# ENDURANCE: TOWARDS COMPETITION CHECKLIST

**A list of points to consider before starting your Endurance Ride:**

| | | |
|---|---|---|
| 1 | Complete a Risk Assessment, if needed, in line with normal RDA guidelines. Within this consider best road crossings, narrow bridges, difficult gates etc. | |
| 2 | Allocate a safe flat area for pre-ride and post-ride trots ups. | |
| 3 | Ensure a safe entry and exit to the route/ venue for riders and horses. | |
| 4 | Set out a suitably marked route/ venue to accommodate the distance of the ride (5km, 10km). | |
| 5 | Route Permission: If your endurance ride crosses private land you must get the landowner's permission first. | |
| 6 | Measuring Routes: Accuracy is needed. You can use a GPS or contact your local running club who may have a local runner with GPS prepared to do this. Alternatively, use an Ordnance Survey map to measure routes of 5km, 10km or 15km. | |
| 7 | Route Marking: This should be done with temporary grass spray paint, arrow signs, ribbon or tapes. | |
| 8 | Maps: Copies of the route maps should be given to all competitors and helpers. | |
| 9 | Ensure pony/ horse is suitable. Please refer to the full, current 'Towards Competition' guidance notes for specific considerations. | |
| 10 | Choose a minimum, maximum and optimum speed for each session / distance (see guidance notes). | |
| 11 | Have an appropriate first aider at the venue, in line with usual RDA guidelines. | |
| 12 | Consider requirements for water supply, toilet facilities and checkpoint stewards (dependent on route). | |
| 13 | Delegate roles: Start and finish stewards, Timekeeper/ starter, pre-ride helpers to mark and check the route. Each RDA helper can be given a different role to assist with the ride. | |
| 14 | A suitably nominated RDA official to take role of 'Vet,' to see the mounts trot up before and after the ride and oversee the heart rate check. | |
| 15 | Equipment: accurate clock/stopwatch for start and finish times, mobile phones at checkpoints (if needed), calculator for results. | |
| 16 | Stethoscope or heart rate monitor (pulse rate not to go over 64bpm) | |
| 17 | Work out the ride speed using the formula: speed = distance/time | |
| 18 | League table/ placing for the closest speed to the optimum speed | |

Completed by:

| | | | |
|---|---|---|---|
| **RDA Group** | | | |
| **Group Coach Name:** | | | |
| **Signature:** | | **Date:** | |