



DINGO CREEK – RIDE MENTOR PROGRAM

A Dingo Creek Welcome:

Thank you for choosing to be part of our ride mentor program. I look forward to helping you succeed with your new riding goals. In this document you will find all the relevant information that you require to get started. Of course, all horses and riders are different. So, what may apply to others may not apply to you. Please feel free to ask questions along the way. We are here to help you!

New Participant Requirements:

Basic Horse-Riding Skills:

Rider can competently control their horse on the ground and under saddle, including all gaits.

Health Check:

The mentor will make an educated decision about the fitness of the horse. Assessing soundness and general fitness for training purposes. All horses will be subject to a vet check as per AERA rules.

Commitment:

Willing to participate in training sessions, attend events and follow through on mentor feedback. Dingo Creek members will have access to additional training and information sessions.

Initial Assessment and Horse Evaluation:

1. How often do you ride and how would you describe your horse's fitness levels?
2. What distance would you like to be able to ride?
3. What are your endurance riding goals?
4. What do you know about endurance?

Education and Training

Governing Bodies – AERA & QERA

Australian Endurance Riders' Association Inc. aka "AERA"

'AERA will act as a coordinating body for the sport of endurance in Australia and it will aim to promote all aspects of the sport, including the highest ideals of sportsmanship and horsemanship, with horse welfare being of prime consideration, as embodied in the mission "to complete is to win".'

Website: <https://aera.asn.au/index.php>

AERA Rules, Bylaws and Policies link: <https://aera.asn.au/index.php/administration/rules-and-policies>

- It is important to read over the general rules so you have a basic understanding of the expectations of the sport. Your mentor will help you to understand your responsibilities at a ride.
- Chapter 5 covers Rider Rules
- Chapter 6 covers Horse Rules
- Endurance Ride Etiquette Policy - <https://aera.asn.au/images/rules/Policy-for-Course-Etiquette.pdf>

Queensland Endurance Rider's Association aka "QERA"

"Queensland Endurance Riders Association Inc, the State governing body for equestrian endurance sports in Queensland.". If you are interested in becoming a member this will be done with QERA.

Website: <https://www.qldendurance.asn.au/index.php#>



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Getting Started

Below are some resources to help you become informed on what to expect before, during and after an endurance ride. This information should be used in conjunction with your practical training days or attendance at your first event.

- **Your First Ride (QERA):** QERA have created a resource on their website with some relevant information for your first ride. <https://www.qldendurance.asn.au/index.php/classroom/getting-started/your-first-ride>
- **Your First Training Ride (40km):** <https://aera.asn.au/index.php/guides/startingendurance/your-first-training-ride>
- **Taking Temperatures -** <https://www.qldendurance.asn.au/index.php/classroom/getting-started/taking-temperatures>
- **Feeding for an Intro Ride -** <https://www.qldendurance.asn.au/index.php/classroom/getting-started/feeding-for-a-20km-intro-ride>
- **Horse Containment -** <https://aera.asn.au/index.php/guides/startingendurance/horse-containment>

Practical Training

The Dingo Creek Endurance ride will be held on September 7th, 2025. If you are aiming to complete your first introductory (20km) or training ride (40km). We will help you create a suitable training plan for you and your horse.


In addition to this, we will be holding a number of social/training rides throughout the year which will give you additional time in the saddle but will also teach you about pacing your ride and how to maintain and manage your horse on track.

Attending the Dingo Creek Endurance Ride

On arrival you will meet with your mentor who will help you run through your pre-ride checklist and requirements. The mentor will assist you the whole weekend to ensure that you have an easy first experience and can focus on the enjoyment of the sport!



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	ENDURANCE PACKING CHECKLIST	
Pre-Ride		
Nominations completed before close time.		
Farrier (if applicable)		
Hay, feed and supplements restocked		
Riding gear is clean		
Horses have been tick washed if required prior to travel		
Packing - Horse		
Logbook (if applicable)		
Horse Health Declaration / Movement Record		
Halter and lead rope + spare		
Saddle		
Saddle cloth + spare		
Bridle and bit		
Tendon boots / wraps		
Girth, girth sleeve + spare		
Breast plate and rings		
Stirrups		
Grooming kit - Brush, hoof picks		
Spare shoes or boots		
Horse feed, hay & supplements		
Feed bucket		
Cotton rug, rain sheet & fleece or wool rug		
Post ride recovery treatments - Ice boots / poultice etc.		
Strapping		
Buckets for strapping		
Hoses and hose connections		
Sponges, scraper and scoops		
Heart rate monitor or stethoscope		
Towels		
Molasses		
Carrots		
Thermometer		



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<i>Yards</i>	
Yards - Tape, pickets, energisers, insulators and caps	
Gate and gate handles	
Star picket banger	
Rake	
<i>Rider</i>	
Headlamps - Batteries and charges	
Riding and casual clothes	
Helmet	
Riding shoes + spare	
Sunglasses, sunscreen and hat	
Rain jacket and jumper	
Tent / Bedding	
Toiletries, towels and bath mat	
Horses and Human First Aid	
Drinking water and food	
Phone charger	
Firewood and fire barrel	
Empty feedbags	