

Pre Ride Talk

At the pre ride you will be informed of the track conditions, leg information (what colour arrows you will be following) - minimum and maximum ride times - everything you need to know about the ride - If you are not sure - just ask.



Ride Officials

Ride officials - Chief Stewards and vets are there to help you - they want you to successfully complete your ride.



Rules

Make sure you understand the rules. Endurance does not allow whips, spurs or any mistreatment of horses. The Head Vet has the final say and horse welfare is paramount. All riders must wear a safety helmet and junior riders under 10 need to be accompanied by a responsible adult.

You can find the rules on the website:

<http://www.qldendurance.asn.au/index.php/members/national-rules>

Remember the endurance motto:

"TO COMPLETE IS TO WIN"

Membership

You can find membership forms on the Queensland Endurance Riders Association website.

Personal Accident Insurance is an optional cover available to Full and Intermediate members

This provides cover 24/7. That is right - twenty four hours a day, seven days a week coverage!

This covers you for all of the hazards that you are exposed to whilst engaging in equestrian activities including practicing and training.

For full details refer to the PDS on the QERA website.



Queensland Endurance

Endurance riding is one of the few equestrian sports that accommodates everyone - young and old. A sport the whole family can enjoy!



Photos courtesy of Denise Keelan and Sarah Sullivan Photography

For more information visit the Queensland Endurance Riders Association website

www.qldendurance.asn.au

or contact the Registrar -
registrar@qldendurance.asn.au
07 4163 1841

Queensland Endurance Riders Association Inc -
Find us on Facebook



Camp out,
make new
friends
and ride
through some
amazing
countryside

If you love horses
and the great
outdoors this is the
sport for you

Selecting a Horse

The ideal horse to start your endurance career may be sitting in your paddock already! Most trail riding horses are capable of completing intro or intermediate rides.

If you decide to purchase a horse it doesn't have to be an Arabian as most breeds can compete successfully.

A vet check on any prospective mount could be a small price to pay for valuable information.

Getting Started

You may enter an intro (5 - 30 klms) or intermediate ride (40 - 60 klms) as a day member of Queensland Endurance Riders Association (QERA).

To be eligible to enter an intro ride your horse must be at least 3 1/2 years of age and must show the central incisor teeth erupted and in full wear with the middle incisors erupted but need not be in wear. For intermediate rides your horse must be 4 1/2 years of age and must show a full mouth of permanent teeth erupted but the corner incisors need not be in wear. To enter an endurance ride (80 - 120 klms) your horse must be at least 5 years old, have a log book and the rider must have completed 2 intermediate rides and be a current member of QERA.



At the Ride

Horse health declaration

You will need to complete a horse health declaration for each event you attend. You will find these on the QERA website.

Containing your Horse

The preferred method of horse containment is metal yards, fixed to a solid object such as a float, truck or permanent fence. Alternatively electric fencing is permitted, this must have a minimum of 2 strands of tape with the top tape 1.2 - 1.4 meters above the ground. The posts should be of substantial material and installed so the tape does not sag. The fence needs to be energised at all times the horse is in the yard.

Vetting

Your horse will need to pass a pre-ride vet check to ensure it is FTS (fit to start), Your horse will be checked again at the end of the ride to ensure it is FTC (fit to continue). At the end of the ride you will be handed a timeslip at the finish line - check the vet in time on this and don't be late to vetting (this risks disqualification). For an intro and intermediate ride your horse's heart rate must be 55 bpm or below at the end of the ride. There is no limit on heart rate pre ride.



Training your Horse

Hours in the saddle is the best way to train your horse. Gentle long, slow, distance work 3 or 4 times a week for 5 to 7 weeks before your first ride is a great way to start legging up your horse. Training rides of 10-15k's with some walking and trotting over various terrains will see your horse become fit for it's first ride. There is no need to rush. Endurance is about pacing your horse and being consistent. See our website for training information or you can contact us directly to learn more.



Practice taking your horse's temperature and heart rate, pick up his feet and teach him to trot out freely beside you on a loose lead.

Remember to have fun.