

# REDWOOD RIDE II – 2020: *RULES OF THE RIDE*

**GENERAL RULES:** Here are the general rules for the 2020 Redwood Ride. Please read them carefully. Every participant (rider, volunteer, veterinarian and staff) **MUST** follow these rules.

- 1. Facial covering (mask):** Every participant (rider and volunteer) must wear a mask that covers nose and mouth whenever in a public area. Individual camp sites (with at least 12 ft. from neighboring campsites) are considered to be private areas, as are resting places at the vet check (with at least 24 ft. from another participant or volunteer). Think of your safe space as your “COVID-19 Bubble.” This rule also applies when on the trail, if you dismount to walk or give your horse water. Every rider will have received a mask. Wear it or your own personal mask! The **ONLY** exception to this rule is when you are mounted on your horse and at least 24 ft. from the nearest other rider or at your campsite (without outsiders).
- 2. Social distancing:** We must “social distance” throughout the entire event. What, exactly, does that mean? When in your campsite, keep at least 12 ft. distance from adjacent campsites and public areas. When on the trail (mounted on your horse), keep at least 24 ft. from the closest rider. If you stop to give your horse water, give other riders adequate space – 24 ft. if mounted and 12 ft. if off the horse. When in lines, to see a veterinarian or pick up food, etc. keep at least 12 ft. distance. Humboldt County (and California) says that only members of the same household may congregate in a campsite without facial covering.
- 3. Screening at entry to the campground:** All people (riders, volunteers, etc.) will be screened before they may enter. Screening includes a temperature check using a non-contact infrared thermometer and answering a COVID-19 symptoms questionnaire. To gain entry, each person must have pre-registered, either as a rider or as a volunteer.
- 4. Hand washing and sanitizing:** Whenever possible, wash your hands. You will find bottles of liquid hand soap at all sources of running water in the camp. Use them! Common contact areas away from running water, portable toilets or restroom doors, for instance, will have conveniently placed bottles of hand sanitizer. Sanitize your hands before (and after) you come in contact with any surface that will be contacted by others. We have eliminated many of the normal contact surfaces (rider “vet” cards, registration tables, etc.) in order to minimize surface contact. Pulse-taking has also been eliminated. Volunteers may wear nitrile exam gloves.
- 5. Surface cleaning and sanitizing:** Keeping common contact surfaces clean and sanitary is everyone’s job. You will find bottles of sanitizing spray and paper towels in common contact areas, bathrooms and portable toilets, for instance. Stay aware of surfaces. Help by taking a moment to spray and wipe common surfaces.
- 6. Pack out all trash:** Leave your campsite clean when you depart. Manure may be placed in the designated place on the side of the levee, but all trash must be packed out.
- 7. Be aware and do your part:** To meet COVID-19 requirements, many procedures common to rides in the past have changed. Be aware and support this effort to keep everyone healthy. Use separate buckets of water, not drinking troughs, for sponging and scooping. Listen for instructions and be aware. Monitor the outline of your bubble at all times. Stand on the opposite side of your horse from the veterinarian. Try to position yourself at the start of the ride so that you will pass (or be passed by) the least number of other riders after you enter the park. Look out for others. Do not expect volunteers or staff to be police!

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**PRE-RIDE VETERINARY EXAM:** All pre-ride veterinary exams will take place “by appointment.” Make sure to obtain your appointment time at the entry gate to the campground. Entry times are given as “Rider Packets” are handed out.

When you go to your pre-ride exam, bring your “rider bib,” filled out with your emergency contact information.

**START AND FINISH:** Because of COVID-19 and regulations imposed by the State of California and Humboldt County, both start and finish procedures have changed significantly. Please read them carefully, so you fully understand them. In both cases, riders must maintain single file and keep appropriate distance – 24 ft. if mounted on your horse or 12 ft. (masked) if on foot.

The **Start** of both the 50 and 35 mile rides will be a “controlled start.”

1. Riders will line up and proceed single file to the start point, then up a narrow trail to the Redwood Creek Levee.
2. A “start timer” will “gate” riders onto the levee for their start. All riders must wait for their “gate” to be opened before they proceed.

At the **Finish**, the procedure is basically the reverse of the start.

1. Riders may race to cross the finish line (WITH ESPECIAL CARE. The finish line is on an elevated levee) but, once across the finish line, they must maintain a single file with appropriate distancing (24 ft. if mounted, 12 ft. if dismounted and wearing facial covering).
2. They may then proceed, single-file (keeping finish order), down off the levee to the **IN-TIMER**.
3. The **IN-TIMER** will record each rider’s in-time (finish time for 50 mile riders), and a volunteer provide a “Post-it” that contains their rider number and in-time.
4. All riders have 30 minutes after crossing the finish line for their horse to reach pulse criterion (60 bpm). A volunteer will verify pulse and provide a second Post-it. They must show for a veterinary completion exam within 60 minutes after their in-time. Present both Post-its to the veterinary scribe. All completion exams are “tack off.”

**35 mile riders** follow a procedure similar to that of 50 mile riders, but their finish time is determined by the time that their horse reaches pulse criterion (60 bpm).

Top Ten riders wishing to show their horse for **Best Condition** will be directed to proceed immediately to the cooling-off area to be weighed. You **MUST** be weighed at that time, or you will not be considered for BC. A volunteer will weigh, record weight and add the weight to the rider’s pulse-time Post-it note. Present for BC exam and CRI at one hour after your finish time. It is **STRONGLY** recommended to get your completion exam ASAP after pulsing down. If you arrive, long line or not, wanting to show for BC and completion exam at same time, you will not be considered for either if longer than 60 minutes past your finish. Time leeway will be given for long lines for the BC exam, but not the completion exam.

Our veterinarians recommend that riders proceed to their completion exams as soon as possible. Volunteers will direct riders to the exams (same place as pre-ride exams) and manage the queue.

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**VET OUT-CHECKS:** All vet out-checks are of the “gate and hold” type. Riders should follow entry, veterinary exam, hold and exit procedures:

## Entry:

1. **Approaching the vet check:** To minimize unnecessary contact, we will have minimal staff at the vet check. Please approach the vet check in a way that will not lead to clustering or back-flow of riders and horses. Ideally, walk (or dismount and walk) from the “1/4 Mile to Vet Check” sign to the vet check area.
2. **Entry Gate:** Once at the vet check, each rider should monitor the pulse of their horse. When the horse has reached pulse criterion (60 bpm) – which may be upon arrival – they may step into a “pulse-timing box.” By stepping into the box, the rider will declare that their horse has met pulse criterion, and the rider’s **hold time “clock” will start.** Pulse will be verified by a volunteer, which may take a few minutes, but will not affect the actual pulse time. The vet check will not have the customary P&R volunteers. Rather each rider will determine when their horse has met pulse criterion, to be verified by a “pulse-checker.” All horses must reach pulse criterion within 30 minutes of arrival at the vet check.
3. The **IN-OUT TIMER**, will record arrival time, pulse time, calculated out time and actual time out. A volunteer will furnish each rider with a Post-it note that contains rider number, in-time, pulse time and calculated out time. This note should be presented to the veterinarian, who will initial it to denote that the rider’s horse is fit to continue. (Later, use it to exit the vet check.)

## Veterinary Exam:

4. As soon as reasonable after their horse has reached pulse criterion, riders should proceed to the veterinarian. The veterinarian will re-check the horse’s pulse. Exams at 60 minute holds are “tack off.” At 30 minute holds, removal of tack for the veterinary exam is optional.

## Hold:

5. Riders should take crew bags (laid out according to ride length) and proceed to a place designated to be 24 ft. from the next nearest rider. (They may do so while cooling their horse before proceeding to the pulse-timing box). There, they may remove masks to rest and eat lunch. Water, hay and mash will be available for horses, but riders should furnish their own drinking water and food.

## Exit:

6. When the rider’s hold period has finished and the veterinarian has given authorization to return to the ride, the rider should proceed to the *Exit* from the vet check. There, the **IN-OUT TIMER** will authorize the rider to return to the trail (“Exit Gate”). Post-it notes should be placed in the “Exit Box.”
7. Riders will leave the vet check in a controlled manner, as controlled by the **IN-OUT TIMER**. Riders must maintain a minimum 24 ft. spacing between departing riders.