

PRECAUTIONS FOR HOT WEATHER RACING

When the Heat Stress Index approaches 105 or when Heat+Humidity approaches 150, special care must be taken to insure the safety of participants and race horses. Emphasis should be placed on keeping licensees hydrated and cool, minimizing the heat stress on horses before the race, decreasing heat exposure while horses are on the track, maximizing active cooling post exercise and preparing for effective first aid if needed.

1. Keeping licensees hydrated and cool

-Ice and water for horsemen in the ship-in barns and the race paddock must be provided.

2. Minimizing the heat stress on horses before the race

- Licensed Horsemen's Organizations need to contact their membership to advise trainers to bring extension cords and fans for use in individual ship-in barn stalls.

-Race meet license holders must furnish fans for barn and race paddock aisles.

-Veterinary experts advise decreasing warm-up activity by 50%.

-Hoses must be available to spray horses in the ship-in barns and race paddock.

3. Decrease heat exposure while horses are on the track

-Post time may be delayed 20-30 minutes.

-Post Parade: Horses will go out at 2 minutes to post and be called to the gate at 1-2 minutes over.

4. Maximize active cooling post-race

-Hoses should be available:

a. On track in front of Club House.

b. In front paddock with a hose long enough to reach the outrider's stall.

-Ice for use on horses should be available in the race paddock and on the equine ambulance.

-Iced towels at the gap would aid in cooling and could be re-used for multiple races.

5. First aid response

-A horse with heat stroke could go down anywhere from the back side of the race track to the ship-in barns. A mobile response will be required to meet this need as hoses cannot cover all of the area involved. The mobile response must include:

a. A horse ambulance with ice water.

b. A water truck with a hose attachment, filled with cool water.

