



Trail
Riding
Alberta
Conference

RULE HANDBOOK 2014

Instructions for editing: This handbook contains both general information and rules of Trail Riding Alberta Conference (TRAC). Changes to the rules/judging procedures requires a vote at the TRAC AGM. See details in this handbook outlining the process. When the handbook is edited an indication of the (month/year) the change was voted on is appended to the sentence or paragraph changed/added/deleted (not when the editor edited the handbook).

Trail Riding Alberta Conference 2014 Rule Handbook

This handbook is provided for the use of the members of TRAC. See the most up to date version online at <http://www.trailriding.ca>.

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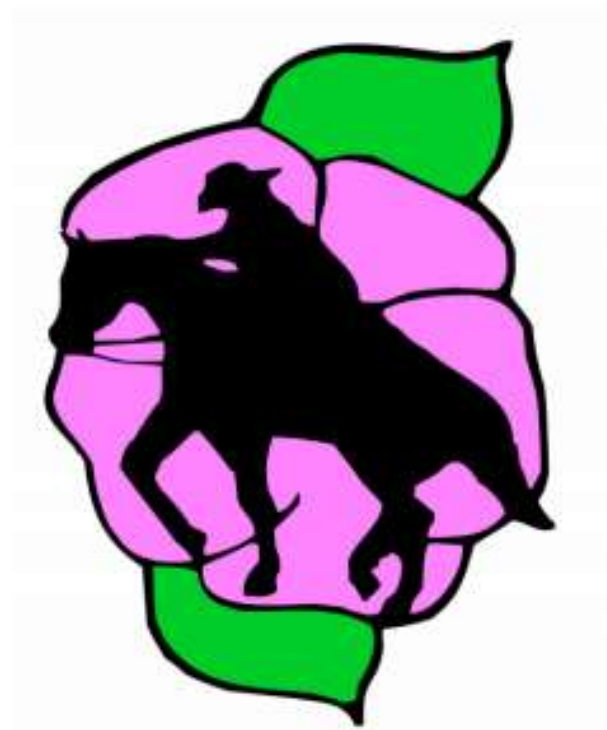
Why Be A TRAC Member?

Competitive trail riding is a great sport for the entire family! You can use the horses and tack you already have, experience new and different trails around the province, and meet friendly people who share your love of going the distance.

As a TRAC member the board of directors will keep you up to date on ride dates, clinics, meetings, etc. Information for each ride throughout the province will be sent to you by email as well as being available on the TRAC website and through Facebook.

An advantage to being a member of TRAC is that all of the mileage you accumulate from sanctioned competitive rides are recorded and applied towards mileage milestone awards for both horse and rider. Mileage awards are given in increments of 250 miles for riders and 500 miles for horses. Several TRAC members (and horses) have reached totals of 10,000 miles and even higher.

In addition to mileage awards TRAC also presents year-end provincial awards based on points earned throughout that years riding season. Year end provincial awards and mileage awards are presented at the TRAC Annual Awards Banquet and General Meeting held each January.



Trail Riding Alberta Conference Competitive Trail Ride Rulebook

Note: For the purposes for this rule book 'horse' and 'horses' shall be defined to include any all equine animals. (11/99)

SECTION I: SANCTIONED RIDE

The term "Sanctioned Ride" refers to a ride officially sanctioned by Trail Riding Alberta Conference (TRAC). A sanctioned ride may consist of any or all divisions listed below. A minimum of forty (40) entries must be offered before a ride may be considered for sanction by TRAC. At least 50% of these entries must be available to TRAC members. Only a sanctioned ride in good standing may claim to operate under the rules of TRAC. Sanctioned rides have the privilege of being able to reserve dates in the TRAC ride calendar and to offer TRAC points towards provincial championships. Competitors, ride management and judges must comply with all rules outlined herein in order to ensure that standard rules prevail on all sanctioned rides. Sanction will be denied if rules are not complied with. TRAC may sanction rides outside of Alberta where there is no other sanctioning body in that geopolitical area. (11/07)

1. Ride Classifications

- A. Class A Ride: Consists of two (2) consecutive days totaling a minimum of 60 miles.
- B. Class B Ride: Consists of a one (1) day ride with a minimum of 35 miles.

2. Drug Testing

All horses competing in TRAC sanctioned competitive trail ride are subject to random drug testing which may be carried out at any ride (See By-Laws). A drug testing fee will be collected by the ride management of all rides, from every rider, in every division (usually included in the ride entry fee). All drug testing fees will be submitted to TRAC to offset testing expenses. (11/92)

3. Fees

The sanctioning fee for each ride is \$4.50 per rider. Ride management must submit sanctioning fees along with a properly completed master score sheet within 30 days of completion of the ride. Once TRAC has received all fees and scores, points will then be recorded on behalf of each rider. TRAC will pay the entry fees to the Canadian National Competitive Trail Championships for any junior rider competing. (11/99)

4. Scheduling of Rides

Sanctioned competitive trail rides and sanctioned endurance rides will not be scheduled on the same date in the same zone (if possible).

SECTION II: MANAGEMENT OF RIDES

Ride Officials: Each ride must designate personnel to conduct the ride in accordance with these rules. The following constitutes a minimum list of key personnel.

1. Ride Chairman

This person must be thoroughly familiar with TRAC rules. He/she will interpret these rules to management and judges. Any formal protest on interpretation of rules must be reported in writing to TRAC within 72 hours (see Grievance Procedure page 27).

Ride Chairman or the chairman's representative must attend all drug testing procedures.

2. Ride Secretary

It will be the duty of the ride secretary to record the official findings of the judges, weigh masters, timers, and pulse and respiration crews.

3. Judges

A sanctioned ride must have at least two (2) judges, one of whom must be a veterinarian. A sanctioned ride offering more than two (2) ride classifications (Open Ride, Intermediate Ride, Novice Ride) must have at least two (2) veterinary judges. (11/99) If it is anticipated that there will be more than forty-five (45) entries on a given ride, three (3) or more individuals must participate in the judging so that each competitor will have the opportunity to be properly evaluated. The judges, in accordance with TRAC rules and TRAC judge's manual, will have the final decision as to: (1) award placement, (2) whether a horse may start a ride, (3) when a horse must be withdrawn from a ride, and (4) penalties and disqualifications for rule infractions.

A sanctioned ride may have a lay judge or junior judge assist the veterinary judge.

A sanctioned competitive trail ride may offer horsemanship judging. If horsemanship is judged, it must be offered to all divisions or just one division (i.e. Novice only) at the discretion of ride management. The horsemanship judges will only judge horsemanship. Horsemanship judges must keep in mind they are judging the care and trail riding of the trail horse. Show ring judging is not called for. Horsemanship judges should refer to the TRAC judge's manual for guidance in judging criteria: (1) grooming, (2) trail equitation, (3) tack and equipment, (4) stable care, (5) trail care, and (6) trail safety and courtesy. (11/93)

Ride management of a TRAC sanctioned ride should assure that emergency short term medical equipment is available at the ride site for a qualified veterinarian to administer. (11/99)

Note: A treatment list for emergency supplies needed by the veterinarian will be

prepared by the Veterinarian Committee to be given to ride management. (11/99)

4. Official Timer

Each sanctioned ride will provide official timers who will have the responsibility of recording the time of each horse during competition. The records kept by the timers are to be presented to the ride secretary at the conclusion of the ride and after judges have scored all horses without regard to time penalty points.

5. Judge's Recording Secretary

It shall be the duty of the judge's recording secretary to record officially the findings of the judges.

6. Safety Riders (Drag Riders)

Deleted, See Section VIII - Trail Supervision and Conduct. (11/02)

7. Pulse and Respiration Recording Crews

It will be the duty of the pulse and respiration (P&R) crew to take and record the horse's pulse and respiration at P&R checkpoints and submit these records to the ride secretary. Horses will only be moved during the 10 minute rest period at the discretion of the rider.

SECTION III: HANDLING, CARE & STABLING

1. Stabling

Horses shall be kept in a designated area. The use of tarps will be allowed. The use of corral panels to confine horses will be allowed. Maximum size of confinement area not to exceed 200 square feet. This means an area of 10 feet by 20 feet, or 60 feet in circumference. This applies to all horses in Open, Intermediate and Novice divisions from pre-ride vet in until final vet out at the end of each division. Stallions, when tied to trailers, must be double tied at all times when the rider is not in attendance. (11/07)

2. Handling (11/96)

A. No medicine or drugs of any kind may be administered to any horses except under the direction of the veterinary judge. Other judges must be informed of any treatment. Salt packs are also forbidden. Salt supplements, electrolytes, vitamins, and fly repellents are permissible. A horse and rider will be disqualified from that ride if said horse has been administered in any manner any stimulant, depressant, general pain killer, tranquilizer, drugs or local anesthetic which could affect the performance or well being of said horse (See Veterinary Handbook). (11/96)

B. There will be no whips allowed with the presentation of the horse at any veterinary inspection (trotting out or lunging, etc.).

3. Care

A. Under extenuating circumstances where the welfare of a horse is in jeopardy, a rider may attend to their horse during restricted hours. The judge must be informed of said handling and a rider will be penalized or disqualified as the case warrants.

B. During the competition, all riders are required to care for their own mounts, except in the case of a sick horse or having said horse held during a rest break. Other assistance in the care and grooming of mounts is prohibited.

SECTION IV: RIDE EXAMINATIONS & MEETINGS

1. Riders and horses will check in at the prescribed time before the start of the ride for preliminary examinations by judges.
2. A pre-ride meeting will be held prior to the start of the ride to brief riders on the course, trail markings, available water, etc. Judges should discuss the judging methods and procedures. Rules of trail etiquette and trail safety should be explained. All riders will be responsible for the information given; riders are therefore urged to thoroughly question.
3. Riders must be given maps and a schedule of estimated times and/or distances and elevations for various points on the ride. Each rider shall be responsible for his or her own time.
4. Ride management must inform riders as to the number of pulse and respiration (P&R) stops during the ride.

SECTION V: ELIGIBILITY OF RIDERS

1. Any person designated in Section II shall not be eligible to ride a horse in competition on the sanctioned ride for which he or she serves in that capacity.
2. No immediate member of the judge's family, nor any horse owned by said family may compete in a division of that ride for which said person is acting in an official capacity.
3. Riders who abuse their horses, or engage in rude or unsportsmanlike behavior may be asked to leave the competition, and may be dismissed from further consideration in judging. A second dismissal in the same year will result in cancellation of all TRAC points for that year. (11/96)
4. Junior Riders are those 16 years of age and under with no minimum age requirement. The age of the junior on January 1st shall be maintained throughout the year. (11/03)
5. Any competitor competing at a TRAC sanctioned ride must be a TRAC member prior to the "vet in" at all TRAC sanctioned rides. Proviso that this will be in effect only if the TRAC insurance does not allow casual non-TRAC members to compete. (11/07)

SECTION VI: JUNIOR RIDERS (11/03)

1. Junior riders will have the letter "J" as a prefix to their ride number (e.g. 113J).
2. The junior must be able to look after his or her own horse with the exception of tacking up.
3. Juniors may not ride stallions.
4. Small children shall not be penalized for having difficulty mounting a large horse.
5. An adult sponsor (a competing rider who is 18 years or older) must directly accompany junior riders during the trail part of the competition and will sponsor no more than 4 junior riders at any given time. (11/04)
6. Junior riders must wear an approved riding helmet (approved by AHSA, PCA, ANSIZ90.4, Snell, ASTM, or C.S.A.) whenever they are astride an equine once they have entered the competition site until the Awards Ceremony.
7. Junior Divisions: Novice Junior, Intermediate Junior, Open Junior.
8. Juniors may elect to ride in the Novice, Intermediate or Open Division as an adult competitor. If they do so then they must meet the same criteria (weight, etc.) as the adult competitors. If a junior elects to ride as adult then any points accumulated will not count towards Junior Year End Awards but toward the Adult Awards. Juniors competing as an adult will still have to have an adult (18 years or older competing rider) ride with them as a sponsor.

SECTION VII: RIDE DIVISIONS

1. Open Ride

The Open ride is open to riders of any age. An Open ride is subdivided as follows:

A. Lightweight Division:

Rider and tack (everything the horse carries) weighing at least 120 lbs. and less than 190 lbs.

B. Heavyweight Division:

Rider and tack (see above) weighing 190 lbs. or more.

All riders in the Open division must be weighed in prior to the start of the ride. Weight limitations must be properly maintained for the duration of the ride.

C. Moved to SECTION VI. (11/03)

D. The Open ride will be subject to all TRAC rules. The Open pace will not exceed 8 miles per hour. (11/94)

2. Novice Ride

A. The Novice ride is open to riders of any age. The rules of Section V, Eligibility of Riders, apply also to the Novice ride.

B. The Novice ride will be subject to all TRAC rules, but will travel a shortened course. Mileage for Novice rides will not exceed 25 miles. Pace will not exceed 5.5 miles per hour.

C. The Novice ride may be divided into lightweight, heavyweight, and junior divisions at the discretion of ride management.

D. Annual high score awards will be awarded to Novice horses for Novice divisions only. (11/94)

3. Intermediate Ride

A. The Intermediate ride is open to riders of any age. The rules of Section V, Eligibility of Riders, apply also to the Intermediate ride.

B. The Intermediate ride will be subject to all TRAC rules. The Intermediate ride will cover approximately half the distance of the Open ride, at Open pace, see VII 1-D. On a Class A ride, the Intermediate ride will not exceed 30 miles. (11/94)

C. The Intermediate ride may be divided into lightweight, heavyweight and junior divisions at the discretion of ride management.

4. Elevator Ride

A. An elevator ride is open to riders of any age. The rules of Section V, Eligibility of Riders, apply to the Elevator ride.

B. The Elevator ride will be subject to all TRAC Rules, but will allow Intermediate ride competitors to switch to Open ride division at the time of the Intermediate ride division's final pulse and respiration stop.

C. At the final Intermediate ride division pulse and respiration stop, a competitor may request a veterinary assessment by the Intermediate Veterinary Judge. Based on that veterinary assessment and at the discretion of ride management, the Intermediate competitor may take a lunch break of the same time period as is allowed to Open division competitors, and then continue on in the competition in the same way as does an Open Competitor. The head timer must be made aware of the decision if a participant decides to continue on after the lunch break.

D. A rider who elects to participate in an Elevator ride must complete a pre-ride veterinary check with both the Intermediate and Open Veterinarians.

E. Elevator ride participants will be subject to all rules governing the Open Division as stated by TRAC and Ride Management.

F. Elevator ride participants will earn year end points ONLY in Open Division for the elevator ride, regardless of their place or finish. However, they will be awarded mileage for the Intermediate ride, even if they are pulled from the Open Division competition.
(11/06)

SECTION VIII: TRAIL SUPERVISION AND CONDUCT

1. A sanctioned ride must provide adequate trail supervision through either the use of safety (drag) riders or by having checkpoints along the trail equipped with a type of communication device (e.g. two-way/ham radio, cell phone). (11/02)
2. The course must be natural and native to the local terrain. The use of artificial obstacles is prohibited.
3. Trail markings must be distinct and obvious to riders.
4. Arrangements must be made for transporting judges so they may observe all horses and riders in the division they are judging.
5. The horse and rider may go at their own pace on the trail unless instructed otherwise by the trail master or judges.
6. All forward motion must be on horseback unless otherwise instructed prior to the start of the ride.
7. From a properly identified point (use sign), two (2) miles from the finish each day, riders must continue forward motion and not stop or dismount from this point to the finish line. Forward motion must be via the most direct route following the marked trail. Horses observed zig zagging, circling, backtracking, or stopping within the final two (2) miles will receive penalty points or be disqualified. Riders should pace their horses so as not to arrive at this point excessively ahead of schedule. If water is available within the two (2) mile range, and at the discretion of ride management, horses may pause for a drink.
8. Where a dangerous or high water crossing is to be negotiated, it will be the responsibility of ride management to ensure that an adequate horseman with safety equipment such as a rope be stationed at such locations. (11/97)

SECTION IX: TIMING AND TIME PENALTIES

1. Start

Horses will be started at minimum 30 second intervals.

2. Riding Time

Within the framework of the classification of rides (Section I), the optimum time allowed for completing the course is to be determined by ride management. The optimum ride time will take into consideration trail and weather conditions, and will be publicly announced to all riders prior to the start of the ride.

Novice pace will be no faster than 5.5 miles per hour.

Intermediate and Open ride pace will be timed as follows:

Easy Ride: a maximum of 8 miles per hour

Difficult Ride: a maximum of 7 miles per hour

Very Difficult Ride: a maximum of 6 miles per hour

An accurate time will be recorded for each horse by the official timers. (11/94)

3. Grace Period

There shall be a grace period of 15 minutes before and after optimum time where no time penalties are incurred.

4. Early Arrivals

Any horse completing the days ride within 30 minutes prior to the grace period shall be penalized two (2) points per minute prior to the start of the grace period. Any horse arriving more than 45 minutes prior to optimum time shall be disqualified. (01/12)

5. Late Arrivals

Any horse completing the days ride within 30 minutes after the grace period shall be penalized one (1) point per minute for each minute after the end of the grace period. Any horse arriving more than 45 minutes after the optimum time shall be disqualified. (01/12)

DQ | 30 Min. | 15 Min. Grace | Optimum Time | 15 Min. Grace | 30 Min. | DQ

6. Lunch Stop

Horses in the Open ride shall be timed in at the noon stop, remain one hour, and be timed out for afternoon portion of ride.

SECTION X: JUDGING PROCEDURES

It is anticipated that preliminary judging will take place the evening before the beginning of the ride. At this time the judges are responsible for determining that the score card accurately describes the horse being judged as to name, age, sex, color, breed, and division of competition. Also at this time judges shall identify and record all marks and blemishes prior to the start of the ride, as well as make an evaluation of the horse's way of going. Any horse with a Grade 3 lameness or worse prior to the start of the ride will not be allowed to start. Judges must evaluate the health of each horse. Horses displaying evidence of any infectious disease shall be excused from the ride at the time of the check in and asked to leave the area of the ride.

1. Start of the Competition

For the purpose of scoring soundness and horsemanship (where applicable), the horse and rider shall be considered in competition from the moment that the horse is presented to the judges for preliminary judging. For the purposes of scoring condition, the horse shall be considered in competition from the moment the first day's ride officially starts.

For the purposes of judging, a horse and rider are considered a team and disqualification of one automatically constitutes a disqualification of the other. The horse and rider shall remain in competition until such time as they are disqualified or after final judging is completed.

2. Ridgway Trot

When the Kerry Ridgway trot, also known as the Cardiovascular Recovery Index (CRI) is used in conjunction with P&R stops during actual ride time, a mandatory 10 minute hold time for each CRI performed will be added to the total ride time. (11/92)

3. Final Examination (11/90)

Judging will take place in the order of finish.

Novice/Intermediate Divisions: The final examination will take place one hour after each competitor's finishing time.

Open Division: The final examination will take place one hour after each competitor's finishing time. (01/14)

On a two (2) day ride the same procedure as above is followed. There will be a soundness check prior to the start of the second day's ride. The final examination will take place one hour after each competitor's finishing time. (11/96)

4. Disqualification

A horse shall be disqualified from further competition when it is determined by the judges and/or management that a rider has violated the rules to the extent that it will

prevent comparative evaluation of the horse's performance.

5. Penalty Points (11/90)

Penalty points may be assessed by the judges for minor rule infractions. Violations, other than those which the rules specifically call for disqualification, shall be evaluated and penalty points assessed. It will be at the judge's discretion to penalize/disqualify unruly horses which may cause bodily harm to judges and/or competitors.

Prior to the final scoring, ride management shall inform riders of any time penalty points that have been assessed. Horses shall be scored as if no penalty points were accrued and the penalty points deducted from the horses score only, and not from horsemanship scores (where applicable). All penalty points will be deducted from the final score prior to placing.

SECTION XI: SHOEING AND TACK

6. Shoeing

Horses may be barefoot, shod, shod with pads, or fitted with hoof boots at the discretion of the rider. Hoof boots (including glue-on types) can be worn throughout the ride. Note that hoof boots that use any attached strap, keeper, or gaiter must not extend above the pastern. Judges should request to observe the area (heel bulb and pastern) that is covered by any attached strap, keeper, or gaiter for any rubs, sores or lesions at Initial and Final Vet checks, as well as during the ride. No other protection of the equine leg is permitted. (01/11)



7. Tack

Riders must use a saddle. The type of saddle and other equipment is at the discretion of the rider. Note that inhumane methods of restraint may not be used. No standing tie downs.



SECTION XII: AGE OF HORSES

1. The minimum age for Open horses is five (5) years or sixty (60) months of age.
2. The minimum age for Novice horses is four (4) years or forty-eight (48) months of age.
3. The minimum age for Intermediate horses is five (5) years or sixty (60) months of age.

The age of the horse is to be determined as follows:

4. Horses presented with registration papers will be considered one (1) year old one calendar year following actual foaling.
5. Unregistered horses will be considered to be five (5) years old or older if they have a “full mouth” (all permanent incisors have erupted and are in wear) as determined by the veterinary judge.

SECTION XIII: JUDGING OF COMPETITIVE TRAIL HORSES

Any change to the Veterinary Judging Criteria and scoring on the Official TRAC Judging Card (System) can only be made by a Veterinary Committee. The Veterinary Committee shall be appointed by the TRAC Board of Directors and will be composed of a minimum of three (3) Veterinary Judges familiar with the sport of Competitive Trail Riding. All changes must be presented by the Veterinary Committee to the TRAC Board of Directors for approval prior to the start of the ride season. Approved proposed changes are to be used for one (1) ride season as a trial. After the one (1) ride season trial, the changes must be ratified at the next Annual General Meeting of TRAC by a majority vote of the voting members present. (11/96)

SECTION XIV: AWARDS FOR TRAIL HORSES

1. Awards

Each ride shall include awards for first (1st) through sixth (6th) place in each ride division offered. The horse with the highest points from the divisions offered (except Novice, Intermediate and Juniors) shall be the recipient of the Grand Champion award. The horse with the second highest points from the divisions offered (except Novice, Intermediate and Juniors) shall be the recipient of the Reserve Champion award. All placings will be the discretion of the judges. No tie placings will be awarded. Any possible ties must be broken by judges.

In the Open division, junior riders have the option to ride in either the junior division or compete as an adult in the other Open divisions. If a junior rider elects to ride in the junior division then they are not eligible for the grand or reserve champion awards. If a junior elects to compete as an adult in the other Open divisions they must make up the weight factor (if applicable).

Any horse finishing the ride with more than a Grade 1 lameness will be given completion without placing even though said horse's final score may be higher than that of horses placed.(11/90)

2. Presentation of Ride Awards

A ride may offer awards in addition to those based on TRAC scoring, but such awards must not be in lieu of those based on TRAC scoring. Awards based on TRAC scoring must be presented publicly at the immediate conclusion of the ride.

SECTION XV: HORSEMANSHIP AWARDS

Ride management may offer horsemanship awards at their own discretion. No tie placings will be awarded. All ties must be broken by judge(s) before presentation.

SECTION XVI: ANNUAL AWARDS

The following annual awards will be presented to eligible TRAC members at the Annual General Meeting each year.

- | |
|--|
| <p>A. Open Division</p> <ol style="list-style-type: none">1. Provincial Competitive Trail Horse Champion - Open Lightweight Division2. Provincial Competitive Trail Horse Champion - Open Heavyweight Division3. Provincial Competitive Trail Horse Champion - Open Junior Division4. Provincial Grand Champion Horse5. Provincial High Point Champion Horse6. Top Five (5) High Point Open Horses <p>B. Intermediate Division</p> <ol style="list-style-type: none">1. Best Competitive Trail Horse - Intermediate Lightweight Division2. Best Competitive Trail Horse - Intermediate Heavyweight Division3. Best Competitive Trail Horse - Intermediate Junior Division4. Top Five (5) High Point Intermediate Horses <p>C. Novice Division</p> <ol style="list-style-type: none">1. Best Competitive Trail Horse - Novice Heavyweight Division2. Best Competitive Trail Horse - Novice Lightweight Division3. Best Competitive Trail Horse - Novice Junior Division4. Top Five (5) High Point Novice Horses |
|--|

For the purpose of awarding annual awards, T.R.A.C. will allot points to horses based on placing's in each division of each T.R.A.C. sanctioned ride on the following basis:

Points Awarded	1st	2nd	3rd	4th	5th	6th	Finish	Grand	Reserve
Class B	7	6	5	4	3	2	1	+2	+1
Class A	14	12	10	8	6	4	2	+2	+1

Points are applicable to the horse and only in the division earned. Points earned in one division will not be added to points earned in another division by the same horse. No points will be accumulated until after TRAC membership is paid by owner and/or rider. Criteria for awarding the various awards listed previously are as follows:

1. **Provincial Competitive Trail Horse Champion** awards will be presented to the horse in each Open division class with the highest point total on the basis of the four (4) best results for that horse in that particular class. If less than four (4) rides in a particular class are offered throughout the year, the award will only be presented on results from no less than three (3) rides.
2. **Provincial Grand Champion** award will be presented to the Competitive Trail Horse Division Champion in the Open Division (Heavyweight/Lightweight only) with the highest point total, also on the basis of the four (4) best results. (11/90)
3. **Provincial High Point Champion** award will be presented to the horse in the Open division accumulating the highest number of points on all eligible TRAC sanctioned competitive trail rides.
4. **Top Five (5) High Point Horses** awards will be presented to the five (5) equines in each division (Open, Intermediate and Novice) accumulating the highest number of points on all eligible TRAC sanctioned competitive trail rides. (11/99)
5. **Best Competitive Trail Horse** awards will be presented in each Intermediate and Novice division class with the highest point total on the basis of the four (4) best results for that horse in that particular class. If less than four (4) rides in a particular class are offered throughout the year, the award will only be presented on results from no less than three (3) rides.

RIDER ACHIEVEMENT AWARDS

1. Rider Achievement Awards will be presented to each rider for miles completed on TRAC sanctioned competitive trail rides.
2. The rider must be a paid up TRAC member before the date of the ride.
3. Mileage is cumulative from year to year and is awarded in 250 mile increments up to and including 2,000 miles and in increments of 500 miles thereafter (2,500, 3,000, 3,500, 4,000, 4,500, etc.).
4. The Rider Achievement Award is for mileage accumulated by any one rider, regardless of the horse ridden.
5. Mileage will be recorded automatically by the TRAC secretary/treasurer.

FAMILY AWARD

An award will be presented to the family (definition of family: two (2) or more members, one of whom must be a junior rider) competing in the most TRAC sanctioned rides - Novice, Intermediate, or Open.

Jack Plumbly Memorial Award

Jack Plumbly Memorial Award is to be presented to the individual who most stands out during the competition year for being a strong supporter and advocate of the club, ensuring high standards are kept when following rules and managing rides, and who always lends a hand to help others at the events.

Decade Team Award

The Decade Team Award shall be presented to the horse and rider team who have completed at least one TRAC ride each year for 10 years. This would not have to be consecutive years, and the rider must be a TRAC member for each of the 10 years of qualifying competition. The Decade Team Award is one that epitomizes what TRAC and true horsemanship is all about by recognizing the riders, who over a long period of time, are able to keep their mount in active competition while they remain healthy and sound.

HORSE ACHIEVEMENT AWARDS

1. Horse Achievement Awards will be presented to each horse for miles completed on TRAC sanctioned competitive trail rides.
2. The rider or owner must be a paid up member of TRAC before the date of the ride.
3. Mileage is cumulative from year to year and is awarded in 500 mile increments.
4. The Horse Achievement Award is for mileage accumulated by any one horse, regardless of the rider.
5. Mileage will be recorded automatically by the TRAC secretary/treasurer.

MILEAGE FROM RIDES NOT SANCTIONED BY TRAC

1. TRAC will accept mileage for Horse and Rider Achievement Awards from other sanctioned bodies that are recognized by TRAC (e.g. ERA, AERC, NATRC, IAHA). The horse and/or rider claiming the mileage must have participated in a minimum of two (2) TRAC rides during the same year as the miles claimed. Mileage may only be claimed that was accrued in the current year of competitions and the one (1) preceding year of the TRAC Annual Awards.

(11/09)

2. Each claimed mile is subject to a fee of ten (10) cents per mile.
3. Mileage will be recorded once proof of completion (e.g. copy of completion certificate or master score sheet) and fee are received by TRAC secretary or designate. (11/06) Valid proof of completion includes either a copy of completion certificate, the rider's score sheet showing completion, or the ride's master score sheet.

HELPFUL HINTS FOR FIRST TIME COMPETITORS

- ❖ The people at the ride office have most of the answers to your questions.
- ❖ If you brought along other family members or friends who will not be riding, but would like to be involved, let the ride office know. They are always looking for extra volunteers, and it seems there can never be enough!
- ❖ Scales for weighing in with your tack will be found at the ride office. Open division must weigh in, and Novice/Intermediate need only weigh in to determine their weight class. Juniors riding in junior divisions are exempt from weighing in.
- ❖ Water troughs are often provided for your use. However, you should never let your horse drink directly from the trough. If there is not a dipping bucket provided at the trough then dip some water out with your own bucket. Doing this greatly reduces the chance of your horse picking up/passing on colds, etc.
- ❖ A red ribbon in the tail indicates a potential kicker; if you suspect your horse may kick, please use a red ribbon and let others know! Red ribbons are also tied in the manes and tails of stallions as a warning to keep other riders from getting too close.
- ❖ The ride briefing is usually held after all horses are vetted-in in on the evening before the ride. Ride management will discuss the trail, distribute maps to all riders, and go over housekeeping details you'll need to know for the weekend (i.e. what time you'll ride out in the morning, how long the trail will be, how much time you will have to ride it, what time supper will be held, where to put the manure, etc.). Don't be afraid to ask questions.
- ❖ Riders may take their horses home if they so desire following their final vet check (held one hour after the completion of the day's ride), however be aware that awards are given out on the following morning.
- ❖ If your horse finishes the ride with greater than a Grade 1 lameness, you will not be placed regardless of your final scoring.
- ❖ If you must bring your dog to the ride, please keep it on a leash at all times.
- ❖ Please leave your camp area as you found it. Take your garbage out with you, or place it in receptacles if provided.



TRAIL EQUITATION AND ETIQUETTE

- ❖ Horses are generally timed out in 30 seconds to one (1) minute intervals; because of this you will find that you are rarely completely alone out there on the trail.
- ❖ When overtaking another horse (where it is safe to do so), let the rider know your intentions by calling out: “passing on your right” or “passing on your left”.
- ❖ If a rider would like to pass you, please allow him to do so by moving to the side of the trail.
- ❖ At water stops, creeks, etc. don’t block the water if you can avoid it. Move your horse up or down stream a bit so that other horses may also access the water, or pass by. If the area is small and there is another horse ahead of you, you can avoid crowding by waiting for them to finish drinking and move on before you let your horse approach the water source.
- ❖ Let your horse drink his fill at every opportunity. There is no danger in doing this providing you will be continuing on the trail, and your horse will not be allowed to stand still for any period of time.
- ❖ Carry a sponge to use at water stops to sponge your horse down. A wet neck will help take the place of sweating that valuable moisture away. Avoid putting cold water on the large muscle areas.
- ❖ At P&R stops try to find a quiet spot to rest and recover your horse, a little away from the crowd (if adequate space is available). Some riders like to let the horse nibble on grass for a few minutes, while others may prefer to stand quietly. If a horse has just climbed a steep hill, or came into the check stop quickly, you may want to walk your horse for a few minutes.
- ❖ When you arrive at a P&R stop, loosen the girth and raise the stirrup out of the way of the P&R crew. Some riders choose to remove their saddle completely at P&R stops, just be aware of the time it will take to tack up again at the completion of the vet check. Now is a good opportunity to visually examine your horse, clean out the hooves, etc.
- ❖ When climbing a hill, the competitive trail rider will stay forward and up out of the saddle, taking the weight off the horse’s back. Gather your reins up short to maintain control in this position. Holding a handful of mane will help you to balance in this position as you ascend.
- ❖ Sit quiet and steady on descent. Try not to rock from side to side.
- ❖ When coming up on an obstacle, always use common sense and keep the safety of yourself and your mount in mind at all times.
- ❖ Try to pace yourself on the trail according to everything you have learned/know about the trail and the time allowed. Calculate the average speed at which you will be required to travel. Most CTR's average approximately 5 to 5.5 miles per hour for Novice division and 7 to 8 miles per hour for Intermediate and Open divisions. Knowing the speed at which your horse covers ground at different gaits is beneficial in pacing.
- ❖ Don’t be afraid to ask questions at the pre-ride briefing.

SAFETY & ETIQUETTE FOR COMPETITIVE TRAIL RIDE COMPETITIONS

Competitive trail riding is a great sport for horse enthusiasts to test their knowledge of their equitation skills and ability to properly care for their mounts during and after strenuous physical activity. Although horsemanship is not judged on most rides, it is a determining factor every time you and your horse compete on the trail. Also, you will be hard pressed to find another other equine event where you can get a thorough veterinary soundness check as a part of your entry fee.

Successful competition does not constitute winning rides. Finishing a ride on a sound healthy horse is having won. Success is having the same horse on the campaign trail year after year.

Ride managers and volunteers are the reason there are rides to attend. Treat them with the respect and appreciation they well deserve. They do not receive any money for their labour, some do not even ride, and all put in many tiring hours. Let's appreciate them with a smile and a kind word of thanks.

The topics of etiquette (manners) and safety are linked together. **Common Sense, Courtesy and Communication** are the three C's to remember.

- ❖ Be courteous to your fellow riders. Think about what you are doing before you do it. Your fellow riders are also trying to control 1,000 pounds of equine energy.
- ❖ It has been said that the horse is the most dangerous domestic animal. Why? Because people tend to personify the horse and forget that they are animals and they react to situations as animals and not as people. It is hard to keep this in mind, but it is important to try.
- ❖ No matter where you are, when around horses, always carry a sharp pocket knife. You never know when a horse is going to get tangled up in something and will have to be cut free. Knots cannot always be undone as quickly as required.

In Base Camp...

- ❖ When you arrive at the camp site, follow the camp manager's directions for parking your rig and setting up camp. In small camp sites, it may be necessary to park closer than you would like to another rig. Where space is more readily available, you will be allowed to spread out.
- ❖ If you have a choice of parking locations, pick the place that is 1) closest to the horse water, and 2) closest to the bathrooms (if you do not have your own toilet facilities). Be careful not to crowd other rigs any more than is necessary.
- ❖ When leading or riding your horse around the base camp area, stay out of other peoples camp sites. Horses will often regard their camp area as their home pasture and protect it from strangers. Some campsites may also have a dog tied up, which could also be protective of its home away from home.

- ❖ Keep your horse out of the public (people) gathering areas, especially those areas where food is to be served.
- ❖ Take care when walking around camp to visit with friends and other competitors so as not to spook horses in camp. A friendly word of greeting when you approach reassures the horses and lets others know of your presence. Be sure the animal sees you before approaching.
- ❖ You will be given a number for identification. You must remember to write that number on your horse's rump with a grease marker. If there is a problem while you are away from your horse when it is tied to the trailer or in its pen, management can be notified and the number on your horse's rump will tell them who to look for. If you do not have your own grease marker, there are often several at the ride office you may borrow. If you borrow one of the markers from the ride office please be courteous and return it as soon as you are done so someone may use it also.

At Your Campsite...

- ❖ Keep your camp site clean. Practice "No Trace" Camping.
- ❖ Remove manure from around your horse and dispose of it in the manner approved by ride management. Depending on the location, there are several approved methods for manure removal.
 - 1) Clean up all manure and left over hay and straw from the site and take it with you when you leave.
 - 2) Manure can be spread out when you leave, but clumps of soiled hay and straw to be removed from site.
 - 3) All manure, complete with soiled hay and straw, can be spread out when you leave.
- ❖ During the weekend, pick up the manure from around your horse and place it in a pile out of the way.
- ❖ Pack up all garbage and take it with you when you leave. Leaving a clean camp site will make it easier for ride managers to obtain permission to use the site another year for a competition.
- ❖ Rakes, grooming tools, tack, spare buckets, camp chairs and the like should not be within the horse's range of movement.

Tying up to a Horse Trailer...

- ❖ Always use a quick release knot and secure the loose end by bringing it back through the loop.
- ❖ Never tie your horse with a rope so long that the horse could catch a foot over the rope while pawing, or too short to restrict his movement or ability to lie down. The standard length is when the snap is unfastened from the halter, it will land within an inch of the ground.
- ❖ Stallions must be double tied.
- ❖ Check your trailer area for hooks, latches, etc. on which a horse could accidentally catch his halter or lead shank on. A particular area of concern can be the rear door latches on a trailer. Cover or block any of these to prevent an accident.
- ❖ Check your trailer for sharp corners, etc. on which a horse could get cut and have these fixed.
- ❖ Hay nets should be secured high enough so a horse cannot get caught. Tying the bottom to the top with a piece of baling twine will prevent the bag from drooping as it empties.
- ❖ Water and feed buckets should be secured in a safe manner. The horse should not be able to get a foot caught.
- ❖ It is best never to tie to an unhooked horse trailer. If you must, then make sure the trailer wheels are well blocked. Never tie a horse to the tail of an unhooked trailer no matter how well blocked.
- ❖ The best place to tie a horse is to the middle of the side of a trailer. This gives the horse room to move from side to side without hooking the rope on the lower corners of either end of the trailer.
- ❖ If you are setting up a tarp to protect your horse from rain or to provide shade from the sun, be sure to stake and tie it securely. Your horse may be familiar with the flapping but your neighbour's horse may not be. If possible, it is a good idea to prepare your horse as much as possible for these flapping orange and blue monsters beforehand. If your horse has never stood under a tarp before, the base camp is not the place to try it the first time.

At the Pre/Post Ride Veterinary Examination...

- ❖ Pay attention to the veterinarian judge and be polite. If you do not understand the instructions, ask for clarification.
- ❖ For the majority of the veterinary examination, the handler should stand facing the horse and remain on the same side as the veterinarian. This places the handler in a position of observation for ready control if the horse tries to kick or seriously threaten the veterinarian judge. For misbehavior, the handler should discipline instantly provided the safety of others is not jeopardized at the moment.

- ❖ When the veterinarian is examining the eyes and mouth, the handler may move to the other side of the horse's head.
- ❖ No veterinarian judge wants to be put in a dangerous situation. It is important that you present a horse that is well mannered and quiet. Practice at home and have strangers walk up to him and run their hands over him as if you and him are being judged. If he misbehaves, correct him. Keep working on this until he no longer cares if a stranger comes near or touches him. Let him become accustomed to having his mouth opened, gums checked and eyes and ears handled. He should be willing to allow his legs to be felt and his hooves picked up.
- ❖ Your horse should be clean for both the pre- and post-ride veterinarian examinations. You will not lose points if you present a horse covered in mud but if your horse has a dirty girth or saddle area, you could create rubs or abrasions which will cost you points. Besides, think of the veterinarian - he/she has to handle, on a 40 horse ride, 160 legs at the pre-ride examination, and the same 160 legs at the post ride examination; it is a lot more pleasant if they are clean.
- ❖ Your halter and lead shank should be clean, in good repair and fit your horse.
- ❖ When leading your horse, never wrap or coil your lead shank around your free hand. The tail of your lead shank should be handled in such a way so that if your horse spooks or pulls away, your hand will not be caught.
- ❖ When asked, trot your horse away from the judge. Check over your shoulder and make sure you are moving straight away with your horse lined up with the judge's vision. Stop and make your turn, and then line the horse up with the judge before trotting back.

On the Trail...

- ❖ Always check your girth for tightness before mounting. It is a good idea to stretch out your horses legs every time you tighten the cinch to avoid rubs and galls - especially during the ride, once that area has begun to build up some sweat and dirt.
- ❖ Treat other riders as you would like to be treated yourself.
- ❖ As you ride down the trail, you may be going faster than those in front of you. Do not run up on horses in front of you. Horses are sensitive to noises behind them and it is not unusual for a horse to act instinctively and bolt forward or sideways when something frightens them from behind. When you see slower riders in front of you, ease your own speed and ask for permission to pass them. Call out to the riders "passing on the left please", or "passing on the right please". When on narrow trails, you should ask to pass once it is safe to do so, and at the first available spot, the slower rider(s) should move off the trail to allow passing.
- ❖ Bunching is unsafe. Following too close to another horse has been known to cause kicking incidents from even the most placid of horses. Keep at least one horse length between horses at all times. Two or three lengths may be necessary on uneven or rough terrain.

- ❖ If your horse is a known kicker (or a stallion) a red flag must be tied in his or her tail to warn other riders.
- ❖ If a large group of riders are struggling with a hill, wait at the bottom until the trail clears.
- ❖ When you are going up or down a hill and you wish to stop and rest your horse, be sure to turn your horse sideways. A horse cannot rest as easily if he is faced up or down hill because his legs are going to be stressed. If you do choose to stop to rest your horse on the hill, be sure to not block the trail to approaching riders.
- ❖ Teach your horse to allow mounting and dismounting from both sides. If you need to mount or dismount on a hill, always do so from the uphill side.
- ❖ If a fellow riding partner gets off his horse, whether to open a gate, make a tack adjustment, or take a short walk in the woods for a bathroom break, make sure you and your horse stand still until the other rider re-mounts. If you leave, the chances are the other horse will not stand still while his rider tries to get back on. A serious accident may result.
- ❖ Do not blindly follow the rider ahead of you. Be alert for the trail markers and follow them, even if the person ahead of you is going off in a different direction. If you do get lost, or are at a junction you are unsure of, check the ground for hoof prints. Most turns will be marked with three ribbons tied close together. If you do get lost, don't panic. Back track until you locate trail markers again.
- ❖ Make sure all of your tack is in excellent repair.

At Water Stops...

Always offer your horse water at creeks, ponds and big puddles.

Water stops are an area where common sense and courtesy are especially important.

- ❖ When entering a stream, move your horse up or down stream away from the entrance before allowing it to drink. This clears the entrance for horses following you to enter the stream as well.
- ❖ If you are approaching a stream or other water source which is in use when you arrive, wait until the other horses are finished and the riders have moved off before entering.
- ❖ Do not leave a stream, puddle or any other source of water while another horse is drinking. This will often distract the horse which is still drinking so that it will not continue to take in the necessary fluids and result in metabolic problems later in the ride.
- ❖ If you desire to stand your horse in the stream for a while to sponge him off, move up or down stream, out of the way of other riders. Introduce your horse to the sponge at home so he is prepared at the first ride.

At the Vet Check or P&R Stop...

- ❖ Enter at a calm pace and proceed to the designated areas. Do not crowd or disturb other horses.
- ❖ Dismount, loosen your girth and place your stirrup across the saddle. This allows your horse to breathe deeper and makes it easier for the P & R team member to take your horse's pulse without getting hit by the stirrup. Some riders choose to remove their saddle completely at P&R stops, just be aware of the time it will take to tack up again at the completion of the vet check and decide for yourself if it is going to be worthwhile to do.
- ❖ If another horse is getting his pulse and respiration checked, do not barge in and park next to him.
- ❖ If it is a hot day, seek shade, or if it is cold and windy, seek some shelter. Wherever you decide to park yourself, make sure it is somewhere convenient for the P & R team to get to you, and from where you can hear your number when it is called. It is the riders responsibility to keep an ear out for when their number is called.
- ❖ When your time is up and after your horse has been checked by the veterinarian and has had his or her pulse and respiration counted, leave the vet check quietly. If you are ready to leave, and the horse next to you is getting a P&R count done, wait the few seconds until they are finished before you leave. It is polite to inform the people parked near you that you are ready to leave and make sure that your departure will not upset their horse too much before they are checked.
- ❖ Check your saddle, blankets, and re-tighten your girth before remounting to carry on. It is a good idea to stretch out the horses front legs after tightening your girth to avoid rubbing and galls. This is also a good time to check your horse's feet for rocks and such.
- ❖ Always wait for your riding partner (if you have one) before leaving a P & R stop.
- ❖ Once mounted make sure you keep your horse at a walk while leaving the P&R stop. Your fellow competitors will appreciate you not upsetting their horses while they are being pulsed.

Timing Your Ride ...

One of the most important aspects of competitive trail riding is maintaining the proper pacing. It's also one of the most difficult things for a first time rider to do. Some riders use GPS systems, but if you don't have a GPS here are some ideas which can help.

- ❖ Know how fast your horse travels at each gait. The normal horse walks at 3 - 5 mph, trots 5 - 7 mph, and canter at 9 - 11 mph. To find out what speed your horse travels at each gait, measure a one mile, fairly level course, and then time yourself on it at the walk, trot and canter. If your horse walks at 4 mph, you will know that you can cover 2 miles in 30 minutes. You must take into account that in hilly terrain, your pace will be slower. Then if you are told that the ride is timed at 5 mph, you will know that you will have to go faster than a walk on

some stretches to make that speed.

- ❖ An easy way to keep your time is to set your watch to 12:00 when you are timed out at the beginning of the ride. Then if you have 5 hours to complete the ride, you will know when you should be there when your watch says 5:00. This will save you from having to add and subtract time when you are riding.

The Golden Rule of Horsemanship:

Always care for your horse before yourself. Protect the horse first, last and always.