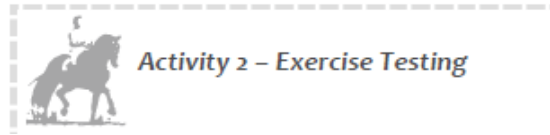




ESNZ Elite Equine Management

Program Outline

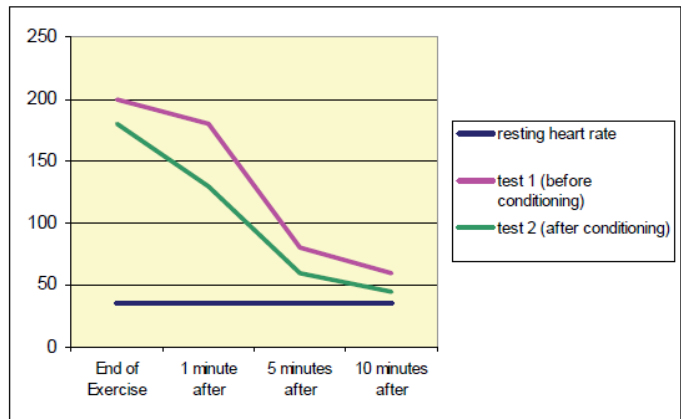


MODULE 1 – Campaign Planning

- Planning for overseas campaigns
- International and long-haul transport
- Medication control and prohibited substances
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MODULE 2 – Campaign Personnel

- Equine practitioners
- Other personnel and officials



Month 1	Month 2	Month 3	Month 4
Month 5	Month 6	Month 7	Month 8
Month 9	Month 10	Month 11	Month 12

Studs are generally fitted on both sides at the heel (ie 2 studs per shoe). Riders are suggested to use a rounder/blunter stud at the inside of the shoe to reduce the likelihood of injury if the horse brushes or strikes the opposite leg. Some riders like to use longer studs on the hind feet than the front feet, given the horse's power and speed are usually generated in the hindquarters.

Protection
Protection such as bell boots and brushing boots are recommended when using studs, and when jumping, a stud guard should be fitted to the girth (or can be purchased "built in" on some girths) to protect the horse's chest when it tucks up over the jumps.



Impact forces and injury
Be aware that studs can reduce the amount of "give" the horse experiences when its hooves impact with the ground surface. This is obviously a good thing for giving traction and grip in slippery conditions, however it can also have an adverse effect. When a horse lands (for instance after a jump), some of the energy of impact is absorbed in the horse's hoof and limb structures (especially tendons) and some of this energy of impact is dissipated in the landing surface when the horse's hoof is able to move slightly over or through the surface. In some cases, the combination of studs and surface can reduce the amount of energy that dissipates through the ground and thus this energy must be dissipated through the horse's leg - in particular placing extra strain on the tendons. This is especially likely to be a problem with very long studs on hard ground.

Research into the high number of tendon injuries encountered in the showjumping at the Athens Olympics in 2004 found that the grass surface in the jumping arena had not developed sufficiently deep roots, causing surface slippage. Riders were selecting very long studs to compensate for the slippage. Horses therefore experienced very little "give" and this placed more strain from the impact in the limbs and tendons resulting in a high incidence of injury.

- Stud Do's and Don'ts:**
- ALWAYS use studs in pairs, with one on each side of the hoof.
 - ALWAYS use small, blunt studs on the inside of your horse's shoes. A large, pointed stud can injure him.
 - ALWAYS put protective leg boots on your horse when riding in studs.
 - ALWAYS put studs in just before you will be riding and remove them as soon as possible afterwards.
 - ALWAYS use the smallest stud you can, considering the conditions. While slipping is dangerous for your horse, a little slipping is much better than jarring your horse's legs with huge studs. Try to find a stud that allows a little slipping, but not so much that your horse's balance will suffer. Studs should be selected that will sink fully into the ground, otherwise they will unbalance the foot.
 - ALWAYS try to have someone help you by holding your horse when you are putting studs in.
 - ALWAYS be careful if you have a horse that is likely to kick out at other horses or people. If you have such a horse, try to limit the amount of time you use studs.
 - NEVER turn your horse out with studs.
 - NEVER leave your horse unattended in a stall with studs.
 - NEVER trailer your horse with studs.
 - NEVER use studs if your horse is lame.
 - NEVER put yourself in a position where a horse with studs in can step on you.



Horses experience enormous impact forces upon landing. Poor choice of studs for the type of riding surface can result in more impact being absorbed by the tendons and lead to injury.



Left: studs must be securely fitted, use the right tools for the job. You can buy studs in a kit with the required tools. Right: The finished job. The inner stud is smooth and rounded for safety while the outer stud is pointed to give more grip.