

## RDA Medication Control Policy

The use of any herbal, natural or chemical product to affect the performance of a horse or pony in a calming (tranquillising), excitatory or performance enhancing manner is strictly forbidden under RDA rules. The use of such products during competition has important rider safety and equine welfare consequences.

Tranquillising products are defined as

- Any commercially prepared feed additive that has been manufactured or contains substances that have been documented for the purpose of sedation, eliminating or reducing stress, excitability, anxiety and muscle relaxation.
- Any herb/naturally occurring substance with documented claims of sedation, eliminating or reducing stress, excitability, anxiety and promote muscle relaxation.
- Any human drug containing substances that have been documented to sedate, eliminate or reduce stress, excitability, anxiety and promote muscle relaxation.
- Any veterinary drug containing substances that have been documented to sedate, eliminate or reduce stress, excitability, anxiety and promote muscle relaxation.

Examples of such substances are as follows:

Alkaloid plant derivatives

Chamomile

Hops

Magnesium (and magnesium compounds) fed as supplements

Passionflower

St Johns Wort

Thiamine

Tryptophan – when supplemented at concentrations greater than 1g per day

Valerenic acid (Valerian)

Vervain

### Human and Veterinary Drugs

The RDA follows the lead of the FEI (Federation Equestre Internationale) and British Equestrian with respect to the medication of horses used in competition. A full list of banned substances can be found on the FEI's Clean Sport website.

The RDA does however make certain exceptions to the FEI's list of controlled and banned substances with respect to the population of horses engaging in RDA activities. The use of the following products is permitted under RDA regulations provided that the horse is being treated for a specific diagnosis and is under the care of a veterinary surgeon. Such products must be declared by completing an RDA medication declaration form should the horse be selected for medication testing.

Regumate (altrenogest) – restricted to use in mares only  
Prascend (pergolide)  
Ventolin inhalers (salbutamol)  
Ventipulmin (clenbuterol)

Sanctions will be applied to the person responsible for the horse and the horse's results at the RDA National Championships. Sanctions relating to the medication testing of horses may be applied in the following instances:

1. If the person responsible for the horse refuses to present the horse for medication testing once the horse has been selected for testing.
2. If the person responsible for the horse refuses to consent to the collection of blood or urine samples for the purpose of medication testing once the horse has been selected for testing.
3. If on testing the A and B samples both test positive for permitted substances.

In the event of situations 1, 2 or 3 occurring as listed above the following sanctions will be applied.

1. Disqualification on the horse from the RDA National Championships which includes the return of any trophies or prizes that may have been won.
2. The person responsible for the horse will be invoiced the full cost of the testing.

A Medical Declaration form can be found on the Myrda website. This will need to be filled in and presented to the Vet on arrival at the Championships. If you have any queries about this you can contact Emma Bayliss and/or your RDA Regional Vet for further advice.