANGE ANYTHING ON ITS DIET. IT'S TOO LATE TO DO THAT!

- Move the horse to a smaller camp or closer to the yard a week before the ride.
- If you move your horse to a smaller camp a week or two before the ride, you can feed the horse more often than only two big meals.
- For example, if the horse gets 4 kg, you can feed four meals of 1 kg to get optimal nutrition absorption from the food.
- Also lunge the horse at least 30 min every two days that no build ups can occur.
- Feed lucerne one week before the ride
 - If you don't feed lucerne as a basic food, introduce it one week before a big training session to see if the horse can cope with it.
 - If your horse does cope, you can put a slice of lucerne in your feeding program to help line the stomach and help with gut mobility during the ride.

Traveling for an extended period.

- When the horses travel for more than 3 hours don't feed the morning any concentrate.
- Give a half a bottle of Haarlemensis (Lenons) the night before with water in a syringe. Give the other half when they arrive at the ride, this helps the kidneys and bladder.
- Ensure a teff net is in the horsebox for horses to eat during the drive.
- Stop and present water to the horse if travel time is long.

PACKING (FIRST AID & GROOMING BOXES)

Key items recommended to be in a grooming box:

Electrolytes	Hoof pick	Pen	Extra halter
Muscle gel	Groom kit	Horse Passport	Extra Bridle
Antiseptic Cream	Day sheet	Rider number	Numnahs
Mud fever cream	Rain Blanket	Riding Helmet	Heart rate monitor/stethoscope
Milk cream	Sweat sheet	Gloves	
Vaseline	Towels	Clip board for Vet Card	
F10 cream (antibacterial cream)	Scraper		
Bandages	Sponges		
Fly Spray			

At Venue

- After unloading, walk the horse for at least 20 minutes and set up camp.
- Ensure the horse has always water and grass at lib.
- Complete you and your horse's logbook/passport with the details of the ride (it is not the responsibility of the ride administration to do that for you).

Pre-Vet

- Vet will check the pulse, request you to trot, and also check hydration, gut sounds and overall condition of the horse.
- Inform the Vet if you ride with any boots.
- Ensure the trot out is practiced at home before a ride to ensure your horse will trot out
- Ensure your horse stands still to allow the Vet to check your horse.
- Do not argue with Vet if your horse is found to be lame or a metabolic issue occurs. Take the horse to the Treatment vet for further findings and or treatment.

5. ACTUAL ENDURANCE RIDE

Ride Planning:

Every ride is different with its own characteristics that you need to consider and adapt your riding strategy accordingly:

- Temperature, humidity, and height above sea level vs level where you exercise,
- Geographical area of course (flat, rivers, hilly, mountains – need to get off, etc)
- Riding surface – Sandy, hard, rocky, wet, muddy, snow
- Wind condition

Horse Knowledge

- Understand your horse's fitness before you work out your riding strategy, if unsure, then reduce your planned riding time.
- Your horse only has so much energy, you need to manage this energy, start slow and work up the speed per leg.
- Understand what pace is good for your horse.

Morning of the Ride

- Walk the horse for at least 20 minutes an hour before your ride starts.
- Saddle up in time so that the rider can be on horse at least 10 minutes before the start.

Riding the Course

- Basic riding techniques to remember:
 - Be careful going uphill and steep downhills.
 - Increase speed on flat surfaces and downhill.
 - Choose the soft section of the road and try to avoid the hard services.
 - Be careful in sand – can damage tendons – especially young horses.

- Be careful over any rocky, muddy, turns, humps and any obstacles, especially when your horse is tired.
- Change legs during trot and canter.
- Change your horse's gate, at least every 5 to 10 minutes.
- Remember that you do not save energy if you ride faster when the weather is cool.
- Give your horse time to breath at water points – be patient – if hot, cool your horse down with water, get off if the horse is tired and does not want to drink. Remember no sponges!
- If one of the loops is riding out on a gravel road and back, remember to go left and when coming back to stay right.
- Always trot slowly and steadily downhill with young horses.
- Notice the direction of the wind as this influence will influence your horse and you need to take action accordingly. Riding into the wind facilitates breathing and reduces strain on the longs. If the wind is from behind your horse may struggle more with breathing so, take it slower and do not push your horse to go faster.

Basic Riding Rules

- Always go through your equipment, check saddle and its fittings, bridle, especially the buckles at key points
- Always keep a horse's length between you and the horse in front of you. You need to see the heels of the horse in front of you. Do not ride into the hind quarters of the horse in front of you – can be kicked or your horse can hurt the horse in front.
- If your horse kicks, a red ribbon is required in its tail and if you ride a stallion, a yellow ribbon must be tied to the tail. Warn riders that your horse kicks.
- Always keep left when riding, for approaching riders on the same route and also that riders from behind can pass you.
- If you come from behind, slow down and warn riders that you are going to pass them.
- Always be friendly and courteous. Stop when a horse is running away instead of trying to catch it, most times horses got frightened and when chased run faster to get away

- When at a water point, let your horse drink and make space for other horses to also drink. If no need to make space you can get off and cool your horse down with water, no sponges are allowed to be used at water points (you can ride with a cup or small container if you wish to cool horses down at water points).
- Ensure your number is always visible(front and back) nothing may be worn over the rider number. Ladies with long hair are encouraged to bind their hair.

Grooming

- Grooming area
 - Ensure water buckets and grooming gear is set out without interference with other horses.
 - Saddle stand.
 - Lucerne/teff/other food.
 - Hoof pick, sponges, scrapers, heart rate monitor and halter.
 - Vet card.
 - Do not crowd horses if they are not used to it.
- Actual grooming
 - Remove saddle once rider over line (already dismounted), or loosen the girth and noseband until at groom area.
 - At grooming area, use water (sponge/ sprayer, container) under legs and belly of horse – avoid the big muscle groups – can use water on head and ears if horse allows it
 - Take heart rate, if too high, cool down with water again
 - Walk a short circle – VERY IMPORTANT not to turn sharply with your horse.
 - Note: A horse's heart rate will fall after you stop but will first spike before finally going down.
 - Take heart rate – repeat above until heart rate is coming down and ready for vet – 64.

- If very hot, use water on whole body.
- Check feet.
- If your horse is prone to “lack of gut sounds” give your horse a handful of lucerne when you get to the grooming area.
- Remember you must present your horse within 20 minutes regardless of Vet Gate or Compulsory Hold and 30 minutes after the last leg at vet gate.
- Ensure all sweat marks/mud/dust is at least removed, clean the face and nose of the horse.

Vetting

- Once in the vetting area and awaiting your turn, keep your horse moving to prevent muscles getting stiff. Just a slow walk in a circle until it is your turn. No sharp turns!
- Vet takes the heart rate – pulse must be 64 or below.
- Requested to trot the horse:
 - Trot with a long, loose lead rein next to the horse.
 - Trot the whole distance (40 meters) and slowly turn your horse at the end and trot back.
 - Do not pull the horse.
 - Look directly in front of you and not the horse otherwise it may stop.
 - Trot horse out in a straight line. Do not cross into other lanes.
 - Only Novice horses is allowed to get assistance with the start in Vet area.
 - After trot will the Vet will check the following:
 - Take heart rate again –1 minute after first heart rate. This is called CRI – cardiac recovery index – if this rate is 4 beats or more, higher than the first heart rate, then your horse is starting to get tired or you’re riding too fast for your horse’s fitness.

- Dehydration – skin test, capillary refill of the gums
- Membrane – check the membrane of the eye as well as the gums for colour.
- Gut sounds – listen with stethoscope to quality and number of gut sounds
- The vet will also check your horses back and hindquarter for muscle soreness.
- Check the general presentation of the horse and any injury markings that are new.

If the horse is not lame, or the heart rate is not too high, you will be allowed to continue, and the horse can go and rest in the allocated time before departure on the next leg.

After vetting

- Put horse in camp/paddock.
- Feed horse and rider
- Massage horse muscles if needed – beamer if needed.
- Leave horse to rest.
- Red lights: Horse does not eat, drink or visibly very tired – think if you need to continue – if unsure take back to vet.
- Give supplements/electrolytes.
- Saddle up 10 minutes before start – change numnah if required.
- Feeding & Supplements
 - Feed lucerne on the ride - on the ride, put out lucerne, teff or eregrostis (basic grass which is fed at home) that the horse can pick out what he needs.
 - Feeding during the ride:
 - Feed a quarter of their normal feed per meal between the legs.
 - Some horses don't eat their supplements or oils in the food when they are at a ride, therefore give all supplements with a syringe.

- If your horse is not drinking on the ride, please don't feed concentrates, this is where the groom and rider need to communicate.
- Evening after the ride only give half their food per meal, just to make sure your horse is fine. Start feeding normal the day after the ride.

6. AFTER THE ENDURANCE RIDE

- Wash the horse completely to get rid of all sweat and dirt.
- Use Rigley's Stable gel to rub the legs, especially the lower section and then wrap the legs with filler and bandages.
 - If too hot, use cooling bandages.
 - Can also use cooling clay and Glad Wrap
 - Bandage: Remember to wrap in the same direction as the ligaments.
 - If you use ICEMAN – do not wrap with bandages.
- Leave in camp/paddock, ensure horse is eating and drinking.
- Rest 1 day for every 15km completed at endurance race.

7. FEEDING THE HUMAN

- Eat between the different legs after horse is taken care off.
- Drink energy drink with electrolytes between legs.
- Stay away from commercial energy drinks like Energade and Powerade
- Drink water.

ANNEXURE A – GENERIC TRAINING PROGRAM

Very important that this training program should only be a guideline and you need to adapt this to suit your horse, your objectives, your terrain and circumstances. A horse can start doing endurance at 5 years of age, but better to push this out if you feel your horse is not strong enough. Better to build longer before you start.

Level 1 – Based on Francois and Laura Seegers – all credit to them

Level 2 - 5 - Based on Doyer's exercise programme – all credit to them

Starting Horses (From 4.5yr) - Level 1 – 6 months

Phase 1: Walk – 2 months

Walk properly with loose reins. Neck stretched out in front with the head low.

Cantering and trotting only allowed during schooling and when trotting is introduced in week 7.

Only increase trotting speed at the comfort of the horse. Do not push the horse to trot too fast.

Plan per week

- 4 days walking or in walker
- 1 day lunging
- 1 day schooling or long lining
- 1 day rest

Week 1 and 2	Walk 1 hour
Week 3 and 4	Walk 1.5 hours
Week 5 and 6	Walk 2 hours
Week 7	Walk 2.5 hours – Trot for 15 minutes within each hour
Week 8	Walk 2.5 hours – Trot for 30 minutes within each hour

Phase 2: Trotting – 2 months

Trot with loose reins. Neck stretched out in front with the head low

Plan per week:

- 4 session trotting (2 session can be swapped with 40 min lunging or walker)
- 1 day 20 min lunging
- 1 day schooling or long lining
- 1 day rest

Week 1 & 2	Trotting 1 hour
Week 3 & 4	Trotting 1.5 hours
Week 5 & 6	Trotting 2 hours
Week 7 & 8	Trotting 2.5 hours

Phase 3: Cantering – 2 Months

A 15 minute canter does not need to be in one continuous session. Let the horse and terrain guide you. Stop one week before a planned endurance ride.

Plan per week:

- 2 days canter work
- 1 day lunge (40 min)
- 1 day schooling or long lining
- 3 days rest

Week 1 & 2	2 hour trotting with 15 min canter each hour
Week 2 & 3	2.5 hour trotting with 15 min canter each hour
Week 4 & 5	2.5 hour trotting with 30 min canter each hour (1 hour in total)
Week 5 & 6	3 hours trotting with 30 min canter each hour

Can enter for your 2 x endurance 40 km rides after this, rest week before the ride – only lunge horse lightly

Young Horses (5yr 6 mts forward) - Level 2Target: 2 x 80km

Ride 2 times per week minimum

Warm up: 10 min

Warm down: 10 min

Day	Name	Description
L	Lunging	30 minutes on days not been ridden
S	Schoolwork	Under instruction
Exercise program		
Mo	Schoolwork/Lunge	Training or free lunge
Tue	Lunge	10 minutes – passoa or long line
Wed	Outride	Fartlek, Relax and Power exercise – alternate. Otherwise free lunge
Thu	Lunge	10 minutes – passoa or long line
Fry	Rest	
Sa	Outride	20km outride at 13 to 15 km per hour, limit canter to 5 minutes at a time. 1 x 30 km every month at max 15km/h
Sun	Rest	

Second Season (5yr 6 months to 6yr 6 mts) - Level 3Target: 3 to 8 x 80km, Speed 14 to 15 km per h - longer the slower

Ride 2 times per week minimum

Warm up: 10 min

Warm down: 10 min

Exercise program		
Ma	Schoolwork/Lunge	Training or free lunge
Dins	Lunge	20 minutes – passoa or long line
Woens	Outride	Fartlek, Relax and Power exercise – alternate. Otherwise free lunge
Don	Lunge	20 minutes – passoa or long line
Vry	Rest	
Sa	Outride	30km outride at 14 - 18 km/h without pushing Walk every 20km for 2 - 4 min Canter for 10 minutes every hour. Not longer than 3 minutes continues, normally a kilometer
Son	Rest	

Experience Horses or 3rd Season (6yr 6mts to 7yr 6mts) - Level 4Target: 3 - 8 x 80km, Speed 16 to 20km/h

Fauresmith @ 16 - 20 km/h

Warm up: 10 Minutes

Warm down: 10 Minutes

Exercise program

Mo	Schoolwork/Lunge	Training or free lunge
Tue	Lunge	20 minutes – passoa or long line
Wed	Outride	Fartlek, Gallop and Power exercise – alternate. Otherwise free lunge
Thu	Lunge	20 minutes – passoa or long line
Fry	Rest	
Sa	Outride/Relax	1 hour 15 minutes - 25 to 30 km or 30 km at 18-20 km. 30 minutes continuous canter once per month, increase with 10% until 45 minutes canter at 20km. Relaxed outride of about 20km weekend before endurance ride.
Sun	Rest	

Level 5: 4th Season - 8jr and older or horses with 3 years endurance experience.Target: 3 –4 x 80km, Speed 18 to 22km/h

Fauresmith @ 18 - 20 km/h or 20 – 23 km/h

1 -4 x 160km @ 13 – 20 km/h

Ride 2 – 3 per week till the horse reached the required fitness level then 3 x every 2nd week.

Warm up: 10 Minutes

Warm down: 10 Minutes

Dag	Name	Description
1	Trot	Continues trot for 1 hour 30 minutes, at least 30km
2	Fartleg	1 hour: 2 – 3 min strong canter, 1 min trot. Increase canter as the horse gets fitter, reduce trot. – Soft surface
2	Gallop	Continues canter @ 20 to 25km/h for 45 to 60 min. Soft Surface
3	Hills	Canter hill to top, walk down to bottom. Heart rate to be below 120spm before next hill
4	Outride	30 to 80 km @ 20 -22 km/h Endurance Rides: Every second ride at 20 km per hour. Only 3 rides during a season at this pace, rest between 16 to 18 km/h
1-5	Lunge	Lunge or trot every day for 40 min, regardless of if ridden or not.

ANNEXURE B – PACKING LIST

1. For the horse

No.	Description	Check	Comment
<u>Before ride</u>			
1	Check shoes of horse – ensure still secure Tip: Get your farrier to check week before ride		
2	Electrolytes		
3	Supplements		
<u>Riding equipment</u>			
4	Saddle + extra stirrups + extra girth		
5	Numnah Tip: if not special numnah, then 1 numnah for every 30 km ridden		
6	Bridle + Extra bridle		
7	Martingale(only when needed)		
8	Crop – only if required		
9	Breastplate		
10	Heart rate monitor/Stethoscope		
11	Overreaching boots		
12	Tendon boots		
13	Punch to make extra holes		
<u>Travel accessories</u>			
14	Halter + extra		
15	Tail bandage		
16	Boxing gear		
17	Horse's Passport		
<u>At venue accessories</u>			
18	Bandages for after ride		
19	Muscle Gel		
20	Sweat blanket		
21	Rain protecting blanket		
22	Warm Blanket (Winter)		
23	Grooming kit		
24	Feed		
25	Supplements		
26	Grass		
27	Hay nets		
29	Feeding buckets		
30	Water buckets x 2 per horse		
31	Medicine for horse		
32	Carrots		
33	Fly mask		
34	Insect repellent		

2. Rider

No.	Description	Check	Comments
1	Hard hat		
2	Gloves		
3	Chaps		
4	Shoes with heel (otherwise safety stirrups)		
5	Riding pants X 2		
6	Bag for your stuff during legs		
7	Suntan lotion		
8	Shirt		
9	Toilet paper		
10	Horse Passport/Rider logbook		
11	GPS/Watch		
12	Anti-chafe ointment / Vaseline		
13	Face wipes		
14	Erasa Rider Number		
15	Socks and underwear		

3. Grooming point – Before Vet

No.	Description	Check	Comment
1	Garden hose (optional)		
2	Water buckets – 2 per horse		
3	Sponges – 3 per horse		
4	Spray can		
5	Heart rate monitor /stethoscope		
6	Saddle Stand		
7	Water scrapers		
8	Grooming Kit		
9	Basic horse ointments		
10	Lucerne/Grass		

4. Grooming point – After Vet

No.	Description	Check	Comment
1	Horse Medicine box		
2	Muscle Gel		
3	Beamer		
4	Carrots		
5	Grass		
12	Supplements/ Electrolyte Injection – per mouth		

5. At the camp

No.	Description	Check	Comment
1	Braaier		
2	Cutlery: Knives, forks, plates, glasses, food holders, cups, spoons		
3	Spices		
4	Food, tea, coffee, milk, sugar		
5	Drinks		
6	Water – lots of it		
7	Charcoal/Wood		
8	Shovel		
9	Broom		
10	Rake		
11	Lamps – battery driven		
12	Chairs		
13	Tents		
14	Table		
15	Sleeping bag, pillow		
16	Extra blanket/Duvet for colder evenings		
17	Personal bath		
18	Riding Clothes, remember a warm and rain jacket		
19	Hat		
20	Stretcher		
21	Gazebo		
22	Toolbox		
23	Pocket knife		
24	Rope		
25	Barrier tape & Droppers		
26	Torch, headlamps		
27	Cable ties (different sizes)		
28	Hammer		
29	Gas bottle with necessities		
30	Kettle & Flask		
31	Wet Wipes		
32	Dettol/Harpic/Jik for shower/bath cleaning		
33	Towel		
34	Flip Flops for shower		
35	Rubbish bags		
36	Fire Extinguisher		

ANNEXURE C – BASIC STRETCHING

Important Information

- Each stretch should be done twice.
 - Work side to side
 - Start with the forelimb, then hind limb, head, neck, and finish with the trunk.
 - Preferable use flat halter, not a rope halter,
 - Stand on level ground and stay away from slippery surfaces.
 - Always use the support stand to protect your back.
-

Warm up - Warm up the horse by walking for 10 minutes, in hand.

Fore Limb

Front leg circles

1. Pick up the leg like when cleaning the hoof.
2. Allow your outside elbow, arm or shoulder to rest on the outside knee or thigh.
3. Outside hand should be underneath the fetlock on the pastern.
4. 90 degrees carpal joint open
5. Small circles back and forewords.

Triceps Release

1. Go back to stand.
 2. Reach in between the horse's front leg with the inside hand until you rest lightly on the elbow.
 3. Use fingers to bring the elbow forward.
-

Hind Limb

Relaxation - Same as the front limb, support the limb, any stand.

Hamstring

1. From the stand bring the leg forward at least 6 inches above ground. Keep flexion in the fetlock.
2. Keep leg in line with front limb.

Farrier Stretch

1. Bring leg back. Rest left hand on hock. DON'T PUSH DOWN! Let his leg against yours.
2. Lift your toe up for stretch.

Head and Neck

Poll nod: 1 Hand behind pole, other hand under chin. Move chin hand up – 5 times.

1. One hand on nose, one hand on muscle. Bring nose hand towards you – 5 times.
 2. Stand with your back to the horse's shoulder. Take up the lead. Bring horses head in. DON'T FORCE the horse. Keep head vertical – do twice.
-

Carrot stretches. Do the carrot stretches: Between legs and two both sides. – Do twice.

Trunk Stretch

1. Stand at shoulder.
 2. Put hand on girth region.
 3. Move fingers upward – do twice.
 4. Repeat on other side.
-

Tail Rock

1. Hand at last rib on top.
 2. One hand on tail.
 3. Push one hand, pull tail hand.
-

Hind End Tuck - Hands from back to legs – SLOWLY.
