



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.



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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, reduce to a walk for at least 2 minutes.
 2. 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 over girth 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. **Please see Appendix A.**
7. Walk in a large circle and keep a safe distance from others.
8. As the horse is being walked, remove the tack, horse's boots and bell boots (if possible).
9. Offer horse small amounts of drinking water at regular intervals.
10. 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.
11. If, at any time, you think your horse is in distress, go straight to the Vet check and tell them.

Proceed to second Vet check

12. 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).
13. If cleared by Vet, ask judges for permission to leave.

If Vet has Requested a Second Cool Out

14. Remain in the cool out area and continue to walk and offer small amount of water until horse's TPR returns to normal (breathing is relaxed, temperature is not hot), then ask the Stable Management judges for permission to return to the stables.

Return to Stables



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Appendix A BCLM Rally Cool Out Procedure

Purpose:

To outline standardized practices for cooling out horses during Rally events in the BC Lower Mainland Region, ensuring the health and safety of equine participants in varying environmental conditions.

General Cooling Principles

Horses cool their bodies through **evaporation of sweat or water** on their skin. The more water—especially with a breeze—and the more **shade** provided, the faster a horse will cool their body temperature. Once the horse's **temperature, pulse, and respiration (TPR)** have returned to normal levels, the cooling of the horse is considered complete.

1. Warm/Hot Weather ☀️

- Use **cold water, shade, fans,** and **mist** to cool horse after exercise.
- **Limit time in direct sun,** especially in conditions of **high humidity and heat.**
- **Sponge cold water** onto the horse, focusing on:
 - Large muscles
 - Jugular groove
 - Head (if tolerated)
- **Allow water to evaporate; do not scrape off** as evaporation cools the horse.
 - Only in **extreme heat and humidity**, where no evaporation is possible, should water be scraped off.
- Continue to use cold water until the horse's **TPR has returned to normal.**
- **Provide drinking water frequently.**
- Provide a **shaded area** for the horse if possible, and use a **misting system** and **fans** if available.
- **If horse must walk in sun, do so only until TPR is normal.**
 - When the **heat index** (relative humidity + temperature in Fahrenheit) exceeds **130, exposure to sun should be minimized.**
 - In hot weather, **horses should not be walked until dry.**
 - **Older or anxious horses** will be at risk of **overheating** if they spend too much time in the sun.
- Horses should be **excused from the cool out area when wet** and sent to a **shaded area (stall)** once TPR is within **normal resting values.**



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****Should a horse show signs of **heat exhaustion** (disorientation, head flipping, wobbly steps, stalling, rearing, recumbency), **veterinary care should be sought** and **only experienced handlers** should be near the horse.**

2. Cold Weather 🥶

- Horses should be **sponged off with water only as required** to clean off dirt/sweat.
- **Offer drinking water frequently.**
- **Walk horses until TPR has returned to normal levels.**
- A **cooler may be used** if the horse is wet or appears to be cold.
- Horses should be **walked until dry if possible**, but **not for more than 30 minutes**.
- Horses may need to return to stall **damp** and finish drying under a **dry cooler**.

3. Wet Weather 🌧️

- Horses should be **sponged off with cold water** to remove dirt/sweat.
- **Offer drinking water frequently.**
- **Walk horses until TPR has returned to normal.**
- **Return horses to a dry area (stall)** and finish drying under a dry cooler.

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