An Introduction to

RDA Endurance

RDA Endurance is an exciting activity, with the aim of providing a different activity, working towards riding outside, offering riders a new and different challenge and encouraging greater involvement and variety for volunteers

Venue

The venue for an Endurance ride is, to a great extent, likely to be determined by the availability of suitable routes.
There are also some essential needs:

- A safe and flat area for trot up/vet checking

- The start of the ride being close to the lorry park/stables

- Toilets—including wheelchair access

- Refreshments

- A water supply

Officials/Helpers

You will also need to think of the volunteers needed:

- Secretary

- Start/Finish Steward

- Vet / Trained Official

- Timekeeper

- Checkpoint Stewards

Equipment needed:

- Rider numbers – fluorescent bibs are the best type, but any sort of cross country bib is suitable.

- 2 x accurate clocks – one for start and finish times and the other for vetting in times at the end.

- Clipboards – for checkpoint stewards and vet(s).

- Mobile phones – or other reliable means of communication with checkpoints/stewards.

- Route markers – non-permanent spray grass marker paint, arrow signs or fluorescent ribbon is suitable.

- Rider Cards – it is advisable to have a stock, in case riders turn up without one.

- Stickers – these should have the Secretary's contact details on, in case of emergency. There should be two stickers allocated to each horse/rider combination.

- Cones/tape/temporary posting – to mark out the trot-up and vetting areas.

- Route maps – these should ideally be A4. It is essential to have one route map per rider, plus plenty of spares for Officials/Crews etc.

- Vet sheets (for competition only)

Routes

Rides can often be organised around a farm or centre's land (provided you have the land owners permission). This offers a very simple way for groups to offer short rides, initially.   It is best for the route to offer at least some areas where riders can safely ride, and circular routes are preferable. Distances begin at 1km, 2km, 3km and 5km and onwards.

For ease of administration, it is sensible to have the route start and finish at the same point – either at, or very close to, the venue. It is possible that your local Endurance GB group will have suggestions for routes and venues which you can use.

Speeds and Times

RDA Endurance Getting Started sessions can be ridden recreationally and with no minimum speed. However, a benefit of this activity is that it gives riders an ability to aim towards a goal time and look to improve ability and stamina. It is therefore recommended that when the rider is able, the RDA recognised minimum and maximum speeds are used:-

Minimum speed = 2km/h Maximum speed = 12km/h

Distance (Km) \ Speed (Km per Hour)	1											
1	01:00	0:30	0:20	0:15	0:12	0:10	0:08	0:07	0:07	0:06	0:05	5
2	02:00	1:00	0:40	0:30	0:24	0:20	0:17	0:15	0:13	0:12	0:10	0:10
3	03:00	1:30	1:00	0:45	0:36	0:30	0:26	0:22	0:20	0:18	0:16	0:15
5	05:00	2:30	1:40	1:15	1:00	0:50	0:43	0:37	0:33	0:30	0:27	0:25

Checkpoints

These are points on the route which will be stewarded. They have three main functions:

1. They allow you to keep track of where competitors are around the route

2. They help ensure that the riders take the full, correct route

3. Provide supervision at points along the route which present a particular hazard (e.g. a road crossing)

Stewards at the checkpoints should record the number of each rider as they pass.

For this reason, it is advisable to have Stewards equipped with some means of communicating quickly with the Secretary at the venue.

Vetting

Trot up - This can be as straightforward as a simple trot up in front of a reliable adult, to ensure soundness before and after the event. At a competition you would enlist a vet to record the heart rate of the horses.

When you have finished your ride you should also offer the horse or pony a drink.

* Some Endurance GB rides will have a pre- trot up vet check and also a farrier present. However at group level this is not required.

Event adminstration

- Route permissions – if your route is using public bridleways or crossing land owners land, then it is appropriate to obtain their permission in writing.

- Start times – The Start Steward should be advised not to start riders too close together, or they will tend to bunch up. Gaps of no less than 5 minutes between ride groups are advisable. The Start Steward will need to accurately record the start and finish time of each rider, but at group level, simply ensuring that the same watch or clock is used for the whole event is sufficient.

- Route marking – this can be done with temporary grass spray paint, arrow signs or tapes. Arrows every so often, even along a straight section, are very reassuring to competitors.
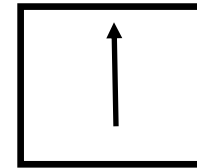
- Rider cards – It is very important that you complete and sign the rider's card and give it back to them at the end of the ride. This card is the only proof of mileage.

- Placings - At most RDA events it is anticipated that riders will be given awards based on their individual performance/class/qualification, rather than in comparison with other riders. This can either be a certificate or rosette.

Risk Assessment

Once you have routes planned it is necessary to ride or walk them in order to establish the suitability and safety of the ride.

The primary purpose of the risk assessment is to check for unforeseen hazards and plan how these will be managed. This should be done well in advance of the planned event, as some hazards might entail a route change or additional stewards being required.

How does our group begin RDA Endurance?

Fill out the endurance activity form and send to RDA HQ

Will you need access to neighboring land for your rides?

YES

NO

Please send RDA HQ a copy of your permission to access the land

Congratulations, you are now ready to begin!

It's what you **can** do that counts