

Board of Directors Report  
OF  
EQUINE DISTANCE RIDING ASSOCIATION  
Meeting at Grant County Fairgrounds, March 15, 2019

The purpose of this meeting was to share with membership the accomplishments of the organization and have informal discussions on issues of interest or concern. No formal votes were taken. Action items are listed in **bold**.

Kathleen Ferguson, President, opened the meeting by welcoming new members present: Trudy Kinkead, Chad Cozby, Sierra Westlake, Darlene Fraser, and Lucia Muller. General discussions on the following topics were introduced.

I. Concussion protocols at distance events: Carol Giles, Chair of the Crisis Response Committee, did a Powerpoint presentation on head injuries, specifically focusing on the assessment of concussions (Traumatic Brain Injury or TBI). **The Chair recommends that EDRA establish an education plan for all Ride Managers and Stewards to evaluate folks at a ride site who take falls and for whom the possibility of a concussion exists.** Goal is to stay healthy to ride another day. Background: Forty-five percent of all head traumas seen in the ER are due to equestrian incidents. More than almost all sports combined. Sixty percent of equestrian deaths are caused by head injuries. A 2007 study by OSU predicts that 1/5 equestrians will be injured during their time in the saddle. Acute head injuries are not cheap—estimated cost of care is \$25,000 a day.

A concussion is a type of brain injury—serious, but it can be difficult to assess. It is caused by a bump, blow, hit to the head, or whiplash effect. It is possible to get a concussion without hitting one's head. It can be mild to severe and can lead to prolonged brain damage, especially after the first one. Headaches, nausea, blurred vision, low energy, foggy feelings, drowsiness, inability to recall events, or repetitive questions are just some of the symptoms. Ron Sproat suggested that we recommend that if anyone is on Coumidin or Warfarin (blood thinners) they not participate in the ride. Discussion regarding personal responsibility; no action proposed.

Carol has found large laminated posters and she recommends **that these be posted at every registration table at ride camps.** The posters have the 5 steps of assessment for BI. If the person fails any one of the assessments, **Carol recommended that EDRA have a policy in place in the event that a rider insists on continuing (see minutes from Saturday, March 16 AGM for said policy).** Julie suggested that small cards could be printed with the five steps to be given to every rider.

Any event that occurs needs to be recorded in the Steward's handbook.

Helmets don't prevent brain injury but reduce the chances by 50%, so EDRA should be lauded for its helmet requirements. At maximum, helmets should be used for only FIVE years from their date of manufacture (found on inside of helmet). If buying online, make sure to find out

the date of manufacture before purchasing. Most companies will replace for a reduced cost. Don't store your helmet in the trailer. Other tips: Ride safely! Don't take action on the trail that puts people in danger. Be especially cautious at water tanks or gates. Be cautious at starts. Pay attention to horses when in a vet line. Ride Safe, sane horses. Be aware if a rider is having a problem and ask what you can do to help. Check your cinch before you get on. Check your gear before each ride. Refrain from using medication that impairs your judgement.

It was suggested that **EDRA explore obtaining Spot trackers and purchasing a basic medical kit for the EDRA trailer.**

**Carol's Powerpoint will be on the website and available to members under the Education tab. All Stewards and Ride Managers need to review the Powerpoint and contact Carol for posters.**

2. Youth and Mentor program: Stevie Jacobson is the new Chair of the Youth committee. Darlene Merlich and Jennifer Kaplan are the other members. Darlene shared some overarching principles that were agreed upon and **will present to the BOD prior to the next meeting.**

3. Water tank numbering for safety: Install numbers on each of the water tanks so that if a rider or horse is lost, they could refer to the last tank they passed by its number. **Terry James has the numbers and will send them to Guy for installation prior to the first ride of the season.**

4. Accuracy of Weight divisions: When you renew each year, it asks you about your weight division. If you don't check it, it will default to the same as last year. You can go to the website and see what division you're in. You should change if needed at the beginning of each year.

5. Logbook Use: Question was posed: are they achieving their original goals? No. No one is using them at pre-ride vet inspection. Consensus was to make an effort to ensure that people start bringing them to pre-ride vet checks. A number of members indicated they really liked them, and brought them not just to EDRA distance events but other competitions as well. Kathleen recommended forming a committee to explore making log books more effective (see Saturday minutes).

6. Ideas for pre-ride clinics: Headstall and bit fit, saddle fit, how to pulse, trailer safety, stop the bleed, how to fit helmets, info on spot trackers, pacing, passing on the trail/trail etiquette, ride start warmups. **Education Committee (Robin Leigh Burns) will seek out volunteers and set up pre-ride clinics for the season.**

7. Ongoing Safety Actions-SafeSport: SafeSport training was developed in an effort to help increase awareness of the signs of child abuse in a sporting/coaching environment. Federal law now requires all amateur sport organizations provide opportunities for training to key individuals. AERC has decided it doesn't apply to them. However, there is the potential for liability if anything occurs. Much discussion as to the pros and cons. The training is easy to

access, costs \$20 and is online. Records of who has taken the training need to be kept. Chair Carol Giles recommended that all board members, chairs, and vets take the training, and that we consider moving towards requiring it of all junior sponsors. Another distance riding organization (SERA) is thinking about having TWO sponsors per junior. Ideally, all members would find it useful and take the training.

8. Drug Testing: Three rides were tested in 2018; all tests were negative. Carol Giles shared the new Therapeutic Exception in the FEI Drug Policy and Protocols (which EDRA essentially mirrors). Specific to Peroglide: now an allowable substance as long as the Person Responsible has applied for a Therapeutic Exception (see addendum to drug rules).

### **Committee Reports:**

Service Program: Erin Putnam, Service Program Coordinator, shared that she has had 56 individuals participate in the service program (currently about 1/3 of the membership). She's certain there's many more who just haven't filled out their service hours report. The report needs some adjustment as some people are having a hard time with it, so she encouraged folks to simply send her an email with their hours, what event, and what activities they completed. Gold, silver and bronze medallions are for all who complete the required number of hours.

Mentor Program: Lois Fox is the new chair. She would like all mentors to contact her, indicate who they are mentoring, and what, if any, focus they prefer. Having a mentor is a benefit of membership. Please make sure your mentees have rejoined. She would like to have a way for mentors to communicate with one another. She noted that Darlene set up a Facebook page but the mentors are not using it. She will try email to see if that is more effective.

Education Program: Robin Lee Burns indicated she has a goal this year that through Instagram, she'll do a little post before every ride and post a picture from that ride from the previous year. She would like a more interactive Facebook page and encouraged folks to post their pictures and comments. Robin is in charge of the Friday pre ride clinics so please contact her with any suggestions.

Awards Program: Sue McLain, Awards Program Coordinator, reported that all is good so far. Any questions or concerns, please contact her.

Steward Program: Tom Dean is new Coordinator. He reported that two Stewards have stepped down so we have need for two new stewards. We still have two rides that are not covered: Grizzly and the Mary and Anna Memorial ride. He volunteered to develop draft criteria/qualifications for Stewards. Tom will also be developing an open book exam for Stewards as well.

Elections Committee: Kathleen Ferguson indicated we need members on this new committee

so that by 2019 elections we have the ability to vote online to encourage more participation in the voting process.

**Other topics:**

Carol Giles did a brief explanation and Power Point presentation on the roles, responsibilities and structure of FEI and USEF. Powerpoint can be found on the education page on the EDRA website.

EDRA is growing, but if it is to become truly a national organization, careful thought needs to be applied as to how we grow nationally. Volunteers simply can't run a national organization effectively. The concept of franchising has promise—whereby a defined region or geographic area becomes relatively autonomous, with the role of the 'umbrella' organization as ensuring that EDRA principles and rules are applied. Kathleen Ferguson suggested that a committee be formed that includes both founding and new members of the current EDRA organization. See Saturday AGM minutes.

Meeting concluded at 9:45 pm.

Please note: there is an addendum to these minutes. It is a progress report on the goals established for 2018.