



Visiting International Trainer (including New Zealand) 2018/19

(1 Aug 2018 to 31 Jul 2019)

Important: A Visiting International Trainer Licence is granted on the condition that the Applicant (Trainer) holds a current and active Trainer Licence issued by his or her home-based Racing Authority. Should the Trainer's home-based Registration expire, cancel, be revoked or become inactive for any reason, any Visiting International Trainer Licence issued by Racing Victoria will cease immediately and the Visiting International Trainer will *not* be licensed within Victoria.

OFFICE USE ONLY		
Received date:	Reviewed by:	Application Complete:
Probity Check:	Payment received	Date of Approval:

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Personal Details (all fields must be completed):

Title:	First Name:	Surname:	D.O.B.:
Contact Number in Australia:		Email:	
Home Address:			
Provide an Australian postal address for the issuing of your Identification Card. This Card will permit entry to the Racecourse, Scales and Horse Areas.			
Next of Kin (contact in an emergency) Full Name:		Next of Kin Phone No.1:	
Next of Kin Relationship:		Next of Kin Phone No.2:	

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Supporting Documents:

I confirm that I have provided the following:	<input type="checkbox"/> a Racing Clearance from the Racing Authority with which I'm licensed as a Trainer; <input type="checkbox"/> a copy of my International Bank Details form (included in this pack); <input type="checkbox"/> a copy of my Passport; <u>and</u> <input type="checkbox"/> a colour passport-size photo.
I confirm that my current Australian Visa status is (please tick <u>one option</u>): N/A FOR NZ APPLICANTS	<input type="checkbox"/> I currently hold an Australian Visa that permits me to carry out this role and have attached a copy; <input type="checkbox"/> I have applied for the following Australian Visa and attached a copy of my application confirmation; Visa Type <input type="text"/> Date of Application <input type="text"/> Reference <input type="text"/>
I confirm that I have read and understood the enclosed attachments:	<input type="checkbox"/> Notices to Trainers; and <input type="checkbox"/> Banned Substances Information Sheet.

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Training Information (all fields must be completed):

Horse(s) Arrival Date (Your first horse to arrive in Melbourne)		Horse(s) Departure Date (Approximate if not yet confirmed)	
Name of horse(s) to be trained in Victoria	1.	4.	
	2.	5.	
	3.	6.	
List the major race(s) in which you intend to complete (Targeted races only)	1.	3.	
	2.	4.	
Provide the Full Name and Phone Number of the Stable Employee responsible for the horses in your absence :			
Provide the Full Name and Phone Number of the Vet employed by you while in Victoria:			
List of additional Stable Employees attending to your horse(s): In accordance with LR 39A as follows: STABLE EMPLOYEES LR 39A No employment unless registered A trainer must not employ or retain in employment any person in connection with the training, management or care of racehorses unless such person is registered in accordance with LR 39B or is otherwise licensed under the Rules. [amended 1/8/09]	Full Name:		
	Full Name:		
	Full Name:		
Full Name:			
Full Name:			
In carrying out your training function: (a) Is any part of your training business operated through a Company structure? (b) Are you employed by a Company? Yes <input type="checkbox"/> Please complete the following questions relating to the Company (additional company details to be attached): No <input type="checkbox"/>			
Full Name of the Company			
ACN (Overseas equivalent)			
List all Directors and Shareholders of this Company	<div style="border: 1px solid black; height: 150px; position: relative;"> <div style="position: absolute; top: 5px; left: 5px; right: 5px; bottom: 5px;"> <div style="border-bottom: 1px solid black; margin-bottom: 5px;"></div> <div style="border-bottom: 1px solid black; margin-bottom: 5px;"></div> <div style="border-bottom: 1px solid black; margin-bottom: 5px;"></div> </div> </div>		

<p>NZ APPLICANTS ONLY</p> <p>Where is the horse(s) being stabled? (Full property address required)</p> <p>Who is the owner of this property? (Full name)</p> <p>If this property is occupied by another licensed trainer, please supply his/her full name:</p>	<p>(Note: Horses must be stabled at Racing Victoria-approved premises only)</p> <div style="background-color: #cccccc; height: 30px; margin-bottom: 10px;"></div> <div style="background-color: #cccccc; height: 30px; margin-bottom: 10px;"></div> <div style="background-color: #cccccc; height: 30px;"></div>
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Declarations for Trainer (all fields must be completed):

<p>I currently hold an active Trainer Licence issued by my home-based Racing Authority.</p>	<p>Yes <input type="checkbox"/></p> <p>Racing Authority that granted this Trainer Licence (E.g. NZTR, BHA, France Gallop, JRA etc):</p> <div style="background-color: #cccccc; height: 30px;"></div>
<p>Are you currently under any ban/restriction or have any pending matters yet to be determined by any Racing Authority or Racing code (including Racing Victoria)?</p>	<p>Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>If Yes, please explain the circumstances:</p> <div style="background-color: #cccccc; height: 30px;"></div>
<p>Have you ever been suspended, disqualified or refused a licence, permit or registration by any Racing Authority or Racing code (including Racing Victoria)?</p>	<p>Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>If Yes, please explain the circumstances:</p> <div style="background-color: #cccccc; height: 30px;"></div>
<p>Have you, in the last 10 years, been:</p> <p>(a) found guilty of a criminal offence? (b) imprisoned? and/or (c) placed on parole? (d) Note: Should Racing Victoria discover through a National Police Check or other means that this has been answered incorrectly, you may be stood down.</p>	<p>Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>If Yes, please explain the circumstances:</p> <div style="background-color: #cccccc; height: 30px;"></div>
<p>Are there any current criminal proceedings (or charges) pending against you?</p>	<p>Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>If Yes, please explain the circumstances:</p> <div style="background-color: #cccccc; height: 30px;"></div>
<p>Rules of Racing:</p> <p>I acknowledge that I am bound by the Rules of Racing of Racing Victoria and of any other Principal Racing Authority in which I perform stable employee-related duties (Rules), and I agree to familiarise myself with these Rules, including the Rules relating to stable employees and amendments made to these Rules from time to time.</p>	
<p>National Police Record Certificate:</p> <p>In circumstances where Racing Victoria's Intelligence and Compliance Unit sees fit, I consent to obtaining a National Police Record Certificate and providing it to Racing Victoria (if contacted by Racing Victoria or an appointed CrimTrac accredited agency).</p>	
<p>Criminal Charges:</p> <p>After submitting this Application, I acknowledge that I must inform Racing Victoria's Intelligence Compliance of any criminal charges laid against me within seven days of any charges being laid. Updates must be sent by email to jcu@racingvictoria.net.au.</p>	

Personal Bankruptcy and/or Company Insolvency:

After submitting this Application, I acknowledge that I must inform Racing Victoria's Intelligence and Compliance Unit within 7 days to icu@racingvictoria.net.au if:

Yes, I acknowledge ☐ No ☐

- (a) I am declared Bankrupt; and/or
(b) A Company which I use as part of my training function/business, and/or which employs me as a trainer, becomes insolvent (including: Voluntary Administration, Liquidation or Receivership).

Licensing Condition:

I acknowledge that a Visiting International Trainer Licence is granted on the provision that I, hold and keep active an equivalent Trainer Licence within my home Country which is granted by the relevant Racing Authority.

Yes, I acknowledge ☐ No ☐

I also acknowledge that should I, for any reason, not continue to hold or keep active an equivalent Trainer Licence within my home Country then any Visiting International Trainer Licence issued by Racing Australia will cease immediately and I will no longer be licensed as such within Victoria.

5**Public Liability Insurance Premium:**

Retain a copy of this form for your taxation records

RACING VICTORIA LIMITED
ABN 88 096 917 930
Tax Invoice Receipt
Total amount payable (Inc. GST)

Public Liability Insurance

For queries on this policy, please contact the Australian Trainers' Association on 03 9372 1688.

Fees schedule as follows:

\$400.00 flat fee covering the period of 15th AUGUST to 15th DECEMBER; and/or an automatic deduction of a further **\$100.00** per any other additional month.

Credit Card Type (Please circle):

Credit Card Number:

MASTERCARD / VISA

Cardholder's Name (Please print):

Credit Card Expiry Date (MM/YY):

Credit Card Verification (CVN)

American Express Only

Cardholder's Signature:

Today's Date (DD/MM/YY):

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Acknowledgements:

PRIVACY STATEMENT:

Racing Victoria is the body responsible for and carries out the functions of: determining and issuing occupational licences authorising persons to participate in the Victorian thoroughbred racing industry ("Licensed Persons"); supervising Licensed Persons; administering and promoting racing; and such other functions as may be described in its privacy policy published on its website from time to time ("Privacy Policy"). In the course of performing its functions, Racing Victoria may seek personal information from you for the purposes of:

- making determinations in relation to your licence application, renewal or continuance;
- meeting supervisory responsibilities in relation to you as a Licensed Person;
- promoting or protecting the integrity of the thoroughbred racing code and ensuring compliance with the Rules of Racing;
- administering and promoting racing operations (including your participation in races and the industry); and
- any other function or activity described in the Privacy Policy.

For these purposes, Racing Victoria may also obtain personal information about you from, or disclose your personal information to, third parties such as enforcement bodies, government authorities, other racing control bodies in the States and Territories of Australia and overseas, wagering service providers such as bookmakers, totalisators, and betting exchanges, educational or training institutions and to other persons for any of the purposes described above or as otherwise provided by law.

Unless otherwise advised by you, your image, name and contact details may be published monthly in the Inside Racing Magazine and also disclosed to and published by Racing Victoria and its associates (including Racing.com, clubs and Racing Information Services Australia Pty Ltd) to facilitate your participation in racing and the promotion of racing.

You may make a request to Racing Victoria to gain access to information held by Racing Victoria in relation to you by writing to the Privacy Officer, Racing Victoria, 400 Epsom Road, Flemington, 3031. Should you decline to provide personal information to Racing Victoria when requested by Racing Victoria as part of its licensing and supervisory activities, Racing Victoria may refuse to grant or renew such a licence or may revoke or suspend your licence.

AR 175B.

- a. A trainer must not lay any horse that is either under his care, control or supervision or has been in the preceding 21 days.
- b. Any person employed by a trainer in connection with the training or care of racehorses must not lay a horse under the control of the trainer for whom he is or was employed, while so employed and for a period of 21 days after ceasing to be so.
- c. A nominator must not lay any horse that is or may be entered by him or on his behalf, provided that a bookmaker may lay a horse in accordance with his licence.
- d. A rider's agent must not lay any horse to be ridden by a rider for whom he is agent.
- e. Any person who has provided a service or services connected with the keeping, training or racing of a horse must not, within 21 days of having last done so, lay such horse.
- f. It is an offence for any person to offer an inducement to a participant in racing with the intention of profiting from a horse not participating in the event to the best of its ability. [adopted 19/10/06]
- g. For the purposes of this rule "lay" means the offering or placing of a bet on a horse
 - a. to lose a race, or
 - b. to be beaten by any other runner or runners; or
 - c. to be beaten by any margin or range of margins; or
 - d. that a horse will not be placed in a race in accordance with the provisions of AR 157. [adopted 15/2/07, amended 1/10/07]

AR 175C.

In circumstances where it is an offence for a person to lay a horse under AR 175B it shall also be an offence for that person to:

- a. have a horse laid on his behalf, or
- b. receive any moneys or other valuable consideration in any way connected with the laying of the horse by another person.

LR 66A Person employed must not lay a horse

For the purposes of AR 175B (2) a person employed by a trainer in connection with the training or care of racehorses includes any person registered in accordance with LR 39B and any reference to employment includes a reference to such registration. [adopted 4/4/08]

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Declaration and Signatures

I, the Visiting International Trainer hereby:

- Declare that all details in my application are true and correct;
- Acknowledge and agree to be subject to and bound by:
 - The Rules of Racing of Racing Victoria as amended or varied by Racing Victoria from time to time; and
 - Such Rules and directions as may from time to time be formed, made or given by the Directors, Stewards or official of any Club;
- Acknowledge that I have read this application in full, including the Privacy Statement and the Rules of Racing displayed on this application form;
- Acknowledge that Racing Victoria may request further information from me in respect of this application;
- Consent to Racing Victoria obtaining personal information about me from others and using & disclosing my personal information as noted in the Privacy Statement; and
- Declare that I am aware of restrictions on me in relation to betting under AR.175B, AR 175C and LR 66A of the Rules of Racing.

Sign Here:

Today's Date:

Racing Victoria (RV) International Bank Details - Trainer

First Name	
Surname	
Email Address	
Racehorse Name/s	

Please provide nominated account for Prizemoney Payments:

☐ **Weatherby's** - I hereby instruct RV to transfer direct into Weatherby's account

Or

☐ **Non Weatherby's** - I hereby instruct RV to transfer direct into below account:

Beneficiary Name	
Beneficiary Address	
Bank Name	
Bank Address	
Account Number	
IBAN number	

Sign Here:		Date:	
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NOTICE TO TRAINERS: SPECIFIED SUBSTANCES FOR OUT-OF-COMPETITION TESTING



AR.177B(2) is the list of specified substances and categories of substances for the purposes of the out-of-competition testing rule AR.177B.

The list must be periodically updated to include new substances and classes of substances that are identified by Racing Australia as risks to the integrity of racing and or to the welfare of horses.

The updated AR.177B(2) contains three additional classes of substances and a change in order to a more logical progression.

Racing Australia is of the view that these three substances have no place in the treatment of racehorses and that their use is a risk to the integrity of racing and the welfare of horses.

The three new categories of substances in the re-ordered list AR.177B(2) are:

- (i) AR.177B(2) (g) haematopoietic growth factors, including but not limited to filgrastim.
- (ii) AR.177B(2) (l) corticotrophins, including adrenocorticotrophic hormone (ACTH) and tetracosactrin (tetracosactide), and corticotrophin releasing factors.
- (iii) AR.177B(2) (w) zoledronic acid and any other bisphosphonate drug not registered for veterinary use in Australia.

Date of Effect: 1 November 2016

According to AR. 177B(5) any person who has in his possession any substance or preparation that could give rise to an offence under AR. 177B(2) if administered to a horse at any time shall be guilty of an offence and may be penalised.

Please direct any queries to the Racing Victoria Department of Veterinary Services.

NOTICE TO TRAINERS: P-BLOCK & OTHER UNREGISTERED INJECTABLE PRODUCTS



Racing Victoria Stewards are aware of the existence of products labelled or known as “P Block”, “P Block Injection” and “Sarapin”, and other unregistered injectable products for horses containing, or purporting to contain, sarraceniaceae (Pitcher Plant).

The Racing Victoria Stewards remind trainers that AR 80E provides as follows:

- 1) Any person commits an offence if he has in his possession or on his premises any substance or preparation that has not been registered or labelled, or prescribed, dispensed or obtained, in compliance with the relevant State or Commonwealth legislation.
- 2) The Stewards may take possession of any substance or preparation mentioned in sub-rule (1), and may use it as evidence in any relevant proceedings.

The Stewards give notice to all trainers that:

1. products labelled or known as “P Block”, “P Block Injection” and “Sarapin” are not registered in accordance with Victorian and/or Commonwealth legislation and are therefore not permitted to be in a trainer’s possession or on his or her premises under AR 80E;
2. any other injectable product that contains, or purports to contain, sarraceniaceae (Pitcher Plant) as its active ingredient is highly likely not to be registered in compliance with Victorian and/or Commonwealth legislation and the possession of such substances therefore may lead to the commission of an offence under AR 80E.

Date of Effect: 23 January 2017

The Stewards direct all trainers not to administer or cause to be administered, at any time, any product labelled or known as “P Block”, “P Block Injection” and “Sarapin” or any other unregistered injectable product that contains or purports to contain sarraceniaceae (Pitcher Plant) as its active ingredient.

Trainers are again warned of the dangers of having on their premises and using on their horses any unregistered products, particularly those for injection. Many of these products are not properly labelled, do not list (or accurately list) their active ingredients, and may be contaminated with other prohibited substances, including those listed in AR 177B(2) (prohibited substances which must not be administered at any time).

Please direct any queries to the Racing Victoria Department of Veterinary Services.

NOTICE TO TRAINERS: ADVICE ON THE USE OF INDOMETHACIN IN RACEHORSES



Indomethacin is a potent non-steroidal anti-inflammatory drug and so is a prohibited Substance under AR. 178B(2). The product Cu-Algesic®, which contains Indomethacin, is registered for use in horses. Indomethacin is also available in numerous human preparations for oral, parenteral and topical use.

Indomethacin is a Schedule 4 Drug, which is a Prescription Only Medicine, the use or supply of which should only be by or on the order of a registered Veterinarian.

Trainers are reminded that it is difficult to make any reliable predictions about the clearance of Indomethacin from horses based on the information available. This is especially so if multiple doses or exposures to the drug have occurred. Further, similar to other non-steroidal anti-inflammatory drugs, there is a high risk of contamination in racing stables by the use of Indomethacin in other horses.

There is very limited information is available on the excretion of Indomethacin in horses.

It is generally noted that:

- Large doses of Indomethacin may result in longer clearance times than smaller doses.
- Multiple doses or exposures to Indomethacin may result in longer clearance times than a single dose or exposure.
- Different pharmaceutical preparations of Indomethacin may have different bioavailabilities of the drug which may result in different clearance times.
- Environmental contamination with Indomethacin may result in horses being contaminated with the drug and cause a positive detection in urine collected from a horse.

Racing Victoria considers that the only safe way for trainers to avoid contravening the prohibited substance offence rules with Indomethacin is to obtain veterinary advice in relation to any administration of Indomethacin and not to administer multiple doses of Indomethacin to racehorses.

Trainers are advised that an elective non-raceday test should be obtained from any horse treated with multiple doses of Indomethacin prior to racing.

Products registered for use in horses are registered with the APVMA. Such products are identifiable by their labels which contain an APVMA Approval Number. Racing Victoria considers the administration of unregistered products to racehorses (at any time) presents a high risk of contravening of the prohibited substance rule.

January 2017

Please direct any queries to the Racing Victoria Department of Veterinary Services.



APPLYING THE DEFINITION OF 'ONE CLEAR DAY' THE RULE AR178AA MAKES IT AN OFFENCE TO ADMINISTER, ATTEMPT TO ADMINISTER OR CAUSE TO BE ADMINISTERED ANY SUBSTANCE THAT MEETS THE DEFINITION WITHIN THE RULE OF 'ALKALINISING AGENT'.

FOR THE PURPOSES OF AR178AA, AN ALKALINISING AGENT IS ANY SUBSTANCE THAT MAY ELEVATE THE PLASMA TCO₂ OF A HORSE, WHEN ADMINISTERED BY ANY ROUTE, WITH THE EXCEPTION OF BALANCED, COMMERCIAL ELECTROLYTE SUPPLEMENTS WHICH MAY CONTAIN SOME ALKALINISING AGENTS, BUT WHICH CAN BE DEMONSTRATED TO HAVE NEGLIGIBLE EFFECTS ON PLASMA TCO₂ WHEN ADMINISTERED IN FEED ACCORDING TO THE MANUFACTURER'S RECOMMENDATIONS FOR NORMAL DAILY USE.

AR 178AA [PROHIBITS THE ADMINISTRATION OF ALKALINISING AGENTS BY ANY ROUTE WITHIN THE ONE CLEAR DAY OF RACING, INCLUDING IN THE FEED.](#)

ALKALINISING AGENTS THAT MUST NOT BE ADMINISTERED EITHER ON THE DAY OF THE RACE OR WITHIN THE ONE CLEAR DAY OF RACING INCLUDE, BUT ARE NOT LIMITED TO, BICARBONATES, CITRATES, SUCCINATES, ACETATES, PROPIONATES, MALEATES, LACTATES AND TROMETAMOL (THAM, TRIS BUFFER OR TROMETAMINE) AND ALSO INCLUDE PRODUCTS MARKETED AS URINARY ALKALINISERS AND HIND GUT BUFFERS.

PRODUCTS THAT CONTAIN ALKALINISING AGENTS



BICARBONATE SODA

PRODUCTS THAT CONTAIN ALKALINISING AGENTS AND WHICH FALL WITHIN THE DEFINITION INCLUDE PROPRIETARY FORMULATIONS SUCH AS:
SODIUM BICARBONATE ("BICARB"), BALADENE®, LANG'S SOLUTION® FOR INTRAVENOUS USE, NEUTRA-SYRUP®, NEUTRALKA®, NEUTROLENE®, NEUTROLENE PLUS® AND NEUTRADEX® AND ANY OTHER PRODUCTS THAT ARE MARKETED AS LACTIC ACID BUFFERING OR NEUTRALISING PRODUCTS.

[THESE PRODUCTS MUST NOT BE ADMINISTERED WITHIN ONE CLEAR DAY PRIOR TO RACING OR PRIOR TO COMPETING IN AN OFFICIAL TRIAL.](#)



KER EQUISHURE®



BALADENE®



RANVETS NEUTROLENE®



ELECTROLYTE REPLACER B®



CARBINE CHEMICALS CARBELYTE®



CARBINE CHEMICALS CARBALENE®



CARBINE CHEMICALS RELOAD®



LANGS SOLUTION®



RANVETS NEUTROLENE PLUS®



NEUTRADEX®

PRODUCTS PICTURED ABOVE ARE ONLY A SMALL SELECTION OF THE ACTUAL PRODUCTS AVAILABLE. PLEASE SEEK ADVICE FOR OTHER INDIVIDUAL PRODUCTS.

BALANCED ELECTROLYTE SUPPLEMENTS AND POTASSIUM SUPPLEMENTS

[BALANCED ELECTROLYTE SUPPLEMENTS AND POTASSIUM SUPPLEMENTS THAT CONTAIN ELECTROLYTES MAY BE ADMINISTERED ORALLY IN NORMALLY RECOMMENDED AMOUNTS WITHIN THE ONE CLEAR DAY BUT NOT ON RACEDAY PRIOR TO RACING.](#)

EXAMPLES OF NORMAL BALANCED ELECTROLYTE PRODUCTS WOULD INCLUDE SUCH PROPRIETARY PREPARATIONS AS APPLYTE GEL®, ELECTROMIX®, ELECTRO PASTE®, ELECTROVITE PASTE®, ENDURA-MAX®, ENDURA-MAX PASTE®, EQUICHARGE®, HORSPORE®, HUMIDIMIX®, KELATOLYTE ELECTROLYTE REPLACER®, RANVET ELECTROLYTES®, RECHARGE®, RESTORE® AND VETSENSE®.



ELECTRO PASTE®

[COMMERCIAL ELECTROLYTE SUPPLEMENTS WHICH MAY CONTAIN SOME ALKALINISING AGENTS BUT WHICH SHOULD HAVE NEGLIGIBLE EFFECTS ON PLASMA TCO₂ WHEN ADMINISTERED IN FEED](#) ACCORDING TO THE MANUFACTURERS' RECOMMENDATIONS FOR NORMAL DAILY USE INCLUDE EQUILYTE®, RACE ELECTROLYTE®, AND SALKAVITE®.

[INTRAVENOUS SOLUTION MUST NOT BE ADMINISTERED WITHIN ONE CLEAR DAY PRIOR TO RACING \(AR178A\)](#)

COMMERCIAL BALANCED INTRAVENOUS SOLUTIONS THAT CAN BE USED UP TO AND INCLUDING THE DAY PRIOR TO AN OFFICIAL TRIAL INCLUDE DARROW'S SOLUTION®, HARTMANN'S SOLUTION® AND LACTATED RINGERS.



SALKAVITE®

IF YOU ARE UNSURE PLEASE CONTACT RACING VICTORIA STEWARDS OR THE DEPARTMENT OF EQUINE WELFARE AND VETERINARY SERVICES (03) 9258 4258 OR GRACE FORBES 0406 750 390 DION VILLELLA 0407 877 679



**Racing
Victoria**

NOTICE TO TRAINERS

Racing Australia (Stable Assist) has the capability for trainers to enter the precise location of a horse under their care when not stabled at the trainers approved training location.

For example: When a horse is "Spelling, "Retired" or "Active Non-Stable Training (water walker, pre training or beach work)", the trainer must immediately lodge a new stable return, entering the horses status and the precise location in the corresponding fields in accordance with Local Rule 27(3);

LR 27 Stable returns

(3) **Amendments to stable returns:** The trainer must lodge an amendment to a stable return on the authorised form provided for the purpose if:

- (a) any particulars on the stable return have changed; or
- (b) a horse leaves or joins his or her stable.

Return Number: 17	Lodged By: RVL Stewards
Date Of Entry: 30/01/2017	
Horse Left Stable: Active-Non Stable Training ▼	Sex: Gelding ▼
Address: 400 Epsom Rd	
Suburb: Flemington	PostCode: 3031
State: Vic ▼	
Left Stable Comments: Water Walker	
Blinkers: Currently off	Set Blinkers? <input type="radio"/> Yes <input checked="" type="radio"/> No

Trainers are further advised that under the provisions of LR27A, they are still required to submit a "Horse Movement Application Form" if they wish to relocate their horse from the time of entry to the arrival on course prior to racing. This application must be approved by the stewards prior to the horse leaving the trainers approved training location.

The horse movement application form is located on the rv.racing.com website.

LR 27A Stabling prior to race

- (1) Where a horse has been entered for any race, unless the permission of the Stewards has been granted, from time of entry to arrival on course prior to racing, the horse in question shall be stabled only at the premises from which the horse's trainer is licensed to train.
- (2) Where a horse is entered for a race in which the entries close more than 60 days prior to the advertised date for the running of the race, sub-rule (1) shall not apply from the time of entry, but shall apply from the period commencing 6 days prior to the advertised date for the running of the race.
- (3) In this rule, a horse is "stabled" if it is stabled, yarded, or otherwise confined in any manner for any period of time, but does not apply to a horse that is being transported.
- (4) The trainer and any other person who was in charge of a horse at a time relevant to sub-rule (1) or (2) and who in the opinion of the Stewards has breached, or was a party to breaching sub-rule (1) or (2) may be penalised, and the horse concerned may be withdrawn from the race or disqualified. [amended 1/9/09]

Integrity Services will be conducting audits to ensure that the precise location of all horses trained by them are stabled as per the location in the stable return.



A FUNDAMENTAL PRINCIPLE OF AUSTRALIAN RACING IS THAT HORSES MUST RACE FREE OF THE PHARMACOLOGICAL (OR TOXICOLOGICAL) EFFECT OF DRUGS OR OTHER SUBSTANCES.

TO ASSIST IN MAINTAINING THIS PRINCIPLE, IT IS NOT PERMITTED TO ADMINISTER ANY MEDICATION TO A HORSE ON RACE DAY PRIOR TO IT RUNNING IN A RACE [AR 178E(1)].

“MEDICATION” MEANS ANY TREATMENT WITH DRUGS OR OTHER SUBSTANCES.

AS A GENERAL PRINCIPLE, ANY SUBSTANCE ADMINISTERED WITH THE INTENT OR HOPE OF ACHIEVING A PHARMACOLOGICAL EFFECT / THERAPEUTIC EFFECT WILL BE CONSIDERED AS A MEDICATION UNDER THE RULES.

PRODUCTS THAT CLAIM TO PROVIDE PHARMACOLOGICAL EFFECTS AND TO BE UNDETECTABLE.

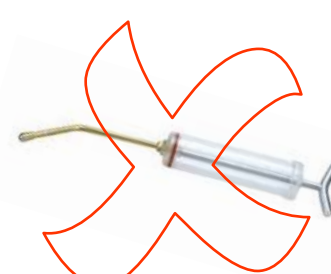
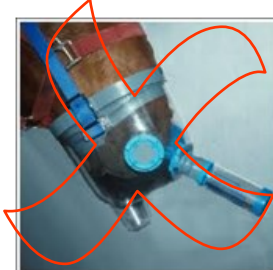
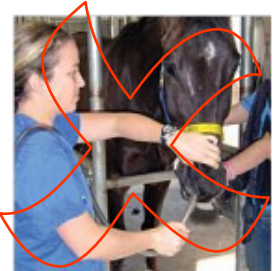
THERE ARE NUMEROUS PRODUCTS, OFTEN HERBAL OR HOMEOPATHIC PREPARATIONS, THAT CLAIM TO PROVIDE SIGNIFICANT PHARMACOLOGICAL EFFECTS SUCH AS A DIURETIC ACTION, ANALGESIA, ANTI-INFLAMMATORY ACTIONS OR BRONCHODILATOR ACTIONS AND ALSO CLAIM TO BE UNDETECTABLE BY LABORATORY TESTING.

THESE TYPES OF PRODUCTS FALL WITHIN THE DEFINITION OF A MEDICATION AND ARE NOT ALLOWED TO BE ADMINISTERED TO A HORSE ON RACE DAY PRIOR TO A RACE.

ROUTES OF ADMINISTRATION OF MEDICATION NOT PERMITTED ON RACE DAY

ANY SUBSTANCE ADMINISTERED TO A HORSE ON RACEDAY PRIOR TO RACING BY INJECTION, STOMACH TUBE, PASTE, DOSE SYRINGE, TOPICAL APPLICATION OR BY INHALATION, AMONGST ANY OTHER ROUTES OF ADMINISTRATION, WILL BE CONSIDERED A MEDICATION.

ONLY NORMAL FEEDING AND SUPPLEMENTATION, ACCORDING TO MANUFACTURE’S RECOMMENDATIONS FOR NORMAL DAILY USE, THAT CAN BE ACHIEVED BY THE HORSE VOLUNTARILY EATING OR DRINKING THE FEEDSTUFF CAN BE CONSIDERED ACCEPTABLE ON THE DAY OF RACING.



PHYSICAL THERAPIES NOT PERMITTED ON RACE DAY

THE FOLLOWING PHYSICAL TREATMENTS ARE NOT PERMITTED, BY ORDER OF THE STEWARDS, TO BE USED AT ANYTIME BEFORE RACING ON THE DAY OF RACING.

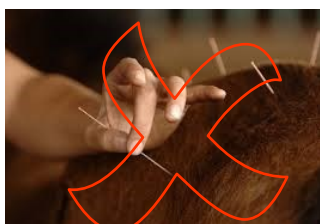
PHYSICAL TREATMENTS WHICH ARE NOT TO BE GIVEN ON RACE DAY INCLUDE, BUT ARE NOT LIMITED TO:

ACUPUNCTURE (INCLUDING LASER AND INFRA-RED TREATMENT)
TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION (TENS)

MAGNETIC FIELD THERAPY
AND ANY OTHER FORM OF ELECTRICAL STIMULATION

THERAPEUTIC ULTRASOUND

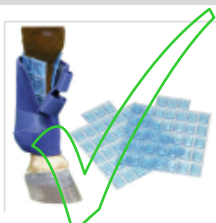
EXTRA- CORPOREAL SHOCK WAVE (ESWT) TREATMENT OF RACEHORSES IS PROHIBITED FOR SEVEN (7) CLEAR DAYS PRIOR TO RACING (AR 64H).



PERMITTED ON RACE DAY

APPLICATION OF ICE/COLD WATER TO MUSCULOSKELETAL STRUCTURES

THE APPLICATION OF ICE OR CHILLED WATER, WHIRLPOOL BOOTS OR SYSTEMS SUCH AS ‘GAME READY’, TO MUSCULOSKELETAL STRUCTURES ON THE MORNING OF THE RACE DAY ARE PERMITTED BUT ARE NOT PERMITTED ON THE RACECOURSE PRIOR TO A HORSE RUNNING IN A RACE.



SEEK PERMISSION — TOPICAL APPLICATIONS

WHILE TOPICAL APPLICATIONS ARE CONSIDERED TO BE MEDICATIONS, CIRCUMSTANCES MAY ARISE WHEN A HORSE MAY SUFFER A MINOR INJURY, THAT DOES NOT AFFECT ITS SUITABILITY TO RACE BUT WOULD BENEFIT FROM THE PROPHYLACTIC APPLICATION OF A TOPICAL ANTIBIOTIC OR ANTISEPTIC.

IN SUCH CIRCUMSTANCES, A TRAINER MUST APPLY PRIOR TO THE STEWARDS FOR PERMISSION TO ADMINISTER THE MEDICATION.



THE APPLICATION OF HOOF OILS

THE APPLICATION OF ROUTINE HOOF OILS IS PERMITTED ON THE DAY OF RACING, EXCEPT IF THAT PRODUCTS CONTAINS MEDICATIONS OR HERBS THAT CLAIM THERAPEUTIC EFFECTS SUCH AS ANALGESIA OR ANTI-INFLAMMATORY ACTIONS.



BABY OIL & PETROLEUM JELLY

BABY OIL & PETROLEUM JELLY ARE PERMITTED.



SHAMPOOS & FLY SPRAYS

SHAMPOOS & FLY SPRAYS ARE PERMITTED.



VIBRATORY MASSAGE

VIBRATORY MASSAGE SYSTEMS MAY BE USED IN THE STABLE ON THE MORNING OF THE RACE DAY BUT ARE NOT PERMITTED ON THE RACECOURSE.



IF YOU ARE UNSURE PLEASE CONTACT RACING VICTORIA STEWARDS OR THE DEPARTMENT OF EQUINE WELFARE AND VETERINARY SERVICES (03) 9258 4258 OR GRACE FORBES 0406 750 390 DION VILLELLA 0407 877 679

Thursday, 8 June 2017



Important Notice: Intra-Articular Injection of Corticosteroids

Trainers and veterinarians are reminded of their obligations under the provisions of AR64M which prohibits the administration of an intra-articular ("into the joint") corticosteroid preparation to a Thoroughbred racehorse within 8 Clear Days of a race, official trial or jump-out.

Further, participants are reminded that this enforced stand down period for intra-articular corticosteroids must not be confused with the recommended "withdrawal" time for the particular drug used and/or for the joint injected.

The withdrawal period for a prohibited substance is calculated to ensure a horse is presented clear of the prohibited substance when sampled. In the case of intra-articular injections, the withdrawal period will depend on the corticosteroid used as well as the joint(s) injected.

A recent case (see - [Stewards inquiry into Astronomos \(GB\) sample](#)) involving the detection of triamcinolone acetonide in a race day sample following the intra-articular injection of the drug (in the preparation Kenacort) into the stifle joint just outside the 8 clear days in accordance with AR64M highlights this important issue.

In certain situations, specifically for longer acting corticosteroid preparations such as methylprednisolone and/or for injections into joints other than the carpal (knee) and fetlock joints, the recommended "withdrawal" period may be much longer than the minimum stand down time prescribed by AR.64M.

Therefore, trainers and their veterinarians must carefully consider the circumstances of each particular case before deciding upon the appropriate time of intra-articular injection before competition to ensure that the horse is presented without detectable residues of the corticosteroid administered.

Notice at:

<http://www.racingnsw.com.au/article-display/Important-Notice-IntraArticular-Injection-Of-Corticosteroids/23027>

NOTICE TO TRAINERS: CUSTOM-MADE PRODUCTS



The Racing Victoria Integrity Department is aware that some Trainers are having manufacturers prepare custom-made horse feeds, feed additives, and/or supplements. It is understood that some manufacturers are not listing:

- a. all active constituents; and/or
 - b. the concentration of all active constituents
- on the labels, packaging or elsewhere of their custom-made products.

Amongst other things, this makes it difficult for Trainers to fully understand what the active constituents of their horses' feeds and supplements are, and what the concentrations of those constituents are administering to their horses.

Trainers are reminded of their obligations to know what they are feeding, and/or administering to, their horses, including the concentrations of active constituents of any products used by them. In the event that trainers are not aware of the active constituents of their horses' feeds, feed additives and/or supplements (and the concentrations of such constituents), they should:

- a. exercise caution in feeding such products to their horses; and
- b. take immediate steps to ascertain the active constituents of their horses' feeds, feed additives and/or supplements (and the concentrations of such constituents).

Date: 18 September 2017

Please direct any queries to the Racing Victoria Department of Veterinary Services.



CLEAR DAY RULE CHARTS

THE CHARTS BELOW RELATE TO RULES OF RACING WHICH PROHIBIT THE ADMINISTRATION OF SUBSTANCES OR TREATMENTS FOR A NUMBER OF CLEAR DAYS PRIOR TO A RACE, OFFICIAL TRIAL OR JUMP OUT.

THESE CHARTS SEEK TO ASSIST THE TRAINER BY VISUALLY SHOWING THE DAYS ON WHICH SUBSTANCES OR TREATMENTS CANNOT BE ADMINISTERED.

THE YELLOW HIGHLIGHTS REPRESENT **CLEAR DAYS** ON WHICH THE SUBSTANCE OR TREATMENT CAN NOT BE ADMINISTERED. THE GREEN HIGHLIGHTS REPRESENT THE DAY OF THE **RACE, OFFICIAL TRIAL OR JUMPOUT**. THE RED HIGHLIGHTS REPRESENT THE **LAST DAY THE SUBSTANCE OR TREATMENT CAN BE ADMINISTERED**. SUBSTANCES OR TREATMENTS CANNOT BE ADMINISTERED ON THE DAY OF THE RACE, OFFICIAL TRIAL OR JUMPOUT PRIOR TO THAT RACE, OFFICIAL TRIAL OR JUMPOUT.

8 CLEAR DAYS — INTRA-ARTICULAR CORTICOSTEROIDS (AR 64M) (INCLUDING BUT NOT LIMITED TO KENACORT®, CELESTONE®, INTRA LOG INJECTION®)

MON	TUES	WED	THURS	FRI	SAT	SUN	MON	TUES	WED	THURS	FRI	SAT
IA CS ADMIN	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	RACEDAY TRIAL JUMPOUT			
			IA CS ADMIN	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	RACEDAY TRIAL JUMPOUT

7 CLEAR DAYS — SHOCK WAVE (AR 64H)

MON	TUES	WED	THURS	FRI	SAT	SUN	MON	TUES	WED	THURS	FRI	SAT
	SHOCK WAVE	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	RACEDAY TRIAL JUMPOUT			
				SHOCK WAVE	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	RACEDAY TRIAL JUMPOUT

5 CLEAR DAYS— VACCINATION (AR 64N)

MON	TUES	WED	THURS	FRI	SAT	SUN	MON	TUES	WED	THURS	FRI	SAT
			VACCINE	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	RACEDAY			
						VACCINE	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	CLEAR DAY	RACEDAY

1 CLEAR DAY — INJECTIONS (AR 178AB) & ALKALINISING AGENTS (AR 178AA) & STOMACH TUBE (AR 64G)

MON	TUE	WED	THU	FRI	SAT	SUN
ALL INJECTIONS	CLEAR DAY	RACE DAY				
STOMACH TUBE TREATMENT ALKALINISING AGENT ADMINISTRATION		RACE DAY TRIAL				
			ALL INJECTIONS STOMACH TUBE TREATMENT ALKALINISING AGENT ADMINISTRATION	CLEAR DAY	RACE DAY	
					RACE DAY TRIAL	

EXEMPTED SUBSTANCES (AR 178C (2))

MON	TUE	WED	THU	FRI	SAT	SUN
	EXEMPTED SUBSTANCES	RACE DAY				
				EXEMPTED SUBSTANCES	RACE DAY	

THE FOLLOWING **ORALLY ADMINISTERED** SUBSTANCES ARE EXEMPTED FROM THE PROVISIONS OF RULE AR 178B, AND MAY BE ADMINISTERED UP TO BUT **NOT INCLUDING** THE DAY OF A RACE

ANTIMICROBIALS (ANTIBIOTICS), BUT NOT PROCAINE PENICILLIN
RANITIDINE (E.G. ULCERGUARD®)
BROMHEXINE
DEMBREXINE
ALTRENOGEST WHEN ADMINISTERED TO FILLIES AND MARES (E.G. REGUMATE®)

ANTIPARASITICS APPROVED AND REGISTERED FOR USE IN HORSES
OMEPRAZOLE (E.G. GASTROZOL®, OMOGUARD®)
CHONDROITIN SULPHATE (E.G. COSEQUIN EQUINE®)
GLUCOSAMINE (E.G. JOINT GUARD®)



CROWN EQUINE
VETERINARY SERVICES

CREATED WITH ASSISTANCE FROM DR BEN MASON

IF YOU ARE UNSURE PLEASE CONTACT RACING VICTORIA STEWARDS OR THE DEPARTMENT OF EQUINE WELFARE AND VETERINARY SERVICES (03) 9258 4258 OR GRACE FORBES 0406 750 390 DION VILLELLA 0407 877 679



APPLICATION FOR RE-INSTATEMENT RETIRED RACEHORSES

Retirement of a Horse

As per Australian Rule of Racing 64JA, when a decision has been made to retire an Eligible Horse, the manager or authorized agent must notify Racing Australia within one month of that decision by updating the stable return or lodge the relevant retirement form prescribed by Racing Australia.

Where a form has been lodged according to AR 64J to retire a horse that horse ceases to be eligible to race or be trained and is ineligible to race or be trained unless it is reinstated to race or to be trained.

A retired horse may not be reinstated to be trained or to race except with the express permission of the Stewards. The Stewards of the relevant Principal Racing Authority must grant this permission before the horse returns to a licensed premises.

Any person who fails to comply with AR 64JA commits a breach of the Rules and may be penalised.

The Process for Reinstatement of a Retired Horse

The reinstatement of a retired horse to be trained and race requires the express permission of the Stewards. This permission for reinstatement should be obtained before the retired horse enters a trainer's premises.

To seek permission of the Stewards to reinstate a retired horse, a trainer must complete and submit the **Application for Reinstatement - Retired Racehorses** form (see below). The application requires a veterinary examination specifying the reasons for retirement and an assessment of the horse's suitability to return to training and racing. Once submitted, the report will be considered by RVL Veterinary Services and further examinations and or tests may be requested. Consideration of the horse's welfare in resuming training and racing will be a major factor in assessing the application.

Only the Stewards hold authority for approval to reinstate the horse.

Trainers are reminded that a stable return must be lodged within 48 hours of a horse entering their stable (AR 54). Any person who fails to comply with AR 54 commits a breach of the Rules and may be penalised.

Official Trial must be completed before nomination to race

All horses approved by the Stewards to be reinstated to train must compete satisfactorily in an Official Trial and the trainer must submit a satisfactory Veterinary Clearance to race (based on an examination after the Official Trial) prior to gaining approval to race.

For further information regarding reinstatement of a retired horse please contact the Stewards at Racing Victoria on 03 9258 4258.



APPLICATION FOR RE-INSTATEMENT RETIRED RACEHORSES

Once completed, please return via email to Racing Victoria Veterinary Department at v.admin@racingvictoria.net.au *Note: ownership disputes and horse history will be investigated by the Stewards and the Licensing Regulation Unit prior to a decision being made.

Date:	
Horse Name:	
Trainer Name:	

BRANDS		DESCRIPTION	
		Sex	
Left Side		Colour	
	Right Side		

I certify that I have examined the above horse, which requires a Veterinary Certificate to assess its suitability for reinstatement as a racehorse after having been retired from racing for the following reason: _____
(provide details), at _____ on
_____/_____/_____
(Horse's Location)

The above diagnosis and prognosis for the condition was established after the following examination(s) were performed (*please tick*):

- ☐ Physical Examination
- ☐ Radiographic Examination
- ☐ Endoscopic Examination
- ☐ Ultrasound Examination
- ☐ Bone Scan
- ☐ MRI
- ☐ Other (*Please explain*)

In my opinion, the horse is currently in a suitable condition to resume training and be reinstated as a racehorse for the following reason(s):

Veterinary Surgeon Name

Signature

VPRBV Registration Number:

Office Use Only:

Date Received: _____

Approved to Re-instate: Yes / No

Reason(s): _____

Racing Victoria Veterinary Surgeon

Signature

Racing Victoria Stipendiary Steward

Signature

Racing Australia Notified: _____ Date

Trainer/Owner Notified: _____ Date

NOTICE TO TRAINERS: ARSENIC



The Racing Victoria (RV) Integrity Department reminds Trainers of their obligations under the Rules to take all proper precautions to ensure horses are presented for racing with no prohibited substances (as defined in AR1) detected in their systems.

Trainers are reminded that arsenic is a prohibited substance when present at or above a mass concentration of 0.30 milligrams per litre in urine.

The Integrity Department provides notice that a recent study, in Australia, concluded that it is possible that arsenic levels in horse urine may be elevated following the ingestion by a horse of Chromated Copper Arsenate (CCA) treated pine timber.

RV considers it prudent for Trainers and industry participants to conduct an audit of their facilities to ensure they eliminate access of racehorses in their care to CCA treated pine timber products, or any other products that may present a similar risk.

In addition, Trainers and industry participants are reminded that some registered veterinary products contain arsenic based compounds, some of these include:

Arcyl Solution for Injection, Ferrocyl injection, Troy Invigorate Injection and Jurocyl Injection.

Trainers are reminded to avoid using these preparations close to racing. A useful guideline is not to administer a single dose of these preparations within 5 clear days of racing. Multiple administrations will prolong this period, so caution must be exercised if administering them on consecutive days.

The administration of any of these preparations must be recorded according to the provisions of AR 178F.

It is recommended that veterinary advice be sought before any of the preparations above and or any other preparations containing arsenic are administered.

A trainer may be penalised if arsenic is detected at or above the threshold in any sample.

Date: November 2017

Please direct any queries to the Racing Victoria Department of Veterinary Services.

Friday, 09 February 2018

Notice to Veterinarians

Neurectomies in Thoroughbred Racehorses

Racing Victoria has received information that neurectomies are still being performed on Thoroughbred racehorses.

Trainers and Veterinarians are reminded that desensitisation, both temporary and permanent, of the limb by any means is prohibited under AR 64B. This includes but is not limited to, desensitisation by the use of Pitcher plant extracts, ammonium chloride, alcohol, cryotherapy or any invasive surgical technique.

Owners (or their agent, e.g. Trainers) of horses that have been subjected to any form of neurectomy must notify the Stewards as soon as is practicable.

RV considers that use of physical or veterinary procedures or medication to mask the effects or signs of injury to allow training or racing to the detriment of the horse's health and welfare, have no place in the treatment or management of horses.

RV expects that all medication, supplementation, physical therapy and surgical procedures administered or performed upon a horse are ethically and medically justifiable and always done in the best interests of the horse's health, safety and welfare.

The Australian Veterinary Association Ltd. Code of Conduct and the various Veterinary Practice Acts require that veterinarians comply with all legislation relevant to their area of practice, including any competitive equine activity.

ENDS

Contact: Grace Forbes – General Manager of Veterinary Services
P: (03) 9258 4644 E: g.forbes@racingvictoria.net.au

AR 64B

- (1) *A horse that has had a limb neurectomy or any artificial form of permanent limb desensitisation is ineligible for any race, official trial, jump-out or trackwork.*
- (2) *A horse that has had any artificial form of temporary limb desensitisation is ineligible for any race, official trial, jump-out or to participate in trackwork for such time as the Stewards may specify.*
- (3) *Notwithstanding the provisions of sub-rule (1) of this rule, a horse that had a palmar digital neurectomy prior to 1st September 1999 is eligible to race provided that prior to 1st September 1999 the details of the surgery undergone have been endorsed on the Document of Description for the horse, and the Stewards have received and accepted from a qualified veterinarian a written certificate of fitness of the horse to race.*
- (4) *In the event of a horse undergoing neurectomy surgery or any artificial form of permanent limb desensitisation the owner of the horse or his agent shall as soon as practicable notify the Stewards, who shall then ensure that:*
 - (a) *details of the surgery or artificial desensitisation and the horse's ineligibility to race are recorded in the National Stewards Embargo Register; and*
 - (b) *if applicable, the Document of Description for the horse is endorsed with details of the surgery or artificial desensitisation and the horse's ineligibility to race.*

AVA Code of conduct for veterinarians involved in the horse racing industry

Veterinarians involved in the horse racing industry:

- should be aware of and comply with the rules of racing
- should cooperate with any reasonable requests by stewards and racing officials to attend any inquiry and furnish any relevant records (provided there is no breach of client/patient confidentiality)
- should ensure that their conduct is not regarded as prejudicial to the image, interests or welfare of racing or the veterinary profession
- must avoid making media statements that are not based on accepted veterinary principles
- must not make or appear to make statements on behalf of the horse racing industry or the veterinary profession, unless empowered to do so by the industry or profession
- must abide by relevant federal and state legislation in relation to the supply and dispensing of medications, and ensure that drugs dispensed are approved by relevant authorities and are correctly labelled
- must comply with reasonable requests from the Ethics and Advisory Subcommittee of the EVA.

Date of ratification by AVA Board 23 November 1997

AVA Policy - Distal limb neurectomy

Policy: Distal limb neurectomy in appropriate and selected cases is an acceptable and useful treatment option for chronic irreversible heel pain causing lameness in horses.

The use of neurectomised horses in competitive events should be regulated by the sporting authorities and be subject to a specific Code of Practice or Standard of Practice.

The indiscriminate use of distal limb neurectomies is not supported.

Background: Distal limb neurectomy involves removal of part of the nerve to the hoof of the horse. It is performed in cases of ongoing irreversible heel pain. Opinion is divided on the merits of horses being allowed to compete in strenuous athletic events after distal limb neurectomy.

Guidelines: The welfare of the horse must be the major consideration before distal limb neurectomy is used as a treatment procedure.

Before performing a distal limb neurectomy, a veterinarian must be satisfied that the owner fully understands:

- all implications of the operation
- the possible side effects of the operation
- the requirement for continuing care of the horse after the operation
- that some sporting authorities prohibit horses from competition after distal limb neurectomy.

Date of ratification by AVA Board 8 July 2011



GUIDELINES FOR HORSES WITH WOUNDS

Veterinarian Department
400 Epsom Road
Flemington VIC 3031, Australia

Approved By: Veterinarian Department – RV Integrity Services
Issued By: Grace Forbes
Date Issued: 09 February 2018
Revised Date: 09 February 2019

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1. Introduction

Horses with unhealed wounds should not participate in official trials or races.

Under limited circumstances the Stewards may grant permission for a horse with a wound to participate in an official trial or race. Trainers must comply with the provisions of AR 140 and notify the Stewards of any condition (including any wounds) or treatment that might impact on the horse's performance in a race.

AR 140 (in part)

- (a) The trainer of a horse that is included in the final acceptors for a race must:
 - (i) ensure that such horse is fit and properly conditioned to race; and
 - (ii) report to the Stewards:
 - (a) by acceptance time, any occurrence, condition, or treatment that may affect or impact on the horse's performance in the race where the occurrence takes place, condition is present or treatment is administered before acceptance time;
 - (b) as soon as is practicable, any occurrence, condition or treatment that may affect or impact on the horse's performance in the race where the occurrence takes place, condition is present or treatment is administered after acceptance time.

2. Background

Horses often are injured with wounds to skin and deeper structures. Any skin loss will prolong the healing time.

Where practicable and appropriate all wounds should be sutured with primary closure as soon as possible.

Horses with wounds away from joints, with a primary closure by sutures, at least 10 days old and healing normally may be given permission to trial and race. Some such wounds may benefit from covering by a bandage during competition.

Wounds in areas where there is likely to be prolonged healing might be covered with self-adhesive dressing and permitted to race. For example, wounds over the point of the hip may take a considerable time to contract and epithelialize. These can be covered to provide a better cosmetic effect without compromising the welfare of the horse and providing an acceptable cosmetic appearance in public.

3. Horses with Wounds

For consideration to permit a horse to trial or race, unhealed open wounds must:

- be away from joints and not susceptible to reinjury by galloping;
- be filled with healthy granulation tissue to the level of the surrounding skin;
- have a rim of healthy epithelial tissue at least 1 to 2 mm wide around the entire circumference;
- have minimal discharge;
- have a demonstrated history of actively contracting with a measurable reduction in wound area over the previous 2 weeks;
- not be over a sequestrum;
- have no foreign material embedded;
- not be causing the horse any obvious discomfort or lameness;
- where possible be able to be covered with an adhesive dressing that will not dislodge during the trial or race.

4. Application for a Horse with a Wound to Race or Official Trial

Where an application is made for a horse with a wound to compete in a race, the application must be accompanied by:

- (1) a photograph of the wound that taken is not more than 2 days before the scheduled race
- (2) a veterinary certificate outlining:
 - (i) the date the wound was inflicted on the horse
 - (ii) any veterinary treatments administered

- (iii) an opinion about the suitability (or otherwise) of the horse's ability to compete in the race.



WARNING REGARDING THE DETECTION OF SYNEPHRINE

TEFF GRASS HAY & COMMON RUSH

Trainers and industry participants have previously been warned by Racing NSW Stewards that the substance **synephrine** is considered under the Australian Rules of Racing to be a prohibited substance as it is an “adrenergic stimulant” known to affect the metabolism of body fat, and has been demonstrated to cause an increase in blood pressure in human subjects consuming synephrine orally.

Synephrine is traditionally found in the peel extract of bitter orange (also called Seville orange). Bitter orange is an ingredient in a number of herbal preparations and nutritional supplements which are promoted to aid in weight loss and to suppress appetite in humans. These products are available over-the-counter in pharmacies and in health food and dietary supplement stores, as well as from internet-based suppliers. However, synephrine has also been detected in certain plants, including the plant known as the common rush (*Juncus usitatus*), also known as pin rush or mat rush, in Mullumbimby couch, as well as in the leaves of the mandarin tree. Trainers are advised to ensure their horses do not have access to the common rush, Mullumbimby couch or the leaves of citrus trees if they are allowed access to open yards or are grazing on pasture.

More recently, analysis of Teff Grass hay performed by the Australian Racing Forensic Laboratory has detected synephrine at high levels and accordingly trainers are warned not to feed this hay to horses in training.

The ingestion of these materials listed above may lead to the detection of the prohibited substance synephrine in a raceday sample.

*Below: Left *Juncus usitatus* (common rush) which is known to contain synephrine & right Teff Grass Hay*



Marc Van Gestel
Chairman of Stewards
28 May 2018



Information Sheet Regarding Banned Substances for Riders and Horse Handlers

Drug and Alcohol Restrictions

All licensed riders and registered horse handlers are subject to the drug and alcohol restrictions specified in Australian Rules of Racing AR81A-81E. A full copy of the Rules can be obtained from the Racing Victoria Website – www.rv.racing.com or upon request from the Integrity Department.

The rules proscribe a range of banned substances and maximum allowable limits for certain other substances including a maximum alcohol breath analysis level of 0.02%.

Racing Victoria Stewards conduct a random drug and alcohol testing program to enforce these restrictions during race day, trials and track work.

Important Note: Any Rider that provides a sample which upon analysis contains a banned substance, will be stood down from performing their duties effective immediately.

Racing Victoria in conjunction with Racing Analytical Services Limited (RASL) and Medical Officer, Dr Gary Zimmerman have prepared the following information and list of banned substances for Riders.

Banned Substances

The following substances are banned for all Riders:

- LSD
- All barbiturates
- GHB - G, little G
- Cannabis - Marijuana, hash, hashish
- All diuretics
- Lasix
- Frusemide
- Moduretic
- Midamor
- Aldactone
- Spiractin
- Chlotride
- Hydrothiazide
- Probenicid - Agent used for treating gout which works as a masking agent.
- Alcohol – If reading > 0.02% on breath alcohol content (BAC)



Stimulants - Illicit Group:

- Amphetamines
- Methamphetamine (speed, crystal meth, ICE)
- Cocaine
- Ecstasy
- Ephedrine

****Stimulant substances excluded in this group are Pseudoephedrine (Sudafed), Levo amphetamine, Levo-methylamphetamine (Vicks Vapor Inhaler), Phenylpropranolamine (PPA).**

Anorectics (Appetite Suppressants):

- Phentermine (Duromine)
- Diethylpropion (Tenuate Dospan / Anorex / Tenuate / Linea / Nobesine / Prefamone / Regenon / Tepanil)
- Sibutramine (Reductil)

Opiates / Opioids - Illicit Group:

- Heroin (crack, H)
- Prescription / OTC group
- Morphine
- Kapanol (oral form)
- Codeine (Panadeine / Panadeine forte / Codapane / Codalgin)
- Oxycodone (Oxycontin / Roxicodone / Endone)
- Fentanyl(Actiq / Durogesic / Fentora / Sublimaze / Instanil)
- Alfentanil (Alfenta / Rapifen)
- Pethidine
- Methadone
- Hydromorphone (Laudicon / Opidol / Palladone)
- Buprenorphine (Bupe / Suboxone),
- Pholcodine (Codeine based cough mixture in linctus form)
- Propoxyphene (Di-Gesic / Darvon)
- Dihydrocodeine (Rikodeine cough mixture)
- Dextromorphan (Cough mixture)

Allowances with Opiates

If level of codeine/morphine is below a certain level. If on confirmatory testing the range is appropriate and the ration of codeine to morphine is > 1.0 or the rider satisfies stewards that there is no illegal use.

Dissociative Anaesthetics - Illicit Group:

- Ketamine (K / Special K)
- Prescription group
- Ketamine (K /Special K)
- Phencyclidine
- Tiletamine
- Tryptamine derivatives
- Diethyltryptamine (DMT)
- Alphamethyltryptamine (AMT)
- Hydroxydimethyltryptamine (HMT)
- All Benzodiazepines (BDZ)
- Diazepam (Valium / Antenex)
- Nordiazepam
- Oxazepam (Serepax)
- Temazepam (Temaze / Normison)
- Alprazolam (Xanax / Zannys / Bricks)
- Clonazepam (Paxam / Rivotril)
- Flunitrazepam (Rohypnol / Rohys)
- Nitrazepam (Mogadon)
- Bromazepam (Lexotan / Lexys)
- Flumazenil (Mazicon, Romazicon)
- Lorazepam (Ativan)
- Midazolam (Hypnovel)
- Triazolam (Halcion / Trilam / Hypam)

Benzodiazepine 'like' drugs - Zolpidem (Stilnox / Noxys), Zopiclone (Immovane), Zolplon (Sonata / Starnoc).

Tell your doctor the following drugs are prohibited (not allowed):

- Amphetamine* and related substances
- Barbiturates*, Codeine, morphine and other S8 narcotics*
- Anorectics (phentermine, diethylpropion, sibutramine)
- Diuretics* (frusemide, hydrochlorthiazide, indapamide and others)
- Benzodiazepines* and benzodiazepine receptor agonists*
- Dissociative Anaesthetics (ketamine), Uricosurics (probenecid)

**Under some circumstances these may be permitted if prescribed by your doctor who must be willing and able to certify your fitness to ride while taking the particular drug prescribed. Use of these medicines should be cleared with the Stewards prior to riding.*



Obtaining Permission to receive a Specified Banned Substance

AR 81 E details the requirements and process to be undertaken to obtain permission to receive a specified banned substance:

AR 81E *Notwithstanding the provisions of AR 81A and AR 81AA, a Principal Racing Authority may permit a rider or horse handler to receive a specified banned substance, subject to the following conditions:*

(a) the medication must be essential treatment for a substantial illness, condition or ailment suffered by the rider or horse handler;

(b) the medication must be prescribed by a medical practitioner who is a recognised specialist in the relevant field of medicine;

(c) the specialist medical practitioner must certify:

(i) the nature of the illness, condition or ailment being suffered by the rider or horse handler;

i (ii) that no alternative, non-banned substance would serve the same purpose for the illness, condition or ailment concerned;

ii (iii) that the medication would not affect the rider in a race, trial or trackwork to the extent that it could in any way constitute a danger to other riders;

iii (iv) that the medication would not affect the horse handler in the carrying out of his duties and/or constitute a danger to himself or to others;

iv (d) The rider or the horse handler must if requested submit to medical examination by a specialist medical practitioner appointed by a Principal Racing Authority to advise it on the matters referred to in subparagraphs (i), (ii), (iii) and (iv) of paragraph (c) of this rule.

v (e) The rider or horse handler must:

(i) before riding or handling any horse make application to the Principal Racing Authority for permission to ride or handle a horse with a specifically prescribed banned substance in his system;

(ii) adhere strictly to his prescribed medication, and must report to the Stewards immediately he forms the intention to discontinue or in any way vary his prescribed medication;

(iii) report to the Stewards immediately he believes that either his illness, condition or ailment or his medication may have some influence on his ability to ride or handle a horse effectively and/or safely;

(iv) renew his application for exemption on each occasion on which he applies for the renewal of his licence, registration, permit or other qualification.

Permitted Medication for Riders

The following list guidelines for the use of Analgesics (painkillers) and Cold and Flu Medicines. The cough, cold and flu preparations and analgesics (pain killers) listed below are unlikely to lead to a breach of AR 81A-F if used according to the directions on the package.

Note: Any product with the word codeine as part of its name may not be safe to use. Be wary of products with a name which ends in the letters “deine” e.g. Panadeine. Read the label carefully and if in doubt seek appropriate advice from your doctor.

Note: Pseudoephedrine is no longer banned by AR 81B. The availability of this substance is now restricted to small pack sizes and low doses.

Cough, Cold and Flu Preparations:

The following preparations are unlikely to lead to a breach of AR 81B.

- Actifed Cough
- Benadry products (All)
- Bisolvon Dry Oral Liquid
- Cepacol Cough plus
- Chemists' Own Cough products (NOT Dry Cough, Cold & Flu Day/Night, Cold & Flu Relief Tablets, Expectalix Expectorant Cough Mixture)
- Chemists' Own Coldeze Tablets
- Chemists' Own Ibuprofen (BUT NOT Chemists' Own Ibuprofen Plus Codeine)
- Chemists' Own Paracetamol 500mg Tablets
- Chemists' Own Sinus pain Relief Tablets(BUT NOT ANY OTHER Chemists' Own products)
- Codral Original Cold & Flu + Cough Day & Night Capsules
- Codral Original Chesty Cough Liquicaps
- Codral Original Dry Cough Liquicaps(BUT NOT ANY OTHER Codral products)
- Demazin Cold and Flu Tablets
- Demazin Day & Night Cold & Flu
- DemazinCough and Cold Syrup
- Demazin Cough Cold and Flu Tablets
- Diffiam products (All)
- Dimetapp products (All)
- Duro Tuss products (All)
- Gold Cross Paracetamol Tablets (BUT NOT Gold Cross Codeine Linctus)
- Lemsip products (All)
- Logicin products
- Nurofen products(BUT NOT Nurofen Plus)
- Nyal products
- Panadol products (All)
- Parke Davis Day & Night Cold & Flu
- Rikodeine (An exception to the warning about products ending in “deine”)
- Robitussin products (All)
- Sinutab products (All)
- Sudafed products (All)
- Tixylix products (All)
- Tussinol products (All)
- Vicks products



Analgesics (Painkillers):

These fall into two categories, those which can be purchased in a pharmacy or shop and those which require a prescription from a doctor or dentist etc. For those which require a prescription you should inform your doctor that you work in the racing industry and are subject to drug testing under the rules of racing.

Analgesics (painkillers) requiring a prescription. The following preparations are unlikely to lead to a breach of AR 81B:

- Acilin
- Anagrain
- Anaprox
- APO - Tramadol, Arcoxia, Arthrexin, Brufen, Capadex, Celebrex, Cepacaine
- Chemmart Diclofenac
- Chemmart Piroxicam
- Chemmart Piroxicam Dispersible Tablets
- Chemmart Tramadol, Codox, Crysanal, Dichlohexal, Digesic, Dinac, Doloxene, Durotram XR, Dynastat, Feldene, Feldene GelFenac, GennRx Tramadol, Indocid, Inza, Lodam and Lodam SR, Mobilis, Naprosyn and Naprosyn SR, Orudis, Oruvail SR, Neurolasts, Pirohexal-D, Proxen SR, Rafen, Surgam
- Terry White Chemists Piroxicam Capsules
- Terry White Chemists Tramadol Capsules, Tramal, Tramhexal Injection, Tramhexal
- SR Injection, Tramedo and Tramedo SR,
- Voltaren
- Zydol



Analgesics (Painkillers – Over the Counter):

The following preparations are unlikely to lead to a breach of AR 81B.

- Advil Liquicaps or Tablets
- Aleve
- Alka-Seltzer
- Anagrain
- APO Paracetamol, Aspro product,
- Bayer Aspirin Extra Strength, Bugesic and Bugesic Oral Suspension, Butalgin, Cepacaine Chemists' Own Ibuprofen Tablets
- Chemists' Own Paracetamol 500mg Tablets (or Capseals)
- Chemists' Own Pain & Fever Drops
- Chemists' Own Period Pain Tablets
- Chemists' Own Sinus Relief, Codox, Disprin, Duatrol, Duatrol SR, Dymadon, Dymadon P Eazydayz Tablets,
- Ecotrin
- Febridol Tablets
- Febridol Clear Effervescent Soluble Tablets
- Femme-free
- Gold Cross Ibuprofen
- Gold Cross Paracetamol
- Herron Blue Ibuprofen
- Herron Paracetamol
- Hexal Diclac Anti-inflammatory Tablets
- Inflac
- Lemsip products
- Logicin Rapid Relief Lozenges
- Metomax
- Naprogesic
- Nurofen products, (NOT Nurofen Plus),
- Nurolasts,
- Panadol products
- Panafen(NOT Panafen Plus)
- Panamax(NOT Panamax Co)
- Paracetamol Sandoz
- Paracetamol Soluble Tablets
- Paralgin, Parmol
- Perfalgan
- Pharmacy Choice Paracetamol
- ProVen (NOT ProVen SR)
- Solprin
- Terry White Chemists Paracetamol
- Tri-Profen
- Voltaren Rapid 12.5 and Voltaren Rapid 25.

Ear, Nose and Throat Preparations:

- The following preparations are unlikely to lead to a breach of AR 81A-G:
- Applicaine Drops
- Auralgan Otic and Ear Drops
- Azep Nasal Spray
- Beconase Allergy & Hay Fever/12 Hour and 24 Hour
- Bonjela
- Cepacaine
- Cepacol Anti-bacterial Throat Lozenges/Mini Mouthwash / Plus with Anaesthetic/Solution
- Chemists' Own Decongestant Nasal Spray
- Curash Family Oral Pain Relieving Gel
- Daktarin Oral Gel
- Difflam products (All)
- Dimetapp 12 Hour Nasal Spray
- Drixine Nasal, Ear Clear products
- Logicin Rapid Relief Lozenges and Nasal Spray
- Medijel, Nasalate Nose Drops
- Nilstat Oral Drops
- N-Statin Oral Drops
- Nyal products
- Oral-eze Dental Emergency Toothache Medication
- Ora-Sed Gel
- Otrivin
- Savalcol products
- Seda Lotion
- Seda-Gel
- SM-33 Adult Formula, SM-33 Gel
- Spray Tish/Menthol
- Streptfen Intensive
- Strepsils products (All),
- Vicks products
- Xylocaine 10% Pump Spray
- Xylocaine 10% Special Adhesive

Disclaimer: This list has been compiled as a guide to products unlikely to lead to a breach of AR 81A-E. While all reasonable care has been taken to ensure its accuracy as at August 2017, it may not refer to all available products and it is your responsibility to seek medical advice before using any of the listed products.



Riders Taking Supplements

There is a risk that supplements may contain:

- 1) ingredients not listed on the label which could result in a positive test; or
- 2) impurities introduced at a manufacturing stage which could result in a positive test.

If you are taking over-the-counter supplements, (e.g. vitamin supplement, “health food” products, herbal preparations, supplements to aid in weight loss, etc.) purchased from places such as a pharmacy, health shop or supermarket, check the product's contents for substances listed in AR81.

If unsure, refer the product to your pharmacist or doctor for advice. Do NOT use it until you are certain it does not contain any banned substance(s).

Do NOT use any medication provided to you by other people without seeking professional advice about the substance and finding out if it contains any banned substance(s).

Do NOT use medications, supplements or products obtained from overseas without seeking professional advice about the substance and finding out whether it contains any banned substance(s).

Do NOT assume you can trust the label on any non-scheduled medication, supplement or herbal product. If in any doubt have it checked by a professional and if necessary have the contents analysed. Analysis can be arranged through Racing Analytical Services for a fee.

Even if manufacturers guarantee the ingredients in their product, or that the use of their product will not result in a positive test, it is still your responsibility if a prohibited substance is detected.

Under AR81 A-G riders are responsible for any substance found in their body, whether the substance was taken with or without your knowledge.

Rider Advisory – Supplement Warning

Racing Victoria wishes to advise riders against the use of supplements, particularly those containing Geranamine.

A warning about supplements containing Geranamine was issued by the Canadian Centre for Ethics in Sport (CCES) in 2009. Geranamine is a concentrated extract of Geranium oil and is credited with stimulant and fat-burning properties.

A constituent of Geranamine is methylhexanamine which is categorised as a prohibited stimulant under the AR81 A-G.

Riders subject to testing should avoid the use of supplements as they pose significant risks. Supplements may intentionally contain prohibited substances or they may be inadvertently contaminated with prohibited substances.

It is your responsibility to know what is in anything you are taking.



Specific Drugs and their Effects

Drug Name: Alcohol

Drug Type: Depressant

Facts for Parents: 25% of 8th graders have admitted to being intoxicated at least once.

Other Names: Beer, wine, liquor, cooler, malt liquor, booze

How Consumed: Orally

Effects: Addiction (alcoholism), dizziness, nausea, vomiting, hangovers, slurred speech, disturbed sleep, impaired motor skills, violent behaviour, fetal alcohol syndrome, respiratory depression and death (high doses).

Drug Name: Amphetamines

Drug Type: Stimulant

Facts for Parents: Chronic use can induce psychosis with symptoms similar to schizophrenia.

Other Names: Speed, uppers, ups, hearts, black beauties, pep pills, capilots, bumble bees, Benzedrine, Dexedrine, footballs, biphetamine

How Consumed: Orally, injected, snorted, or smoked

Effects: Addiction, irritability, anxiety, increased blood pressure, paranoia, psychosis, depression, aggression, convulsions, dilated pupils, dizziness, sleeplessness, loss of appetite, malnutrition. Increased risk of exposure to HIV, hepatitis, and other infectious diseases if injected.

Drug Name: Methamphetamines

Drug Type: Stimulant

Facts for Parents: Some users avoid sleep 3 to 15 days.

Other Names: Speed, meth, crank, crystal, ice, fire, croak, crypto, white cross, glass.

"Ice" is the street name for the smoke-able form.

How Consumed: Orally, injected, snorted, or smoked

Effects: Addiction, irritability, aggression, hypothermia, stroke, paranoia, psychosis, convulsions, heart and blood vessel toxicity, hallucinations, arrhythmia, formication (the sensation of insects creeping on or under your skin).

Drug Name: Ecstasy

Drug Type: Stimulants

Facts for Parents: Ecstasy is popular at all-night underground parties (called raves) and is

the most common designer drug.

Other Names: XTC, Adam, MDMA

How Consumed: Orally

Effects: Psychiatric disturbances, including panic, anxiety, depression, and paranoia. Muscle tension, nausea, blurred vision, sweating, increased heart rate, tremors, hallucinations, fainting, chills, sleep problems, and reduced appetite



Drug Name: Ritalin
Drug Type: Stimulant
Facts for Parents: Some children buy or steal from their classmates
Other Names: Speed, west coast
How Consumed: Tablet is crushed, and the powder is snorted or injected.
Effects: Loss of appetite, fevers, convulsions, and severe headaches. Increased risk of exposure to HIV, hepatitis, and other infections. Paranoia, hallucinations, excessive repetition of movements and meaningless tasks, tremors, muscle twitching.

Drug Name: Herbal Ecstasy/Ephedrine
Drug Type: Herbal Ecstasy, Cloud 9, Rave Energy, Ultimate, Xphoria, and X
Facts for Parents: The active ingredients in Herbal Ecstasy are caffeine and ephedrine.
How Consumed: Orally
Effects: Increased heart rate and blood pressure. Seizures, heart attacks, stroke, and death.

Drug Name: Designer Drugs
Drug Type: Stimulants
Facts for Parents: Changing the molecular structure of an existing drug or drugs to create a new substance creates Designer drugs.
Other Names: Synthetic heroin, Good-fella
How Consumed: Injected, sniffed, or smoked.
Effects: Instant respiratory paralysis. Potency creates strong possibility for overdose, many of the same effects as heroin.

Drug Name: Cocaine
Drug Type: Stimulant
Facts for Parents: Cocaine is a powerfully addictive drug. Heavy use may produce paranoia, hallucinations, aggression, insomnia, and depression.
Other Names: Coke, snow, nose candy, flake, blow, big C, lady, white, snowbirds.
How Consumed: Snorted or dissolved in water and injected.
Effects: Addiction, pupil dilation, elevated blood pressure and heart rate. Increased respiratory rate, seizures, heart attack, insomnia, anxiety, restlessness, irritability, increased body temperature, death from overdose.

Drug Name: Crack
Drug Type: Stimulant
Facts for Parents: A cheaper form of cocaine that may be more addicting.
Other Names: Rock, freebase
Effects: Same as cocaine



Drug Name: Heroin

Drug Type: Opiates

Facts for Parents: Heroin users quickly develop a tolerance to the drug and need more and more of it to get the same effects, or even to feel well.

Other Names: Smack, horse, mud, brown, sugar, junk, black tar, big H, dope.

Effects: Addiction. Slurred speech, slow gait, constricted pupils, droopy eyelids, impaired night vision, nodding off, respiratory depression or failure, dry itching skin, and skin infections. Increased risk of exposure to HIV, hepatitis, and other infectious diseases if injected.

Drug Name: PCP

Drug Type: Hallucinogens

Facts for Parents: Marijuana joints can be dipped into PCP without the smoker's knowledge.

Other Names: Angel dust, ozone, rocket fuel, peace pill, elephant tranquilizer, dust.

How Consumed: Snorted, smoked, orally, or injected.

Effects: Hallucinations. Out-of-body experiences, impaired motor coordination, inability to feel physical pain, respiratory attack, disorientation, fear, panic, aggressive behaviour. Increased risk of exposure to HIV, hepatitis, and other infectious diseases if injected. Death.

Drug Name: LSD (Lysergic Acid Diethyl amide)

Drug Type: Hallucinogen

Facts for Parents: LSD is the most common hallucinogen. LSD tabs are often decorated with colourful designs or cartoon characters.

Other Names: Acid, microdot, tabs, doses, trips, hits, sugar cubes.

How Consumed: Tabs taken orally or gelatine / liquid put in eyes.

Effects: Elevated body temperature and blood pressure, suppressed appetite, sleeplessness, tremors, chronic recurring hallucinations.

Drug Name: Mushrooms

Drug Type: Hallucinogens

Facts for Parents: Many mushroom users purchase hallucinogenic mushroom spores via mail order.

Other Names: Shrooms, caps, magic mushrooms.

How Consumed: Eaten or brewed and drunk in tea.

Effects: Increased blood pressure, sweating, nausea, hallucinations.



Drug Name: Inhalants

Facts for Parents: Hundreds of legal household products can be sniffed or huffed to get

high. All inhalants can be toxic. **Other Names:** Laughing gas, whippets, aerosol sprays, cleaning fluids, solvents.

How Consumed: Vapours are inhaled

Effects: Headache, muscle weakness, abdominal pain, severe mood swings and violent behaviour, nausea, nose bleeds; liver, lung, and kidney damage; dangerous chemical imbalances in the body, lack of coordination, fatigue, loss of appetite, decreases in heart and respiratory rates, hepatitis, or peripheral neuropathy from long-term use.

Drug Name: Cannabis –Marijuana

Facts for Parents: The average age of first use is 14. Can be smoked using homemade pipes and bongs made from soda cans or plastic beverage containers.

Other Names: Weed, pot, reefer, grass, dope, ganja, Mary Jane, sinsemilla, herb, Aunt Mary, skunk, boom, kif, gangster, chronic, 420.

How Consumed: Smoked or eaten.

Effects: Bloodshot eyes, dry mouth, impaired or reduced comprehension, altered sense of time, reduced ability to perform tasks requiring concentration and coordination --such as driving a car, paranoia, intense anxiety attacks, altered cognition, making acquisition of new information difficult; impairments in learning, memory, perception, and judgment; difficulty speaking, listening effectively, thinking, retaining knowledge, problem solving.

Drug Name: Steroids

Facts for Parents: Steroid users subject themselves to more than 70 % potentially harmful side effects.

Other Names: Rhoids, juice

How Consumed: Orally or injected into muscle

Effects: Liver cancer Sterility, masculine traits in women and feminine traits in men, aggression, depression, acne, mood swings.

THE IMPACT OF ALCOHOL AND OTHER DRUGS IN THE WORKPLACE



**RACING
VICTORIA**



The use of alcohol and other drugs can impact the workplace in a number of ways.

It can affect affecting relationships, safety and productivity to name a few.

The following statistics demonstrate the extent of this impact in Australia:

- Alcohol and other drugs cost Australian workplaces an estimated \$6 billion per year in lost productivity;
- Recent research has estimated that 2.5 million days are lost annually due to alcohol and other drug use, at a cost of more than \$680 million;
- One in 10 workers says they have experienced the negative effects associated with a co-worker's misuse of alcohol. The negative effects include reduced ability to do your job, being involved in an accident or "close call", working extra hours to cover for a co-worker, and taking days off work.

HOW DO HANGOVERS AND "COMING DOWN" AFFECT WORK?

Having a hangover or "coming down" from drugs at work can be just as problematic as being intoxicated. Headaches, blurred vision, irritability, problems concentrating, lost voice and extreme tiredness can all create problems for you and your co-workers.

ALCOHOL

Sobering up takes time. As a guide, an average person in good health can process one standard drink per hour.

Hangover cures such as cold showers, exercising, drinking strong coffee or being sick will not speed up the process. These cures may make you feel better, but they don't change your blood alcohol concentration (BAC).

OTHER DRUGS

It can take several days to come down from other drugs such as ecstasy, ice and amphetamines, so using these drugs on the weekend can still affect your work.



**ALCOHOL AND OTHER
DRUGS COST AUSTRALIAN
WORKPLACES AN
ESTIMATED \$6 BILLION
PER YEAR IN LOST
PRODUCTIVITY.**

DO PRESCRIPTION DRUGS AFFECT WORK?

There is always a level of risk when using any drug including prescription or over-the-counter medications.

Drug reactions vary from person to person. If you are taking a drug you haven't had before, you won't know how it will affect you. It's important to follow your doctor's advice when taking prescription drugs and discuss any side-effects and how this might impact on your work.

The effects of prescription drugs such as benzodiazepines (e.g. Xanax®) can have an impact on your work and you should discuss these with your doctor. Long term use in particular may become problematic.

WHAT IS AN ALCOHOL AND OTHER DRUG PROBLEM?

An alcohol or drug problem isn't necessarily measured by how much, how many or what type of drugs a person uses, but by how the drug affects the person's life and the lives of those around them. It's often a matter of personal perception.

Here are some examples of a drug problem:

- Regularly returning from lunch a bit tipsy, then disturbing everyone in the office and making it harder for them to work;
- Taking prescription medication for a long time, which causes memory problems, clumsiness and tiredness; or
- Often taking ecstasy or drinking alcohol heavily on the weekend and then coming into work tired, irritable and moody the following day.

CONCERNED ABOUT A CO-WORKER?

If a co-worker's use of alcohol or other drugs is affecting you then they do have a drug problem. This person may not be aware their drug use is affecting those around them, so you need to talk to them or the most appropriate person in your organisation such as a manager or someone from Human Resources.

FIND OUT THE FACTS

If you are concerned that a co-worker is intoxicated whilst at work, it is important to be very sure that the person is actually under the influence of drugs – and not unwell – before you take any further action. It is very difficult to know if someone is impaired by the use of drugs or if someone is misusing them. Spend some time online learning about the facts.

If you are concerned that a co-worker's drug use is affecting their work and/or the safety of others, it would be helpful to document evidence of incidents.

SPEAK UP

If your workplace has an Alcohol and Drug Policy, follow the procedures outlined in that document.

If your workplace does not have an Alcohol and Drug Policy, you may wish to discuss the issue with:

- Your health and safety representative;
- A member of the health and safety or other formal workplace committee; or
- A Manager, supervisor or employer.

If you choose to talk to your co-worker directly about your concerns, there is no easy way to begin the conversation. The following suggestions may help:

- Talk to a counsellor, health professional or your workplace's Employee Assistance Program (EAP) for advice on how to handle the situation.
- Speak to a Manager or Supervisor about your concerns and seek their advice (you do not need to identify the co-worker);
- It may be best to talk to the person away from the workplace and outside of working hours;
- Explain how the person's use of alcohol is affecting you and other people around them at work. Give concrete examples;
- Try to remain calm and logical and stick to the point – refuse to be drawn into an argument; and
- Offer your support and encourage them to seek professional help. Provide them with information about available services (see below 'Further Information').

EMPLOYEE RESPONSIBILITIES

It's important to consider how your use of alcohol or drugs may impact on your co-workers because the OHS Act imposes a duty on all workers not to recklessly endanger any other person in workplaces.

Different industries and workplaces may have more specific rights and responsibilities for employers and employees detailed in a Policy. For example, some industries and workplaces may require people driving vehicles to have a blood alcohol concentration (BAC) of 0.00. Others may have policies about testing employees for alcohol.

Make sure you are aware of your rights and responsibilities around alcohol within your workplace and/or industry.

EMPLOYER RESPONSIBILITIES

Your employer has a legal obligation to address alcohol and other drug issues in the workplace through the 'duty of care' provisions in the OHS Act. These provisions require employers to take all reasonable or 'practicable' steps to ensure the health and safety of all workers and any other people who may be affected by the actions of the employer, such as contractors or clients.

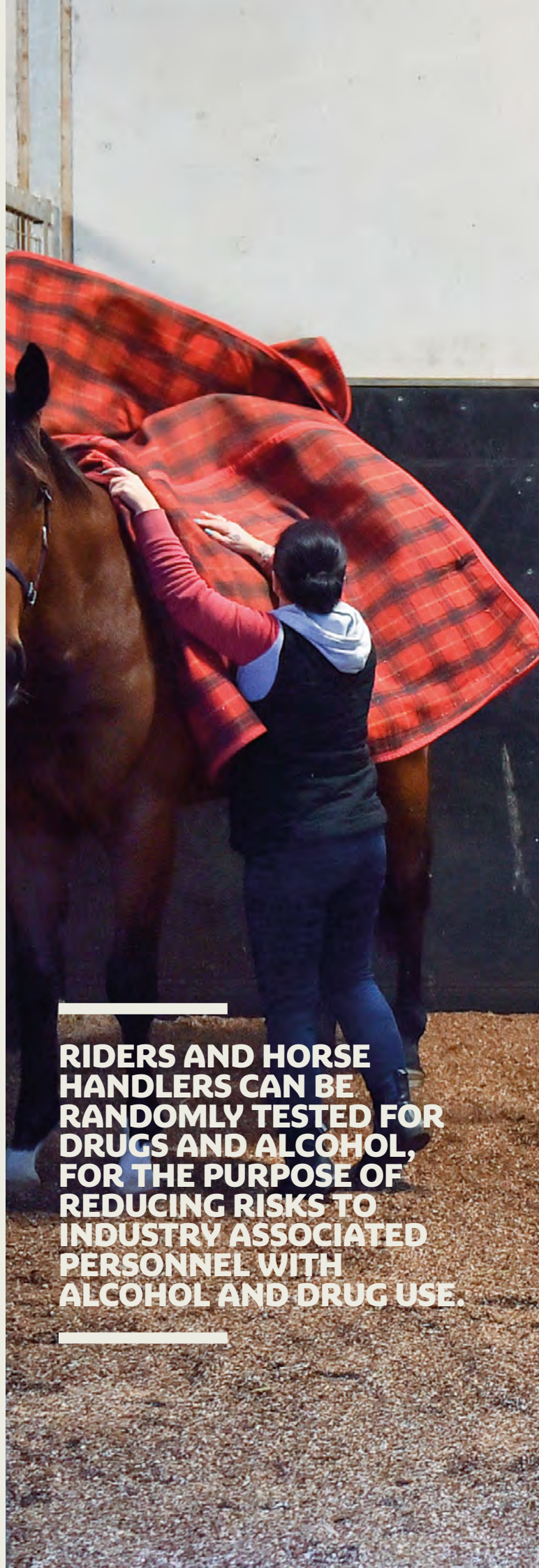
The Australian Drug Foundation (ADF) works with employers to help them develop alcohol and drugs policies, train employees about alcohol and drugs, and organise safe parties. If you think your workplace could benefit from these services, put your manager or Human Resources department in contact with the Australian Drug Foundation's Workplace Services.

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DRUGS & ALCOHOL IN RACING

Riders and horse handlers can be randomly tested for drugs and alcohol, for the purpose of reducing risks to industry associated personnel with alcohol and drug use. As at 19 April 2016, Stewards are able to take a sample either prior to or after handling any horse at any race meeting, official trial, jump out or in training.

AR 81BB states that alcohol is declared as a banned substance when alcohol is present at concentration in excess of 0.05% on a breath analyser test taken from a horse handler.



RIDERS AND HORSE HANDLERS CAN BE RANDOMLY TESTED FOR DRUGS AND ALCOHOL, FOR THE PURPOSE OF REDUCING RISKS TO INDUSTRY ASSOCIATED PERSONNEL WITH ALCOHOL AND DRUG USE.

Penalties apply for a blood alcohol concentration of 0.05% or higher, if a sample taken contains a substance banned by AR 81BB, or if a horse handler refuses or fails to deliver a sample as directed by the Stewards, or tampers with a sample.

AR 81B states that alcohol is declared as a banned substance when alcohol is present at a concentration in excess of 0.02% on a breath analyser test taken from a rider.

FURTHER INFORMATION

Australian Drug Foundation's Workplace Services team: Tel. 03 9611 6100 or visit adf.org.au/programs-and-services/workplace-services

Unions: If you are in a union, you should contact them for assistance.

WorkSafe Victoria Advisory Service:
Tel. 1800 136 089 (toll free).

Your local doctor, other health professional, or workplace Employee Assistance Program should be able to provide you with confidential advice or refer you to a more appropriate service.

DirectLine is a 24-hour telephone counselling and referral service for people in Victoria wanting help with alcohol or other drug related issues.
Tel. 1800 888 236.

CounsellingOnline offers free alcohol and drug counselling online 24 hours a day, 7 days a week.
Visit counsellingonline.org.au

Workers' Occupational Health Centre is a medical centre for workers located in Melbourne, Victoria. Visit wohc.org.au or tel. 03 9662 4820.

- See more at:
www.druginfo.adf.org.au/fact-sheets/alcohol-and-drugs-in-the-workplace#sthash.wFhoSeWc.dpuf
- Some health Apps to download:
hellosundaymorning.org
betterhealth.vic.gov.au/app-landing/index.htm



RACING
VICTORIA



**ALCOHOL IS DECLARED
AS A BANNED SUBSTANCE
WHEN ALCOHOL
IS PRESENT AT A
CONCENTRATION IN
EXCESS OF 0.02% ON A
BREATH ANALYSER TEST
TAKEN FROM A RIDER.**

ALCOHOL AND DRUGS AFFECT EVERYONE

At some stage of your life, it is highly likely that alcohol and drugs will affect you, your family or someone you know.

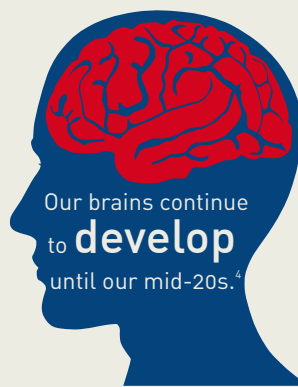
1 in 5 women drink alcohol while pregnant¹



Drinking during pregnancy can cause miscarriage, premature birth and stillbirth. It can also cause learning and memory difficulties, behavioural problems, poor growth, organ damage and facial abnormalities in the child. The Australian Alcohol Guidelines recommend not drinking during pregnancy.



By the age of **12** a child will have seen **1300+** alcohol ads on TV.²



Our brains continue to **develop** until our mid-20s.⁴

regret

17% of 15-18 year olds say they had sex when drunk which they later regretted.⁵



8 out of 10

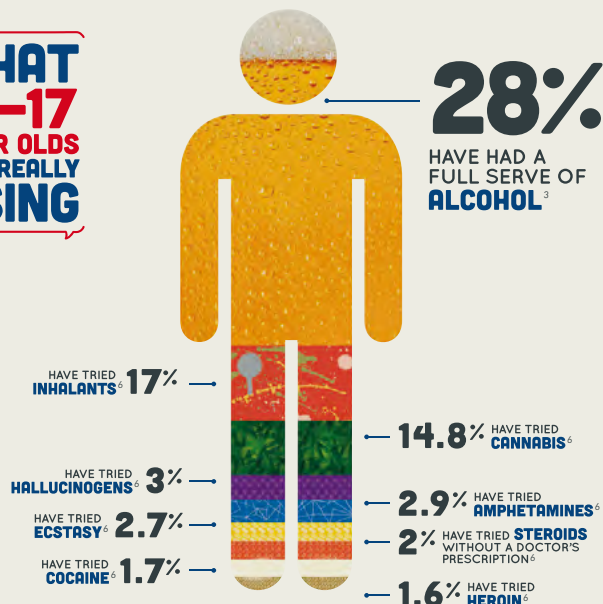


Australians over 14 drink alcohol.³

DRINK DAILY

Australians aged over 70 years are the most likely group to drink daily.³

WHAT 12-17 YEAR OLDS ARE REALLY USING



RIP Alcohol contributes to the three major causes of teen death: **injury, homicide and suicide.**⁴

Parents are the most likely source of alcohol for 12-17 year olds.⁶



\$7b is generated by alcohol related **tax.** But

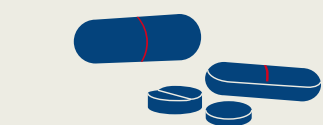
alcohol costs society **\$15.3b** annually⁸ and illicit drugs **\$8.0b** annually.⁸



Almost 1 in 10 workers say they have experienced the **negative effects** of a co-worker's misuse of alcohol.^{9, 10}



Alcohol and other drugs **cost** Australian workplaces **\$6 billion** per year in lost **productivity.**⁸



More Australians (**11.4%**) misuse pharmaceuticals (e.g. painkillers, tranquillisers) at some point in their life than use **methamphetamines (7%)**³

1 in 5 Australians over 14

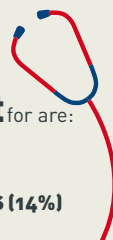
drink at levels that put them at risk of alcohol-related harm over their lifetime.³

AGE

10, 20, 30, 40
50, 60, 70, 80, 90

Illicit drug use is most common among people **aged 20-40 years.**³

The most **common** drugs people seek **treatment** for are:
Alcohol (41%)
Cannabis (24%)
Amphetamines (14%)
Heroin (8%).⁷



Alcohol caused **4 times**

more deaths (5,554) than road accidents (1,367) in 2010.^{10, 11}



Go to **druginfo.adf.org.au** for more information and references. You can also download this page as a pdf.

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