

# Checklist for Holds at AERC Rides

Ensuring You and Your Horse are Ready for a Successful Next Leg

<b>Before the Ride</b>	<b>V1</b>	<b>V2</b>	<b>V3</b>	<b>V4</b>	<b>V5</b>	<b>Final</b>
Horse water, food (hay, grain)						
Water for cooling out, sponges, sweat scraper						
People food and drink						
People clothes						
Blankets, rain sheets, rump rugs						
Electrolytes						
Stethoscope, heart monitor						
Flashlight, glow sticks						
Ice, ice boots						
Extra tack, saddle pads, shoes						
Chairs, tent						
Other						
<b>During Hold</b>	<b>V1</b>	<b>V2</b>	<b>V3</b>	<b>V4</b>	<b>V5</b>	<b>Final</b>
Blanket, if necessary						
Eating						
Drinking						
Peeing						
Pooping						
Hydration						
Attitude						
Tack rubs and sounds						
Progressive recovery (P1, P2, P3)						
Electrolyte during hold						
Check all 4 shoes / hooves						
Review next leg of trail and strategy						
Polite to crew						
<b>Leaving Hold</b>	<b>V1</b>	<b>V2</b>	<b>V3</b>	<b>V4</b>	<b>V5</b>	<b>Final</b>
Electrolytes for trail						
Helmet, fanny pack, water bottle, rider card						
Tack check						
Departure trot-out and attitude						
If in doubt, wait						
Water on horse if appropriate						
Thank crew						
Other:						

## Pre-Arrival Checklist

The crew or the rider if no crew should check to make sure everything is ready in the proper place.

- ✓ **Horse water, food (hay, grain)**  
Fresh water, hay, grain, mash—ready for horse in appropriate places
- ✓ **Water for cooling out, sponges, sweat scraper**  
Buckets of water, sponges, sweat scrapers—ready for use
- ✓ **People food and drink**  
Rider's favorite foods, sports drinks, water, human electrolytes, medicines (e.g., aspirin)
- ✓ **People clothes**  
Fresh change of clothes, rain gear, warmer clothing available for rider
- ✓ **Blankets, rain sheets, rump rugs**  
All of the gear to keep the horse warm readily accessible
- ✓ **Electrolytes**  
Electrolytes for use during the hold and replacements for on-trail use
- ✓ **Stethoscope, heart monitor**  
Equipment to check horse's pulse
- ✓ **Flashlight, glow sticks**  
Flashlights and glowsticks if the rider will be going into night riding on next leg
- ✓ **Ice, ice boots**  
Ice and/or ice boots for cooling horse and for soaking feet and legs as needed
- ✓ **Extra tack, saddle pads, shoes**  
Replacement tack, dry clean saddle pads, extra shoes, and hoof boots
- ✓ **Chairs, tents**  
Set-up chair for rider, tent for shade if needed

## During Hold

- ✓ **Blanket if necessary**  
Put blanket and/or rump rug and/or rain sheet on horse as needed
- ✓ **Eating**  
Monitor the horse's eating—is the appetite normal?
- ✓ **Drinking**  
Monitor the horse's drinking; amount of drinking normal
- ✓ **Peeing**  
Check to see if the horse pees; color of urine and volume. If dark, consult vet
- ✓ **Pooping**  
Check to see if horse poops; is the texture good, amount OK?
- ✓ **Hydration**  
Check the hydration factors: skin pinch, jugular refill, gut sounds, capillary refill, membrane color
- ✓ **Attitude**  
Bright, alert, interested in surroundings

- ✓ **Tack rubs and wounds**  
Check for tack rubs, wounds, heat or swelling in legs, back soreness
- ✓ **Progressive Recovery (P1, P2, P3)**  
Check for progressive recovery during hold period. The pulse should continue dropping during the hold. Check 5 to 10 minutes before leaving (before resaddling); should be 8 or more beats lower than arrival. If pulse is hanging in 60s or has gone up from arrival or is cycling up or down, check with vet.
- ✓ **Electrolyte during hold**  
Electrolyte at appropriate time during hold period
- ✓ **Check all 4 shoes/hoves**  
Check all 4 shoes if shod or boots or hoves; also any leg protectors
- ✓ **Review next leg of trail and strategy**  
Directions and marking, length, pace to ride, challenges, where to leave check, crew can find check
- ✓ **Polite to crew**  
Your crew is your critical support system; be kind to them so they will be there when you return!

## Leaving Hold

- ✓ **Electrolytes for trail**  
Electrolytes and doser with rider for on-trail electrolyting; one full dose and backup
- ✓ **Helmet, fanny pack, water bottle, rider card**  
Rider has gear normally worn or carried; also trail map directions
- ✓ **Tack check**  
Tack is all in good repair
- ✓ **Departure trot-out and attitude**  
Check the horse's overall appearance, look in eye; trot-out and check for lameness and way of going
- ✓ **If in doubt, wait**  
If horse is "not quite right" (e.g., not eating or drinking well), give the horse more time and/or check with vet
- ✓ **Water on horse if appropriate**  
In hot weather, sponge the horse before leaving
- ✓ **Thank crew**  
As you leave, cheerily thank your crew and apologize for any nasty words

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