



# BCLM Rally Trot-up & Cool-out Procedures

These procedures are an excerpt from the BCLM Rally Policy & Procedures and align to CPC resources and are documented below for BCLM Rally.

## **Trot-Up (Horse Inspection)**

- Trot-up checks for horse soundness and health to compete and occurs on Friday morning and Sunday morning.
- Judged on teamwork, organization, professionalism, and turnout (people and horses).
- Teams will present together – Captain, all Riders, all horses, and grooms–then take turns doing the trot-up.
- Great resources:
  - PC Manual of Horsemanship: Handling & Leading
  - Pony Club demo: <https://www.youtube.com/watch?v=00E1so4GM9Q>

### **1. Horse Turnout:**

- a. Must be in a snaffle bridle (no double bridle) and clean legs (no boots)
- b. Must be cleaned thoroughly: e.g. coat shiny, dock clean, hooves oiled, no sweat marks, tail combed
- c. Mane for ABC horses should be braided;braiding for D teams is optional

### **2. Rider (Handler) Turnout:**

- a. Cleanly dressed in club/team colours - riding boots, jodhpurs/breeches, club/team t-shirt, pinny, gloves, hairnet, helmet, pin/disk, and armband (optional).
- b. If early ride time, then be in formal riding attire.
- c. Carry dressage whip in-hand; may hand whip to Captain if not needed.

### **3. Captain (Alternative Handler) Turnout:**

- a. Cleanly dressed in club/team colours – paddock boots, jeans, club/team t-shirt, pinny, gloves, hairnet, helmet, pin/disk, and armband (optional).

### **4. Grooms Turnout:**

- a. Cleanly dressed in club/team colours – paddock boots, jeans, club/team t-shirt, pinny, gloves, hairnet, ball cap, pin/disk, and armband (optional), apron (optional)
- b. Bring pail with groom items – e.g., rub rags, hoof oil, show sheen, fly spray

### **5. Procedure:**

- a. Captain to present the team (all Riders/Horses/Grooms) to Stable Management Judges before commencing trot up. Grooms and Captain should line up while horses are presented one at a time.
- b. To present the first horse:
  - i. Stand the horse about one horse length in front of Judge and hold reins in both hands. Rider to be standing opposite side of



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- horse from Judges so they can view.
- ii. Trotting of horse (Rider may ask Captain to assist):
    1. Rider to trot out in a straight line from near side, on a LOOSE rein, strong trot (forward motion).
    2. Walk before cone/marker and turn right around the cone/marker.
    3. Trot as before, returning to Judges.
    4. Halt, then await for Judges to excuse you.
    5. Walk away to exit with a 'thank you' to the judges.
  - c. Repeat above step for each horse on the team.
  - d. Team should thank the Judges before leaving. Judging continues while team is walking away.

## **Cool-Out**

- Cool-out procedure is to assist in appropriately cooling out the horse after a cross country course ride and works together with post-ride vet checks.
  - Teams work together to safely cool down the horse.
  - Judged on teamwork, organization, and professionalism.
1. As Rider crosses the finish line, they should check their watch, then remain in the area and trot for about 1 minute minimum.
  2. Move down to walk after the first minute; and walk for another minute. Ask official for permission to leave this area and proceed to Vet Check.

### **Proceed to first Vet check**

3. Rider can then dismount and team members will help the Rider:
  - a. Run up irons
  - b. Remove spurs
  - c. Remove overgirth if using one, but must loosen girth
  - d. Loosen noseband /flash leaving buckles in last holes
  - e. Check for injuries, loose or pulled shoes, etc.
  - f. Have scissors to cut the string at the bridle path
4. At the Vet Check, stand at the head of, but not in front of, the mount. Hold the reins out either side of the bit and allow the Veterinarian to check the horse. At this time, the competitor stands quietly, attentively, and observing the Veterinarian. As you will be returning to the Vet check in 10-15 minutes, CHECK your watch to ensure you report back on time.



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## **Proceed to Cool Out area**

5. Keep the horse moving as you untack and sponge off.
6. Cooling out should be appropriate to the horse's condition and weather:
  - a. If temperature is COOL:
    - i. Proceed with sponging the mouth, neck, chest and between the hind legs.
    - ii. Scrape water off right away, as evaporation is a major part of cooling down.
    - iii. As the horse is being walked, remove the tack, horse's boots and bell boots (if bell boots are hard to remove flip up) as efficiently as possible.
    - iv. If your horse is a bit strong, notify the judges and ask that you keep the bridle on or if your horse needs a chain, let judges know, and ensure you apply it correctly.
    - v. Continue sponging and scraping.
    - vi. Walk in a large circle and keep a safe distance from others.
    - vii. Cover horse appropriately with cooler.
  - b. If temperature is HOT:
    - i. Remove tack, horse's boots and bell boots (if bell boots are hard to remove, flip up) as efficiently as possible.
    - ii. If your horse is a bit strong, notify the judges and ask that you keep the bridle on or if your horse needs a chain, let judges know, and ensure you apply it correctly.
    - iii. A plentiful source of cold water is needed, and the means to apply it, ie. Large sponges, large buckets, and a scraper to remove excess water.
    - iv. Apply to all necessary areas and continue sponging and scraping water off quickly until the horse's temperature comes down.
    - v. Walk in a large circle and keep a safe distance from others.

## **Proceed to second Vet check**

7. Report back for your second Vet check at the 10–15-minute mark. Follow instructions from Vet (i.e. Vet may ask for you to return for additional Vet checks).

## **Return to Cool Out area**



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8. Remain in the cool out area and continue to walk until the horse is cool and dry. Offer limited amounts of water to drink. Return to Vet check IF it was requested by Vet.
9. If, at any time, you think your horse is in distress, go straight to the Vet check and tell them.
10. Once your horse is cool, and TPR back to normal (breathing is relaxed, not hot), ask the Stable Management judges for permission to return to the stables.

### **Return to Stables**