

## MARCH 24<sup>th</sup> & 25<sup>th</sup> PERFORMANCE HORSE SEMINAR

### Lecture 1. The horse and rider as athletes

- Why it's important to look at the horse and rider together as a team
- What issues you may see in the endurance rider and how to help
- What issues you may see in the endurance horse and how to help
  - i.e. what to look for, feel, determine before it leads to injury or longer-term problem

### Lecture 2. Concussions: The talk is real

- There is no doubt that head injuries and concussions are extremely well known in the equestrian world. 70% of all equestrian deaths were the result of a head injury. Following a concussion, sport participation requires a step like procedure supervised by medical professionals with close attention and caution. The Standardized concussion guidelines are difficult for patients, coaches and parents to follow as they do not use terminology related to the horse riders. Riding is such a unique sport, that Equus initiative is to help improve the management of the return to sport aspect of concussions.

### Lecture 3. Pelvic Floor: Its time to discuss what riders are going through and how to fix it!

- Have you ever felt yourself leaking urine while riding?
- Have you ever seen someone jump off their horse and rush to the washroom with a look of anxiety on their face?
- Do you unintentionally pass gas?
- Do you have to go pee three times before entering the ring at a show?
- Do you urinate multiple (>2 times) a night?
- These are NOT normal! These are all signs of pelvic floor dysfunction
- While they are not easily discussed these should NOT be normal occurrences that anyone has to live with.
- While it may be uncomfortable to talk about, it needs to be voiced more so that people know there is help out there. It is one of Equus' goals for more women and men to realize and accept this. There are many things that can be done to help achieve an incontinence-free and pelvic floor dysfunction free life.

### Rider Groups (up to 10 riders per group) must attend both Saturday and Sunday

#### Day 1:

- in the arena but not ridden
- what to look for in specific horses and riders
- stretches and exercises for the horse and rider
- in depth into how and why for each particular movement
- how to do it safely!
- 60min, up to 10 horse and rider pairs

## **Day 2:**

- in the arena, ridden
- what to look for and feel while riding
- stretches and exercises for the horse and rider while being ridden (this would also include what people will have learned from the seminars the previous day including pelvic floor)
- in depth on how and why for each particular movement
- how to do it safely
- 60min, up to 10 horse and rider pairs

Equus Physio was established in March 2017 by physiotherapists Sandra Oxtoby and Keira Forsyth (both holding a Masters of Science). Their vision was to open a practice dedicated to equestrian and equine athletes as a team. They currently have a human clinic based in Cochrane, AB but can be found travelling to a variety of barns over western Canada assessing and treating the horse and rider duo. Thalia Edwards who has a Masters in Equine Science from the UK started working for them in October 2017. She also holds both human & equine sports massage certifications as well as testing riders using the Functional Movement Screen and building training programs for both athletes.

The main goal is to improve performance through rehabilitation and prehabilitation working from a team approach where other human or equine medical specialists may be brought on board to achieve the best possible outcome.

## **Sport Nutrition Workshop**

This practical presentation will address training diet fundamentals whether participants are interested to adjust their body composition, energize their workouts and/or use effective supplements. We will also discuss the importance of exercise recovery nutrition. In addition, specifics to support trail riding events (from a few hours to 24 hours) will be covered, such as pre-event priming, endurance essentials and recovery to ensure trail riding is a pleasurable experience for all!

Total Duration: 75 minutes

Kelly Anne Erdman is a Performance Dietitian in private practice for over 30 years. This is her sixth Olympics to work with the Canadian Women's Hockey Team (to date, 4 Gold Medals from 5 Olympics). She is the team dietitian for Speed Skating Canada, the Men's Canadian Sledge Hockey Team, and the Canadian Paralympic Cycling Team. She also consults with the Calgary Flames, Calgary Hitmen and several varsity teams at the University of Calgary and the Mount Royal University. Kelly Anne is a cycling Olympian from the 1992 Games.

Rider Cost: \$200.00 (includes stall/pen fee, 2 bags of shavings for 2 nights arriving March 23 between 4-7p.m. and departure 2 hrs after clinic ends, additional shavings

available for purchase) spots are limited so reserve early (payment must accompany registration).

Auditor Cost: \$30.00/day or \$40.00 for the weekend

Lunch and snacks provided

For any questions please email Trisha Bentley at [pbjnt.04@gmail.com](mailto:pbjnt.04@gmail.com) or at 403.605.8125

E-transfers can be sent to [tracboard@outlook.com](mailto:tracboard@outlook.com) please use the password PHS2018

<b>SATURDAY MARCH 24<sup>th</sup></b>		<b>SUNDAY MARCH 25<sup>th</sup></b>	
8:30	Coffee Ready	8:30	Coffee Ready
9-12	Lecture1: Horse & Rider as Athletes (Thalia)	9-12	Lecture1: Horse & Rider as Athletes (Thalia) duplicate of day 1
9-10	Group 1 rides	10-11	Group 5 rides
10-11	Group 2 rides	11-12	Group 4 rides
11-12	Group 3 rides	12-2	Lunch
12-2	Lunch	1-2	Group 3 rides
1-2:30	Performance Nutrition (Kelly Anne)	2-3	Group 2 rides
2:30-3:30	Group 4 rides	3-4	Group 1 rides
3:30-4:30	Group 5 rides	4-5	Lecture 2: Concussions (Sandra/Keira)
4:30-5:30	Lecture 3: Pelvic Floor (Keira/Sandra)		