



 Clean Endurance

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# C L E A N E N D U R A N C E

## An A to Z of what to look for to combat cheating and abuse in endurance

Any of the below examples must be reported to and acknowledged or acted on by an Official as soon as possible – for all offences except Abuse the FEI rules state they must be reported within 30 minutes after the final results of the event are confirmed or they cannot be investigated and/or sanctioned.

**A is for horse Abuse** (FEI GR's Article 142) - Competing a visibly exhausted or lame horse, beating a horse with a whip, reins, water bottle or any other object, throwing objects or water at a horse to make it move, using severe bits, over-tight nose-bands and other severely constrictive tack, yanking at the reins or lead rope, kicking the horse, violently flapping arms and legs to make it move faster, not giving horses time to drink or rest, etc..

**B is for Blinkers** - They must not restrict forward vision, and the eyes may not be covered completely.

**C is for Crew** - Obscuring the horse deliberately in the grooming area, having too many crew around the horse (5 crew per horse plus the rider touching or cooling the horse is the maximum at any one time), crew remaining in the vet gate or other restricted areas once their horse is out of competition, crew not wearing the appropriately numbered bibs, dangerous driving and misbehavior at crew points, venue or on public roads by crew members, ... should all be reported to an Official.

**C is also for Clean Endurance** - Contact us if you have any questions, or want us to investigate an issue you have noticed. Confidentiality guaranteed. Always.

**D is for Doping** - Does the horse exhibit any suspicious behaviour: is it overly alert, tired but wired, does it seem insensitive to pain or discomfort? Is its heart rate recovery too good to be true? Was it lame coming off a loop and not anymore in the vet gate? Notify an Official and they can request the horse is tested.

**E is for Ear twitching** - A common ploy to help lower heart-rate, the horse is very discreetly but violently held by the ear, generally by the groom accompanying the horse and standing on the off side of the veterinarian inspecting the horse. A variation of the ear twitch is the shoulder twitch, where a fold of skin is grabbed and twisted strongly. Both of these practices can be qualified as Abuse.

**E is also for Ear plugs** - These are forbidden at FEI events.



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**F is for Failing to show up at the vet gate** - Horses MUST be inspected by a veterinarian in the vet gate when they arrive back at the venue unless they are hospitalized immediately. A horse missing a vet inspection is generally an indication there is a serious problem and this should be reported to an Official and investigated immediately.

**F is also for Forbidden Substances** - Banned substances are forbidden at all times. Controlled Medication substances may only be in the possession of Official FEI Veterinarians and may only be administered if authorized by an Official FEI Veterinarian. Syringes with needles and similar equipment are strictly forbidden to be carried within the event site. Any horses having been close to this type of equipment or linked to a person carrying such equipment should be tested for doping immediately.

**G is for Gaining time** - Before the heart rate is taken in the vet gate. A common practice to gain a few extra minutes between the moment of entering the vet gate and the moment the heart rate monitor is put on the horse. A horse that has been timed into the vet gate must proceed directly and with a constant forward motion to the allocated vet lane and heart rate should be measured immediately.

**H is for Hazing** - Hazing is deliberately exciting or frightening a horse so that the adrenaline release masks any issues. This is generally done in the vet gate just before entering the trot-up lane, but can happen at any time and is also common when horses are chased by grooms upon leaving the venue onto the next loop.

**H is also for Heart Rate** - Does the heart rate you saw on the vet gate screen correspond to what is reported on the timing system? Was the first heart rate taken only once, and immediately upon entry to the vet gate? Was the inspection deliberately disrupted (by disturbing the horse or moving it away from the heart rate monitor for example) by the persons accompanying the horse? This should be sanctioned with a time penalty.

**I is for Invasive treatment** - Puncturing the skin is invasive treatment. This is forbidden at all times during a competition unless authorized and administered by an Official Veterinarian. Cheating happens frequently: Injections can be given discreetly while the horse stands in buckets of ice in the resting or cooling area or while on the track at a crew point. Intravenous fluids have been known to be administered on the field of play by a tube concealed in a lead rope, run up a groom's sleeve or while the horse is being ridden with the rider carrying a backpack with the fluids.

Invasive treatment is also potential Doping – report what you saw to an Official and ask for the horse to be subjected to a doping test.

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**J is for Jammed Heart Rate Monitors** - There are various ways of interfering with a heart rate monitor so that it never shows a heart rate of over 64, or so that it shows a heart rate lower than the actual one measured. This can be programmed into the timing system software, or sometimes small electromagnetic devices are used which interfere with the monitor itself. If you notice certain vet lanes or certain horses showing heart rates that seem inconsistent with the physiological state of the horse, report it immediately so that it can be investigated.

**K is for Knowing the 30-minute rule and Keeping proof** - Of the time you reported an incident. Report anything suspicious immediately to an Official, they may not be able to act on it otherwise. Keep proof of the time you reported the incident by asking a witness to be present or by immediately sending a text message to the Official and/or the OC to confirm your report.

**L is for Look again and don't be Lulled** - Things look perfectly normal? Look again. Do not be lulled into thinking that no cheating or abuse is going on because things look perfectly fine on the surface. The degree of sophistication of the systematic cheating and abuse is extremely high – and boggles the mind of many who cannot imagine certain people will go to such lengths to unfairly gain an advantage. Do not look through rose-tinted spectacles, use our “laser vision Clean Endurance ones”!

**M is for MEtabolic with TReatment** - Horses put on drips or given other invasive treatment directly after being eliminated must be recorded on the results as ME TR, not just ME. An elimination for ME TR grants the horse a longer Mandatory Rest Period and attributes penalty points to the rider. If you see a horse being taken to the clinic from the vet gate, check if it has been treated immediately and if the results reflect that.

**N is for Nerve blocking** - See Doping and Invasive treatment. Injections of local anaesthetics are generally given in the lower limbs. Look for tell-tale blood specks on the coronet band. Report to an official immediately.

**O is for Obstructing the horse from view** - The horse must be visible at all times on the field of play and especially in the cooling, resting and vetting areas. Horses which disappear behind tents, bushes, conveniently parked cars or large numbers of grooms crowding around it are all suspicious and should be reported to an Official immediately

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**P is for Photos** - Take them every time you see something suspicious and provide the evidence to Officials when you report it. Do not be surprised if the subject's entourage offers you a very large amount of money to buy your phone or camera from you to in order to destroy the pictures.

**Q is for Queuing** - In the vet gate. Is the rider waiting for a particular Veterinarian to become available? Vet lane allocation should be random. See also G for Gaining time.

**Q is also for failed to Qualify** - Once a horse fails to qualify all relevant number bibs must be given back to the OC and may not be used to crew for other horses or gain access to the restricted field of play areas.

**R is for Ringers** - A ringer is a horse and/or rider who are not whom they are supposed to be. FEI horse and rider ID processes are not foolproof. A horse who was not whom it purported to be even got past the Vet ID checks at a previous World Endurance Championship. Horses and riders are also quite frequently swapped while out on the track. If you think you spotted a Ringer – take pictures and notify an Official immediately.

**R is also for Re-inspection** - The Compulsory Re-Inspection must take place no earlier than 15 minutes before the horse is due to go out on the next loop. It is a common way of cheating to present the horse much earlier. An individual re-inspection for a given horse can be requested at any time by any of the vets and it is highly recommended they use this tool for horses that vetted through but that showed potential warning signs (of metabolic distress for example). It is always better to check a horse too many times than not enough.

**S is for Shortcuts** - This happens deliberately as well as accidentally even when transponders are in place. Are there enough checkpoints manned by ride Officials to prevent shortcuts being taken? Are rider bibs checked off against the Master List as they come through checkpoints?

**T is for Transponder** - Is the horse wearing it? Are all the horses on the Master List also on the timing system and vice versa?

**T is also for the Timing system** - Does the time you saw a horse come in off the loop or into the vet gate correspond to the time reported by the Timing System? Does the heart rate you saw in the vet gate correspond to what is reported on the timing system?

**U is for Unsportsmanlike behaviour** - Verbal abuse to or intimidation of officials, volunteers, spectators or journalists and dangerous or disrespectful behaviour by any riders, grooms or entourage of participants anywhere on the field of play should be reported to an Official immediately. The FEI takes this very seriously and it carries a 2-month suspension.

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**U is also for Unauthorized assistance** - Assisting a combination outside authorized crew points, a third party encouraging ( see Hazing) a horse on the track or accepting aid on the track from anyone not authorized to provide it ( a crew member without a number bib for example) should all be sanctioned with a Yellow Card and/or Disqualification.

**V is for Vehicles** - Vehicles are not allowed on the field of play except at designated crewing areas. Following or preceding a horse with a vehicle on the track is strictly forbidden, as is mobile crewing where horses are cooled from the driving vehicle. Hooting the horn, banging on vehicle doors or otherwise using the vehicle to make a horse go faster is strictly forbidden.

**W is for Wetting saddle blankets to make weight** - A common practice to add a few pounds is to throw a bucket of water onto the saddle blanket just before the rider is asked to come and be weighed by an official. Generally done when the combination comes back to the venue after a loop, and easily disguised by the commotion of grooms taking the horse for cooling. Sometimes a leaded saddle cloth is added discreetly underneath the saddle just before weigh in. Ideally, a video is used as evidence.

**X is for eXiting the horse from the field of play during or after the event without authorization** - It is quite common for horses with metabolic or other problems to be shipped off-site after the event without an official travel authorization by the Veterinary Commission. In the past horses have been known to have been taken elsewhere to be discreetly treated or euthanized. Horse cadavers have also been known to disappear from the event venue to be destroyed before the mandatory doping test and autopsy could be carried out.

**Y is for Yellow Warning Card** - Misconduct, abuse, cheating – these are sanctioned by a Yellow Card, followed by Disqualification or penalty points. Make sure Yellow Cards are attributed every time it is warranted, and that the correct procedure is followed. Incorrect behaviour has a separate procedure from all other Yellow Card cases.

**Z is for ZZZZZZ**- Sleeping judges. Wake them up! They have a job to do. Take a picture first if you can.

Thank you for your interest in Clean Endurance - This list is by no means exhaustive and we welcome any suggestions to add to it – [contact.cleanendurance@gmail.com](mailto:contact.cleanendurance@gmail.com)