



## APHC TRAIL RIDER'S HANDBOOK OF SAFETY INFORMATION AND RULES

***Please read thoroughly. If you have questions, please contact the Trail & Distance Coordinator or Ride Manager. Thank you.***

### **GENERAL**

- ❑ One horse per rider is the maximum allowed. The only pack animals allowed are those contracted by the ApHC for use on the trail ride. Please be responsible for your horse at all times.
- ❑ All horses are required to be checked at the pre-designated check-in station for transportation and health requirements.
- ❑ Riders and non-riders alike must be self-reliant and able to handle all situations in adverse conditions.
- ❑ Horses must be 4 years of age as of foaling date to attend rides. Stallions, foals and horses with any contagious disease are prohibited.
- ❑ Participants must be a minimum of 12 years of age for the Chief Joseph trail ride and 10 years of age for base camp rides to attend these events. Those under the age of 18 must be accompanied and chaperoned by a parent or guardian at all times. No minor will be left in camp unattended. The actions of said minors will be the sole responsibility of the parent or guardian. Minors are expected to adhere to any and all rules set forth by the ApHC.
- ❑ *Leave only hoof prints, take only memories.* Our attention to cleanliness will help keep our public and private lands and trails open for future enjoyment. Please be respectful of the land and landowners.
- ❑ The official ride veterinarian and physician have the authority to determine whether any person/animal is able to safely participate in any portion of this trail riding event. The trail coordinator and/or ride manager shall enforce the veterinarian's/physician's decisions.
- ❑ The ApHC requires the same health and transportation papers as the state in which the ride is being held. The ApHC also requires proof of ApHC registry for horses participating in the Chief Joseph Trail Ride. Laws may vary state to state, so you should contact the state's veterinary office, brand inspector's office or Department of Agriculture for those states you plan to travel through. The ApHC reserves the right to inspect papers at any time.
- ❑ All animals will be treated humanely. The ApHC Trail Coordinator and/or Trail Ride Manager or any participating ApHC Board of Director has the right to determine what is to be considered inhumane treatment. Such individuals will be banned from participation, expelled from camp, and will be subject to disciplinary and/or criminal action.

- ❑ The ApHC will announce in pre-ride information if horse feed will be provided, and if so, what type (hay, pellets, etc.). This decision will be determined by the ApHC's special-use permits or by landowner request. Each participant is responsible for being aware of what type of feed is, and is not, allowed on the trail ride. If hay is allowed, hay nets or hay bags are recommended for feeding.
- ❑ Smoking and consumption of alcohol are prohibited while riding on the trail. Firearms are prohibited at any ApHC sponsored event. Local law enforcement agencies will be notified should it be found that an individual or group is in possession of or using illegal substances.
- ❑ Dogs and other pets will not be allowed at group meals or while riding the trail. In camp, they must be caged or on a 6 foot leash at all times. Certain states may require health papers on pets also. The ApHC reserves the right to require that animals that pose a safety risk or create a nuisance be removed from camp.
- ❑ Use of hobbles is not permitted on ApHC trail rides as they do not restrict the horse from wandering and possibly interfering with other horses, equipment or people. When space allows, portable fencing may be used on some rides -- but not the Chief Joseph Trail Ride.
- ❑ No ATV, motorbike, moped or bicycle will be allowed on any ApHC trail riding event. In certain cases the ApHC crew may use such means of transportation as in an emergency or camp/trail duty.
- ❑ Individual campfires will not be allowed.
- ❑ All individuals attending must register and pay fees, or be official guests of the ApHC. Those individuals found participating without registering and paying fees may be banned from participation on future ApHC trail rides and will be required to register and pay fees, including the post entry payment fee, for the ride in which they are in attendance.
- ❑ Individuals contracted by the ApHC will not operate vehicles for trail ride participants. These individuals may operate ApHC trail ride vehicles and their own personal vehicles only.
- ❑ Any ApHC trail ride crew person that is issued crew identity, vehicle identity, radios, or any other trail ride equipment is responsible for returning said items to the trail coordinator prior to camp break-up the last day of the trail ride event. Crew may be charged a replacement fee for items not returned by the last day of the event.

## **HORSES**

- ❑ Please do not bring a mount that does not mingle well with others. This is not a good time for training an inexperienced horse as there are many hazards and new situations he will be exposed to. Horses should know how to cross streams, walk over uneven ground and obstacles and stand tied overnight calmly. They need to be comfortable with crowds of people and other horses.

- ❑ Rental Horses: The ApHC does not provide rental horses. The ApHC may provide names and contact information of potential horse rental sources as a courtesy service. The ApHC accepts no responsibility and makes no guarantee as to the availability, soundness, temperament, disposition or fitness of any horse used on an ApHC trail ride. All contracts and agreements are strictly between the lessor and lessee. All persons renting horses are required to follow the same guidelines and rules as others participating in the ride, including registration, health, and transporting requirements.
- ❑ Vaccinations, Certified Veterinary Inspections and Brand Inspections: each state has its own regulations and requirements. At least one month prior to the ride, consult with your local veterinarian and the state veterinarian's office to which you are traveling for current requirements. *Vaccinations for Tetanus and West Nile Virus are highly recommended.*
- ❑ Conditioning: Horses -and riders- must be in good physical condition and able to spend 6 to 7 hours each day on the trail. A good rule of thumb for conditioning is that your horse should be ridden at least 10 miles 3 times a week by the time the ride starts. Please do not bring overweight horses. You should be able to feel the horse's ribs easily under the skin. If you cannot feel the ribs, the horse is overweight and will prone to complications such as heat exhaustion and colic. Please have your horse shod or hoof protection prior to arrival.
- ❑ Saddle Fitting: You will be spending 6-7 hours in the saddle; it's a good idea to be sure that it fits both you and your horse comfortably. The saddle should be used on the horse prior to the ride to make sure it doesn't cause rubbing or sores. There should be a space for two fingers between the saddle gullet and the horse's withers. Check all other tack and equipment as well. You may want to bring an extra bridle, halter, and lead in case of breakage.
- ❑ Prevent Colic! Sudden changes in feed are a common cause of colic and distress for horses. Gradually change feed to that which you will be using on the trail ride at least 2 weeks prior to the event; 4 weeks or longer is better. Teach your horse to drink from a stream (many are reluctant to do so) as streams will be their water sources on many occasions. A collapsible water bucket is a handy item to bring with you on the trail. It's a good idea to carry some extra water for your horse as well as yourself.
- ❑ Tying Your Horse: Use of hobbles is not permitted on ApHC trail rides because it does not contain the horse. Portable fencing may be used if set up on the outskirts of camp but not on the Chief Joseph Trail Ride. Portable fencing may be prohibited in certain camps due to lack of camp space, etc. Remember when tying to a high-line or picket line you will have more stretch in the rope, so you want to tie slightly shorter. When tying on a picket line, tie horses next to each other on opposite sides of the line. Do NOT tie water or feed buckets to the picket line. When tying in the vicinity of other horses, leave enough space between each animal so they don't become tangled or kick each other. The horse should have just enough slack in the rope to touch the ground with his nose.
- ❑ When setting up your camp, be aware that public land regulations state we cannot tie directly to live trees. High-lines may be put up provided that 'tree saver' straps are

used. No live boughs, branches or bushes are to be cut. Try to select a hard or rocky ground area to tie your stock to help cut down on the disturbance of soil. We want to keep disruption of vegetation and soil erosion to a minimum.

- Don't leave stock unattended for more than a few hours, except for the night. Check all horses just before turning in for the night and first thing in the morning. If you capture a horse that has escaped and you do not know where he belongs, tie him out of reach of other horses to prevent aggressive interaction.

### **ON THE TRAIL**

- Each day before you head out, give your horse and tack a once-over and while on the trail. Check the cinch, reins, breast collar, crupper, etc. Check your horse for any saddle sores, wounds or injuries that may have occurred and make sure his footwear is secure. *Don't forget to check the cinch/girth periodically for loosening.*
- Properly secure items such as camera bags, binoculars and water bottles to your saddle. If your horse should spook or stumble, the flopping of these items could frighten him even more. Securing all items will avoid this common cause of wrecks and injuries on the trail.
- Hydration for Horse and Rider: Each rider should carry a canteen and drink a minimum 4 to 6 quarts of water throughout the day depending on the temperature. When you feel thirsty it usually means that you are already dehydrated. Stay hydrated to prevent heat exhaustion or worse. When watering your horse, it's best to allow him to drink several small portions rather than one large one. During breaks and lunch stops, tie your horse in the shade if possible.
- Please stay on the trail behind the trail boss and in front of the drag scout. Sometimes gaps occur in the line and it's easy to take a wrong turn. We don't want to lose you! If you go out riding by yourself or with friends, you will not be considered part of the trail ride. To prevent erosion, avoid taking shortcuts across switchbacks.
- If riding near livestock or wildlife please pass them quietly, and do your best not to disturb them. Range bulls, moose, or bears can become a sudden danger if they feel threatened. Leave gates as you found them.
- There will be riders and horses with varied degrees of training and experience. For safety and courtesy, don't let your horse crowd into other horses. Trotting or galloping up on or past other riders may upset other mounts – with disastrous results. Let it be known that you would like to pass, wait for a wide spot in the trail, and pass quietly. If your mount has even the slightest tendency to kick, please tie red flagging tape to his tail to make others aware.
- If you must stop on the trail, give those behind you some advance notice, then pull over to the side of the trail. It's a good idea to have another rider/horse stay with you as a buddy for your horse because he is more apt to remain calm.
- If you need the services of the veterinarian or doctor, pull over to the side and contact a scout. Please listen to the scouts and follow their direction. They are there for your safety, that of your horse, and of those around you. Scouts and other crew

are selected by the ApHC and are given the authority to instruct participants and enforce rules. Those who do not cooperate are subject to disciplinary measures by ride management and will be required to leave the ride.

- ❑ If you come up to someone with an injury or with an injured horse, as long as they have someone with them, keep moving. By stopping you may invite the possibility of other injuries caused by nervous or anxious horses. Stopping may also interfere with the arrival of the ride physician or veterinarian.
- ❑ To keep a sound horse throughout the week, be sure to sit center in the saddle, balanced, with your weight evenly distributed. Standing up in the stirrups briefly every once in awhile is a good way to give your horse a quick relief. When climbing, keep your weight forward over the withers to take pressure off his kidneys. Give him a breather when he needs one.
- ❑ When arriving in camp, let your horse stand 15-30 minutes to cool down with the cinch/girth loosened slightly. This will reduce the likelihood of developing "hot spots" which are caused by the sudden release of pressure when a rider dismounts and immediately unsaddles. After you have groomed your horse and he is cooled off, give him small amounts of water until he is satisfied. Feed him after he has watered.

### ***GETTING THERE***

- ❑ Check that your vehicle and trailer are in good mechanical order and don't forget to check the spare tires for both. It's a good idea to fuel up just prior to arriving at the campsite as many locations are remote.

### **CHIEF JOSEPH TRAIL RIDE (CJTR) VEHICLE DRIVERS**

- ❑ Camp crew is ready to caravan to the next camp site at 10:00 am every morning. Lead vehicles (camp crew) must be allowed to leave camp first. These are the people who will lead you to the next campsite, and once they are parked they will direct you to a parking place.
- ❑ Anyone who moves onto the next camp site without camp crew direction will be required to move if they park in a pre-designated spot. Please understand that our camp sites are laid out ahead of time and that land owner permission is often given upon agreement that we observe their special requests. Crew has knowledge of these areas and any special requirements.
- ❑ While driving, please stay approximately two to three vehicle lengths distance from the vehicle in front of you so you don't take a wrong turn. Allow a safe distance between your rig and the one in front of you in case they stop suddenly. You may travel some roads that may not have places to turn around or even pass, so please be aware of your surroundings.



## ApHC Trail Ride Personal Checklist

The following is a suggested list of items for traveling to and attending a trail ride. Some are obvious, some may not be. The items you bring may vary depending on your personal situation, experience and needs.

### Vehicle Checks:

- Fuel tank full?
- Auxiliary tank full?
- Spare gas can full?
- Oil level?
- Coolant/Antifreeze
- Brake fluid
- Power steering fluid
- Tire inflation
- Belts
- Hoses
- Other \_\_\_\_\_

### Vehicle

- Fire extinguisher
- Spare tire – inflated?
- First Aid kit
- Flashlights and batteries
- Maps
- Directions to camp
- Emergency tool kit
- Air pump
- Spare electrical wire and tape
- Spare engine belt(s)
- Jack
- Lug wrench
- Jumper cables
- Tire pressure & Gauge
- Tow chain or strap
- Shovel, bucket and rake**
- Water - for person, horse and radiator

### Horse

- Health Certificate - within 30 days of ride**
- Copy of Negative Coggins test - within 1 year of ride**

- Proof of vaccinations (Per State Requirements –see health certificate)**
- Copy of ApHC Horse Registration Papers (Registered ApHC horse required for CJTR, other ApHC rides are open to all breeds-no papers required.)**
- Proof of Horse Ownership (required by most states, during transport.)**
- Saddle
- Saddle pads
- Saddle bags
- Horse blanket (for cool nights)
- Breast collar
- Hind girth
- Bridle
- Halter
- Lead rope
- Spurs
- Grooming brushes
- Hoof pick
- Horse First Aid Kit
- Insect repellent**
- Tree “savers” for high lines
- Feed bag or bucket
- Water bucket
- Leather punch

### Camp & Trail Gear

- Canteen/water bottles**
- Shelter/tent
- 8 x 10 waterproof tarp or ground cloth
- Bedroll/sleeping bag
- Pillows
- Air mattress
- Binoculars

- Lawn chair
  - Pocket knife
  - Cleaning cloths
  - Notepad, pen or pencil
  - First Aid kit (human)
  - Emergency sewing kit
  - Garbage bags, zip-lock type bags
  - 2 Solar shower bladders and shower tent (CJTR)**
  - 10 ft. Cotton rope
- Chewing gum
  - Other \_\_\_\_\_

### Personal Gear

- Duffel bag or suitcase
- Any medication you may use
- Bathing suit (in case there is access to a swimming area)
- Bandanna or handkerchief
- Extra socks
- Boots for riding
- Comfortable shoes for camp
- Galoshes for wet conditions
- Gloves
- Hat/cap
- Jacket
- Poncho or rain slicker
- Other clothing items such as jeans and shirts (layer clothes and plan for changing weather)
- Sleepwear
- Alarm clock and watch
- Bath towel
- Wash cloth
- Tooth brush and paste
- Dental floss
- Toilet tissue
- Shaving equipment
- Hand soap
- Shampoo/conditioner
- Deodorant
- Comb and/or brush
- Hair ties and clips
- Lotion hand & body
- Sunscreen
- Lip Balm
- Insect repellent**
- Items for contact lenses
- Camera and batteries

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