

Section 11 - Guidelines for Member Clubs

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EXTREME WEATHER GUIDELINES FOR HRCV EVENTS AND ACTIVITIES

50 Introduction

The following guidelines are provided to help Clubs manage the risks associated with the conduct of equestrian events in hot weather.

The guidelines are not binding, but all parties are reminded that they must act responsibly. The HRCV encourages a common sense approach and the consideration of the comfort and well-being of all individuals and the welfare of horses participating at the event.

There are many factors to be considered when Clubs are contemplating modifying, postponing or cancelling events or activities. Clubs need to be aware of the difficulty of setting 'one size fits all' guidelines in this area. The dangers of heat illness are likely to arise from high intensity or prolonged activities conducted in hot and/or humid conditions. Most HRCV activities can be managed to ensure that participants and horses are not required to perform high intensity activities for a period long enough to cause harm, however extra precautions will need to be taken to manage risks where activities are of a high intensity or where participants are liable to push themselves or their horses beyond their normal boundaries of activity.

For further information relating to heat illness in participants and horses, refer to Appendix 10

50.1 When weather conditions have the potential to affect the health and safety of participants and/or welfare of horses at HRCV events and activities, organisers are expected to take steps to reduce the risk of illness or injury. Decisions by a Club to cancel or modify an event where it can be shown that extreme weather conditions constituted a risk to health and safety are supported by the HRCV. Refer to Event rule 63 for further information concerning official status, refunds and allocation of performance points.

50.2 It is expected that organisers will observe all Extreme Weather alerts including alerts of storms, extreme winds, and extreme fire danger and will not knowingly bring competitors into danger. Travel bans issued by Vicroads in the case of fire or flood must also be observed.

50.3 Factors to be considered before cancelling or modifying an event or activity include:

- Environmental factors: temperature, extreme weather conditions
- Duration and intensity of an event: type of activity – is it low, medium or high intensity. Duration of the activity
- Format of competition/activity: opportunities for rest and hydration breaks
- Time of day: possibility of rescheduling to cooler part of day
- Local environment: radiant heat from sand arenas, indoor facilities, availability of shade
- Availability of vet or doctor

The Activity Modification Chart shown below provide estimates of risk related to weather and also guidelines to managing activity in order to minimise the effects of heat. Temperature should be based on the forecast (pre event) or actual (at event) issued by the Bureau of Meteorology or by onsite measurements. The Elders weather information site provides comprehensive and easy to follow weather forecasts using BOM data. Go to www.eldersweather.com.au

Ambient Temp	Relative Humidity	Risk of heat illness	Suggested Event modification	
26 – 30	>60%	Moderate -	Low – med intensity activity	Provide regular relief for officials. Ensure adequate water supplies. Ensure adequate shade for officials. Encourage

		high		competitors to make use of shade and take regular breaks.
			High intensity activity	In addition: Reduce number of jumping efforts. Monitor event for over exertion of mounts. Relocate arenas to grass.
31 – 35	>50%	High – very high	Low – med intensity activity	In addition: Shorten workouts. Delete non points earning classes. Reduce number of jumping efforts and/or length of course. Reduce speeds by 20%. Shorten distance of navigation ride and/or required speed. Add extra breaks/water stops
			High intensity activity	In addition: Ensure rapid access to vet/hospital care. Monitor all areas for signs of distressed horses. Provide aggressive cooling facilities ie: water and ice.
36 +	>30%	Extreme	Low – med intensity activity	In addition: Reschedule to avoid hottest part of day. Reduce number of classes. Consider postponing/cancelling event. Provide vet on site. Monitor cool down area for appropriate care. Consider cancelling phases
			High intensity activity	In addition: Cancel cross country phase of HT.

*At relative humidity levels above those indicated on the table, risk of heat stress increase markedly.

50.7 Where forecasts indicate that an event may be impacted by extreme weather, Clubs should consider initiating arrangements to cancel or modify an event between 72 and 48 hours prior. All reasonable steps should be taken to notify competitors and officials of the changes. Revised arrangements are to be advertised on the event and HRCAV website. Where sudden changes to the weather forecast necessitate cancellation or modification of the event less than 48 hour prior, organisers are required to take reasonable steps to advertise the revised arrangements and notify all participants in person via telephone or SMS. Where the option to enter on the day is offered, event programs should include advice to competitors on how to determine the status of the event should extreme weather conditions be forecast.

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SIGNS AND MANAGEMENT OF HEAT RELATED ILLNESS

Riders and officials

Participants have responsibility for managing their personal situation and the following should be noted to reduce the chance of heat stress during exercise:

- **Fitness** – normally active healthy people are best able to cope with hot weather activity
- **Acclimatisation** – keep up an exercise program during the cooler months
- **Avoid the hottest part of the day**
- **Clothing** – light-coloured and comfortable clothes made from natural fibres.
- **Fluids** – drink at least half a litre of fluids in the two hours before exercising. Aim to replenish fluids every 20 minutes or so.
- **Alcohol** – alcohol dehydrates the body, so avoid drinking any alcohol for at least one day prior to the activity
- **Rest breaks** – frequent breaks in the shade allow the body to cool down.
- **Check for symptoms** – be alert for the symptoms of heat stress or dehydration.

Signs of heat exhaustion

- High heart rate, dizziness, headache, loss of endurance/skill, confusion, nausea

- The skin may still be cool/sweating but the person will be pale
- High temperature and collapse on stopping activity

Managing heat exhaustion

- If feeling unwell, immediately cease activity and rest in shade with some passing breeze (fan if necessary)
- Take extra water
- Misting or spraying water on person can help

Signs of heat stroke

- As per heat exhaustion but with dry skin, confusion and collapse
- High core temperature

Managing heat stroke

This is a potentially fatal condition and must be treated immediately. Refer to a medical professional. It should be assumed that any collapsed rider is at danger of heat stroke. The best first aid procedure is to strip/soak/fan.

- Strip off excess clothing
- Soak in water
- Fan
- Ice placed in groin and armpits is also helpful.

Horses

A general outline by Kirsten Neil BVSc (Hons)

Provisions need to be made by event organisers for competitions conducted under extreme weather conditions. In Australia, such extreme conditions usually occur over summer associated with high environmental temperatures and/or humidity. At most competitions, implementation of the changes suggested below will enable horses to continue competing safely. However, there will be situations when cancellation of the event will be in the best interest of both horses and riders. The responsibility for the horses' welfare does not fall solely on event organisers though, the primary responsibility for the horse's welfare lies with the rider. It is the rider's responsibility to ensure that the horse is fit for the competition entered, to provide adequate water and electrolytes and to aggressively cool the horse after exercise.

Sweating is the principal means of thermoregulation in the exercising horse. Heat is lost via evaporation of sweat from the skin surface. Under hot and humid conditions, sweat cannot evaporate efficiently or completely, especially under conditions of high humidity. The exercise capacity of unacclimated, unfit horses is markedly reduced under such environmental conditions. Horses are at risk of developing heat stress and heat exhaustion, the consequences of which can be catastrophic if not treated early and aggressively.

Signs of heat exhaustion in the horse

Signs may include:

- Profound depression, distress or agitation eg violently kicking out
- Persistently elevated rectal temperature, heart rate and respiratory rate
- Cardiac irregularities
- Marked dehydration with lack of thirst
- Muscle cramps, rhabdomyolysis (tying up)
- Weakness, ataxia, collapse and death

General recommendations pertaining to exercising of horses under hot and humid conditions:

- Adequate provision of water and ice for cooling. There needs to be adequate hoses and water supply for cooling. The most efficient means of cooling is sponging water onto the body and immediately scraping off water and repeating. Simply continually hosing a horse with water without scraping the water off will not aid evaporation and cooling. Event organisers need to decide and publicise prior to competition how riders will be able to access ice for cooling. Event organisers should however have ice available on site for rapid cooling of distressed horses, and cold water hosing should be preferentially available for the worst affected horses. As a guideline, up to 10 bags of ice per horse may be required.
- Stage events during the coolest part of the day i.e. the morning
- Provide areas for cooling after competition in the shade, especially after cross country.
- Air flow is important and greatly aids evaporation and cooling (this is why horses are gently walked while being cooled unless they are distressed). Horses should be exercised and cooled in well ventilated areas. If there is no wind on competition day, fans and in particular misting fans may be used in shaded areas to assist cooling.
- Reduce the number of jumping efforts, shorten cross country course and avoid hills in the latter part of the course.
- Surface for warm up and competition is important. If possible, arenas should be on grass in shaded areas. Sand arenas and asphalt produce and retain more radiant heat than other surfaces.
- Veterinary attendance at one day events is mandatory, and should be strongly considered for other competition types under extreme conditions. At a minimum, contact the local veterinarian prior to the event and make provisions for quick veterinary attendance.
- The veterinarian, a member of the ground jury or a member of the organising committee should take responsibility for monitoring horses at the competition to ensure that aggressive cooling measures are undertaken.

Rider recommendations:

- All horses competing under hot and humid conditions should be supplemented with electrolytes
- Ensure your horse is fit for the event in which it is entered. If your horse is overweight and unfit, don't take it!
- Reduce the duration of warm up. The longer the horse is worked for, the more likely it will become heat stressed. This pertains in particular to dressage and showing competitors, not simply eventers. Dressage and show horses usually have a higher body mass both due to greater muscling and weight, and are therefore less efficient at dissipating heat.
- Don't rug your horse even with a cotton rug immediately after exercise. A horse's temperature will continue to be elevated 10-30 minutes post exercise.

Information on Thermal Stress

http://www.bom.gov.au/info/thermal_stress/

<http://sma.org.au/resources/policies/hot-weather/>

Section 2 - EVENT RULES

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EVENT CANCELLATION AND/OR MODIFICATION

63. Guidelines for Clubs considering event modification or cancellation due to adverse weather conditions are covered on page 12-37 of the Manual. Where Clubs are forced to cancel or modify events due to unforeseen circumstances, the following rules shall apply:

63.1 Where an event is cancelled or modified more than 48 hours prior. All reasonable steps are to be taken to notify competitors and officials of the changes. Should an event be cancelled or modified less than 48

hours prior, organisers must also notify all pre entered competitors and officials in person via telephone or SMS.

63.2 Where a cancelled event cannot reasonably be rescheduled within 12 months, the organisers are required to refund all or part of the entry fees. Up to 30% of the entry fee may be retained by the club to cover costs incurred. Refund of entry fees for modified events or commenced events is at the discretion of the organizing committee.

63.3 Where a commenced event is cancelled performance points will be allocated for placings in completed classes as per Event rule 24.1.2. Events which are modified to remove phases shall be deemed unofficial unless prior approval has been granted by the HRC AV.