

# Pre Competition Checklists

## Plan leading in to competition

Leading in to a competition such as State Titles is an important process that we need to follow to ensure the health and welfare of the equine athlete is paramount. The aim is to peak at the event. There will be levels of care needed that are unique to some of these events.

Weeks before competition	Health Management	Horse Management
4 weeks	<p>Check up on any soundness issues</p> <p>Check what drugs pony or horse is on- when do we need to stop</p>	<p>Plan what events entered in for.</p> <p>Consider what training needed before the event</p>
3 weeks	<p>Do any drugs need to stop here- Pergolide/ Prascient recommended to stop at least 14 days before</p>	<p>Work on the schedule leading in to the competition with regards to training</p>
2 weeks	<p>Farrier visit- make sure shoes ready for the event- avoid shoe changes close to event</p> <p>Stop all intramuscular injections for joint disease such as Pentosan- consider switching to IV drugs</p> <p>Start to make changes to the diet</p>	<p>Plan lesson schedule to do most of work this week</p> <p>No sudden increases in work schedule</p> <p>Start to make changes to diet that will be needed for states</p> <p>Can you confine horse or pony overnight to introduce the stable environment</p>
1 week	<p>Double check shoes</p> <p>Double check all meds are suitable to compete on</p> <p>Do you have a basic first aid kit- Thermometer, poultice, elastoplast, Betadine cream</p>	<p>Work schedule should be light leading in to competition</p> <p>Start to take temperature regularly</p> <p>Gentle work needed the last couple of days</p>

Once we have arrived at the venue then it is time to consider how we are going to manage your horse or pony to maintain health throughout the event

Being stables at a venue is a big deal for a lot of horses and ponies. This is a big change in environment for a lot of horses. It is also a lot busier for many horses and ponies than they are used to. Horses need rest even when competing. This will be hard for many of them with so much going on. Some simple things we can do to help them.

## Common Issues seen as a vet at competitions.

1. Colic
2. Elevated temperatures
3. Lameness issues

Issue	Presenting Issues	How to avoid
Colic	<ul style="list-style-type: none"><li>● Impaction colic most common issue</li><li>● Pawing</li><li>● Off feed</li><li>● Rolling</li></ul>	<ul style="list-style-type: none"><li>● Ensure adequate forage intake</li><li>● Taking for picks of grass 3 times a day</li><li>● Monitor faecal output</li><li>● Monitor feed input</li><li>● Ensure quiet time</li></ul>
Elevated temperatures	<ul style="list-style-type: none"><li>● Normal temperature range 37.5 to 38.4 oC</li><li>● Monitor twice a day am and pm at event</li></ul>	<ul style="list-style-type: none"><li>● Ensure vaccine status good</li><li>● Deal with any coughs or colds before the event</li><li>● Allowing time to get head down</li><li>● Soaking hay if dusty</li></ul>
Lameness issues	<ul style="list-style-type: none"><li>● Changes in gait</li><li>● Large pulses to the feet</li><li>● Note if off Prascend / Pergolide / Ertuglofozin may develop laminitis</li></ul>	<ul style="list-style-type: none"><li>● Don't work too hard close to competition</li><li>● Shoes done 1-2 weeks before event</li><li>● Icing legs post work</li><li>● Wrapping feet at the venue post work each day</li><li>● Reducing length of warm up as the competition goes on</li></ul>

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