



Three Day Event

THE TEN MINUTE BOX

This 10 minute compulsory halt is included to allow the horse time to cool off & rest before the cross country phase. It is often useful to calculate your times on Phase C allowing extra time in the box. Your horse should be walked in hand. Check tack & shoes before remounting. Check with the steward that the event is running on time to avoid remounting too early & unnecessarily tiring the horse. Prepare all equipment needed in the box the night before. It is sensible to have a check list to refer to. If items are forgotten there will be tradestands on site.

DURING PHASE C

Allow plenty of time on the first stretch after the steeplechase to enable the horse to recover, & on the final stretch so that the horse enters the box relaxed. Keep checking your watch so you don't have to rush to the finish to make the time. Trot the final 25 yards on the approach to the 10 minute box & vet inspection, ask if you may dismount once halted. Hold your horse & present to the vet to have its heart & respiration rates checked. You will be told if it is necessary to re present him. After that take your horse over to your helpers. During Phase C your helpers should have brought all the necessary equipment to the 10 minute box. Ensure that each one knows what they should do & in what order.

HELPERS IN THE 10 MINUTE BOX

1st Helper Hold the horse whilst the horse is cooled off & all adjustments made. Take the reins over the head to avoid them becoming wet when the horse is washed off. Once this is done & the horse is rugged if this is required, walk the horse round at a steady pace. If the weather is glorious a sweat sheet will probably do. Try not to use a surcingle as this cuts down the air circulation. BE VIGILANT there will be other horses in the box; do not get in each others way. Check the rugs incase they slip & listen for competitor being called.

2nd Helper Loosen off the girth & noseband when the horse comes in. Remember which hole they were on & do not let the horse chew the noseband.

Wash down horse to cool him off; there will be water provided in the box. Try to avoid soaking boots & bandages etc. If very hot concentrate water on the jugular & under the tail. Scrape off excess water & re-wash if still hot to bring the temperature down. A clean sponge with clean water can be squeezed into the horses mouth if needed, but do not distress the horse. Put on a sweat rug & or day rug depending on the weather. Keep an eye on the horse as it walks around. Look out for any signs of distress. Remember if in doubt ask the vet or steward to have a look.

3rd Helper When the horse has been inspected, check shoes & tighten or replace any studs. Keep a hoof pick handy to remove any mud or stones. Help with rugs. Check all bandages & boots, boots are usually preferred as they are easier to replace & do not present as many problems if they come undone. Check every boot to ensure they have no stones in them & are firmly done up use insulating tape if necessary as a further precaution. After the horse has been walked be ready to apply grease to necessary areas if using.

THE RIDER

Take this opportunity to rest yourself. Have a cold drink, not fizzy & a bar of chocolate & if applicable have your cigarettes handy. Remove the time cards from your arm. Rest your stopwatch. Think about the course & ask ONE helper how the course is riding Get ready to remount 3 minutes before due & remount with 2 minutes to go.

AT THE FIVE MINUTE CALL

1st Helper Brings the horse back to where the equipment has been laid out.
2nd Helper Having repositioned the saddle & numnah. Tighten the girth gradually. Tighten noseband & check the reins are dry.
3rd Helper Applies grease. Do not cover where horse sweats, just the front of the legs & stifles. Once grease is applied do not touch any other equipment or the rider!!
2nd Helper should now remove the rugs & give the rider a leg up.

STARTING PHASE D

You must make sure the horse is alert & ready to go. Check the event is on time with the steward.

It is important to remember that there is NO practice fence. The first jump should be approached as such. Your horse has today only jumped steeplechase fences, these he jumps flatter & at greater speed. Ensure that you jump the first couple of fences correctly to avoid problems later on.

When the rider is in the start box, helpers in the 10 minute box should collect up belongings before going to watch.

Remember any mess you leave may hinder subsequent competitors. In the interest of safety & courtesy please tidy up.

FINISHING PHASE D

At the end of phase D you & your horse will be tired. Do not approach the last fence at a full gallop; a tired horse may make mistakes. Each fence should be accorded the same respect. Pull up gradually when you have gone through the finish.

Be aware of other horses.

After dismounting whether elated or disappointed, do not forget your helpers & the care now needed for your horse. If your helpers have been watching you on the course you will still need someone to assist you at the finish.

HELPERS AT THE FINISH

Loosen noseband & girth walk horse back to stable area. Remove saddle & wash horse down. It is more effective to wash & scrape several times rather than soak the horse. Walk horse round steadily whilst he dries & cools down. Wait till his breathing has returned to normal before doing anything else. Rugs will depend on the weather. Remove studs & check shoes. Check legs for cuts or injuries before bandaging. Ideally stable bandages should be used as these increase circulation but do not mask any problems as many preparations do.

It is now considered correct to allow the horse to drink almost as soon as he wishes to after the xc run. Do not allow him to drink cold water, but water that you have had standing and that has adjusted in temperature. Wash down to remove traces of sweat & to check him over. If at all worried about your horse seek the opinion of the vet.

AFTER SPEED & ENDURANCE

After a couple of hours when the horse has settled, re-examine for any cuts etc. & take bandages off. Hand graze for a few minutes to allow him to stretch his legs. Re-bandage using a leg preparation that your horse is used to, or just re-apply stable bandages.

THE FINAL WORD

This leaflet is only a guide line on how best to look after your horse before & after phase D. Hopefully it will prove to be of some use. If in any doubt during the event, please ask any of the officials who will be delighted to assist or find someone who can! You are the best judge of how your horse is coping, so if you think there is a problem check with either of the vets who will be on site, & on call overnight.

MKEC, Castlethorpe Road, Hanslope, Milton Keynes. MK19 7HQ. Tel: 01908 511329. Email: admin@mkec.co.uk.