**Welcome to the On The Hoof Distance Training Night Ride!**

We are pleased that you can join us in this new training opportunity. The information contained in this document is designed to prepare you for the ride.

**Venue**

The venue is the Top Car Park at Hankley Common. The nearest postcode is GU8 6LW. This will take you to October Farm which is at the bottom of the lane leading up to the car park (Do NOT pull into their driveway). If you need more detailed instructions to the venue please email onthehoofdt@hotmail.co.uk with your address.

Please be aware that the lane up to the car park is pot-holed; please drive slowly.

**Arrival**

You are to arrive at the venue at 1750hrs. Do NOT unload your horse.

There is a central brief at 1800hrs. This will consist of a route briefing, finalise any safety points and ensure that you all have the relevant kit and equipment.

**Start Time**

Your start time is 1830hrs. Ensure you report to the Timekeeper on your departure.

**Route**

The map can be downloaded – if you are unable to print it, please email onthehoofdt@hotmail.co.uk and we will bring a printed version for you. Please study the map now. There are no road crossings less for the lane that you drive up and riding through the Golf Club Car Park (the Golf Club will be closed).

There are 4 manned Checkpoints and we will have stewards at various other places on the course. The 15km route is on (mostly) wide sandy tracks, through the open common, the golf course and some woodland. The course will be marked with glow sticks and arrows, and tape will be used to either identify a hazard or a turn.

**Equipment**

All riders must carry/wear the following:

* MAP (and compass)
* TORCH – suggest a head torch that has a red and white light. The red light should be used when looking at the map, the white light should only be turned on in an emergency (otherwise you will damage your night vision)
* PHONE – we MUST have your phone number at the venue.
* BASIC FIRST AID KIT - something to do immediate first aid for horse or rider
* WARM/WET KIT - the ride will take place in all but the most severe weather – it is November and may be wet, windy and cold!
* Reflective Clothing – there are no road crossings but it will help us find you if we need to!
* EMERGENCY CONTACT WRISTBANDS – provided by onthehoofDT
* WHISTLE – provided by onthehoofDT

**RULES**

The following rules apply:

* All riders must be in a pair at a minimum. You must NOT split up at any time on the course. If one rider has to stop, so does the other one.
* All riders must download “what3words” as a safety measure. “what3words” is an app that can help us and the emergency services locate you to within a 3m square. THIS IS NON-NEGOTIABLE. Part of the check in process will be to confirm you have downloaded the app.
* It is strongly encouraged that iPhone users allow one of the organisers to follow them on Find My Friends – this is a tracking app and may help save time if we need to come to you.
* This ride is not a race – there is a minimum speed of 5kph (i.e. you must keep walking) and a maximum speed of 12kph.
* Your safety is our priority but you must also help us help you. Listen to all the stewards, study the map and ‘read’ the ground when you are on the ride. Look out for the markers, check for holes, camber, different terrain and anything that may cause an issue for you or your horse.

**Grid References**

You should know how to read a grid reference. Remember “along the corridor and up the stairs”. A 6-figure grid reference will be far more accurate.

**On completion of the Ride**

Ensure you report to the timekeeper to log you back in.

Sort out your horse and either put back in the box or leave with a responsible person (horses MUST be supervised at all times)

Come and collect your times/rosettes/hot soup

Clear up any droppings and hay piles

Have a safe journey home!

**Emergency Actions**

**Action on Injury (Rider)**

**STOP!**

Assess the situation – is the rider conscious?

If not check for breathing, pulse and bleeding.

If not breathing/no pulse dial 999 immediately and start CPR (if confident).

Use ‘what3words’ to tell the ambulance service where you are.

When appropriate call the emergency number to let the organiser know and we will send out the first aider immediately.

If there is bleeding try to stop it using your fist aid kit.

If the rider is conscious make a decision if you need the emergency services (for example if they are unable to move) or if you just need assistance from the first aider or to get back to the venue.

**Action on Injury (Horse)**

**STOP!**

Assess the situation – is it safe for you to help the horse? We do not need human casualties too!

Apply immediate first aid.

Call the emergency number to get through to the Organiser.

**Action on Lost**

**STOP!**

Look around – can you see any glowsticks or a CP?

ONLY If you can **see** the CP, head back to it and start rejoin the route – take care if are not on the marked route.

Glowsticks are all on the left (except for the 2-way section at the start and any right turns). If they are on your right you are going in the wrong direction.

If you cannot see any route markings, use the “what3words” app to send us your location and we will either come and find you or talk you back onto the route or to a safe place for collection.

DO NOT SPLIT UP – stay in your small groups at all times.

**What3words**

What3words is a location tool which has assigned every 3m square in the world a unique 3 word address that will never change.

It is being used by Surrey Police and South East Coast Ambulance Service to help locate people in emergency situations.

**To find your location**

Open the app.

Press the compass icon in the bottom right corner.

Navigate to your exact location.

Zoom in to the screen until the grids come up.

Choose the square you want to know the 3 word address for.

3 words should show in a white box toward the top of your screen.

This is your 3m squared location.

You can change between satellite and map view – use whatever is easier for you to navigate.

**To share your location**

Follow above instructions.

Once your 3 words show use the ‘share’ button in bottom left corner.

Choose ‘message’

Type in phone number (use the one on your wrist band)

Press send.

Then **STAY STILL** until we find you.