



### Equipment basics

Each crew should have a pen, clipboard, stethoscope, and a watch with a second hand that is timed exactly with the main clock. Everyone must be synchronized.

In addition, the crew should have a rider check list and a pulse and respiration record sheet for each level and checkpoint (i.e. beginning, midway, and end).

### What riders do:

Riders will start through the process and will have the horses pulse and respiration taken and then wait to be vetted. Level threes start the ride first, followed by level twos and level ones are last to go.

The riders will come in from the trail and get their ride card marked with their time. They will then have to present to P and R crew AT 10 minutes from being timed in. Once they are done, they will present to the vet within the time allocated for the ride.

At the end of the ride, the riders will again present AT 10 minutes from being timed in. They will then vet one hour after crossing the finish line.

### What you do:

The division of labour is usually one person with a clipboard that records the pulse and respiration results, monitors the watch and tells the other person when to start and stop watching and records the time horse and rider were presented in. The other usually measures the pulse and respirations (15 second interval).

In the first P and R check, the ride manager may have you assist with numbering the horse according to the number indicated on the riders ride package. Take the pulse and respiration and record the measures on the card and return it to the rider. Remind them to keep it on them throughout the ride. At mid way and final check points, collect the riders P and R card and make sure the rider number matches the card number on the horses rump. Return the card to the rider at the midpoint check in (s) but keep it after the final pulse and respiration check.

### Timing

Record the time in on their card and your sheet. If for some reason they are backed up and it is not their fault (they announced they were in to someone, but all P and R teams are busy), write a D for delayed by their time. If they are late and it is their fault, they get a 10 point penalty assessed to their score.

## Recording pulse and respiration

Respiration rates are taken at the flank. Pulse rates are easiest taken on the horses left side behind the elbow and forward of the girth. Look for a protruding vein. When you take the pulse, start counting right after the “thub dub” rather than on it. Riders start to lose points when the pulse is over 12 (13-1.5 points, 14 – 3 points, 15, 4.5 points etc). or when respiration is over 10 (11 = .25 points, 12 = .5 points, 13 = .75 points, etc). all times over the 15 second interval. Just record the measurement you take on the score sheet. Scoring will be done later.

## Holdback

Right at the start of the ride, the vets will make a decision on what the level of pulse and respiration horses will have to be for the horses to be held back – usually the pulse will be 15 or over.

If you have a horse that is at this level, you are required to hold back the horse from competition until it is within range. Make a note of the start of the holdback time and then test the horse 10 minutes later. Let a vet know immediately anytime a horse is held back. You’ll see a box on the score cards to note the hold back. If the horse recovers in the 10 minutes timeframe, they can go on. If they haven’t, it will be pulled from the ride. Only the first reading counts if the rider is delayed that extra 10 minutes. Each holdback is a 10 point penalty but 10 minutes will get added to their ride time after each holdback.

## Recount

Riders may ask for a recount if they feel the pulse or respiration sounded high. It is better to have another person do the recount so ask for assistance. Riders will get the benefit of the lower count if there is more than a 2 beat difference, otherwise they keep the original reading. For example, if the first reading was 15 beats, the second reading would have to be 12 beats or less to change. Sometimes a minute or two will give the horse time to get below the point penalties. Most riders will want to extend as long as possible the time in which they get P and R’d to take advantage of this.

## Safety

- Avoid handling horses. Don’t get persuaded into holding on to any of the horses for the riders. Don’t get caught by crowding horses and have the riders make sure you are given plenty of room.
- Pay close attention to red ribboned horses – they kick.
- If the horse is too antsy to measure, don’t do it. Unmanageable horses are unsafe and are the riders responsibility.
- Keep away from the traffic lines and give yourself lots of room to work.
- Most horses want to stick with their buddies so to keep them quiet you might want to record the horse near the buddies crew.
- Horses running and acting up near the P and R area can excite horses and reflect in the P and R score. If there are riders exercising horses, dogs, vehicles or other commotion near you, request that the activity is taken elsewhere.