



Grade C trainers/drivers

During February 2019, Harness Racing Victoria's Board approved changes to the existing HRV Licencing Policy by introducing a Grade C driver's permit and a Grade C trainer's licence, which are effective from March 1 2019.

The introduction of a Grade C trainer's licence requires persons who breaking-in, preparing, educating and exercising a horse to be licenced irrespective of where these activities are conducted, but Grade C trainer's licence holders cannot nominate a horse to trial or race.

The introduction of a Grade C trainers' licence was required with the amendment of Australian Harness Racing Rule (AHRR) 203, which now states: "A person shall not train a horse unless that person holds a training licence".

The Grade C driver's permit allows prospective licensees to be practically assessed by driving in an education trial behind the mobile barrier. This will assist in better gauging competency prior to full Grade C driver's licences being granted.

Those conducting breaking-in or pre-training activities who are not the holder of a current licence are advised to contact the HRV Licensing Department on (03) 8378 0213.

Integrity Department personnel changes

Nick Murray has returned to the HRV Integrity Department after a period of absence due to a family illness, but has relinquished the position of Chairman of Stewards so he can focus on other priorities.

I personally thank Nick for his heavy contribution since being appointed Chairman of Stewards in 2015.

Nick will take a position as Senior Steward with a portfolio that comprises a Raceday Review Officer role, including the review of races and handling queries or complaints in respect of those races.

Brett Day has been appointed HRV Chairman of Stewards and I personally seek to congratulate him on that appointment. Brett has performed the Acting Chairman of Stewards role admirably since June 2018 and will no doubt continue to perform the role to a high standard.

There will be announcements in the very new future with a new Investigation and Compliance Manager (after Anthony Pearce sought a position closer to home with Greyhound Racing Victoria) and other stewarding/starter appointments (with the retirements of Graeme Morgan and Doug Gretgrix).

Finally, I would like to thank Evy Gomo from Benestar who discusses the important issue of mental health and wellbeing in this edition of *Integrity Matters*.

Any licensed persons who need assistance in relation to mental health and wellbeing are strongly encouraged to contact the Industry Assistance Program on 1300 360 364.

I also thank Senior Steward Adrian Crowther for participating in this edition of *Integrity Matters*.

Brent Fisher

HRV General Manager - Integrity

March 1 2019 saw various amendments to the Australian Harness Racing Rules (AHRR) become effective and to assist understanding and compliance the below information is provided, however please note this does not include all amendments to the AHRR.

All persons covered by the AHRR are required to familiarise themselves with

the full list of amendments which can be accessed online at www.harness.org.au/rules/ramend_18dec.pdf.

Amendment AHRR 96A(4)(b)

The reporting period previously specified under AHRR 96A(4)(b) relating to notification of a horse's death has been reduced from 28 days to seven days.

The reporting period remains at 24 hours for a horse which has raced, trialled or been entered for a race or trial within 14 days of the horse's death.

Reporting of the death of a horse should occur by using the form accessible online at www.harness.org.au/hra/form-R25A-deregistration-death-form.pdf.

The rule now reads:

96A. (4) The owner, or trainer of the horse at the time of its death shall:

(a) In the case of a horse which dies within 14 days of being entered for or participating in a trial or race notify the controlling body of the death within 24 hours of its occurrence.

(b) In any other case notify the controlling body of the death within seven days of its occurrence.

Introduction of AHRR 101C

There has been a new rule (AHRR 101C) introduced to address those horses which suffer cardiac arrhythmia, particularly on repeated occasions.

The new rule requires trainers to report to the stewards any time a horse suffers cardiac arrhythmia after a race or trial.

The rule also details action to be taken by the stewards against a horse, with the level of action increasing with each instance cardiac arrhythmia is detected, with the horse ultimately barred from racing after the third occasion.

The new rule reads:

101C. (1) If a horse suffers cardiac arrhythmia after a race the trainer shall immediately and in any event within 24 hours notify the stewards.

(2) If the stewards are satisfied that a horse has suffered cardiac arrhythmia the Stewards shall:

(a) After the first attack stand the horse down from racing for a period of 14 days, require the horse to undergo an ECG prior to a trial and then trial to the satisfaction of the stewards.

(b) After the second attack stand the horse down from racing for a period of 28 days, require the horse to undergo an ECG before trialling and then trial on two occasions to the satisfaction of the stewards.

(c) After the third attack, bar the horse for life.

Amendment AHRR 119A(2)

The period in which a horse may be temporarily transferred to another licensed trainer or another person has been reduced from six weeks to 14 days.

This period is only applicable after approval has been granted by the stewards for the transfer to take place in accordance with AHRR 119A(1), which states:

119A. (1) Where a trainer intends to leave his horse with another licensed trainer or another person the trainer must obtain approval from the stewards prior to doing so. Trainers seeking permission are to contact the HRV Stewards on (03) 8378 0200.

The rule now reads:

119A. (2) The period in which a horse may be left with another licensed trainer or another person shall not exceed 14 days from the date of approval.

Amendments AHRR 202, 203 & 204

The amendments to AHRR 202, 203 and 204 require that any persons driving, training or performing stablehand duties in connection with the harness racing industry must hold a licence irrespective of where the activity is being conducted.

This necessitated the introduction of a Grade C trainer's licence to break-in and pre-train a horse. Further detail regarding this licence type can be online at www.thetrots.com.au/news/media-releases/19-february-2019-hrv-board-approves-licencing-policy-changes/

AHRR 202, 203 & 204 now read:

202. A person shall not drive a horse unless that person holds a driving licence, training licence or a stablehand licence or other licence authorising that activity.

203. A person shall not train a horse unless that person holds a training licence.

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Mental health & wellbeing

Evy Gomo, Benestar Clinical Manager



What is your name and background?

I have worked at Benestar for 16 years and have a background in mental health and assisting organisations with solutions for thriving and wellbeing.

What is mental health and wellbeing?

The World Health Organisation defines mental health as a state of wellbeing in which every individual realises their potential, can cope with normal stresses in life, work productively and fruitfully and contribute to their community. Mental health affects how we think, feel and behave and can determine how we handle stress, connect and make decisions. Wellbeing is strongly linked to happiness, positivity, satisfaction and how you feel about yourself.

What is the Industry Assistance Program (IAP) and what is its role in assisting harness racing industry participants in Victoria?

The IAP is a program sponsored by HRV to help individuals reach their potential and be their best. It is a counselling/coaching and consulting program to support employees in their emotional and psychological wellbeing at work and in their personal lives. The aim is to adopt early intervention, prevention and a proactive approach to workplace wellbeing, where participants have confidential conversations with experienced clinicians.

How does the IAP work?

It is short-term and solution focussed. Support can be offered face-to-face, over the phone, live chat and at Benestar. All of this information is available at www.thetrots.com.au.

What positive steps can people take to improve their mental health and wellbeing?

Make your mental health a priority,

look after your body and your mind, get a good, restful night's sleep, exercise and eat well, get early support for symptoms of depression or anxiety, connect to others, practise daily gratitude and focus on strengths and resilience. Bring awareness to the present moment, rather than focussing on the past or future, and focus on what you can control. Be sure to take regular breaks through your day, nourish and nurture yourself as well as looking after others and reduce technology, especially at night and weekends. IAP can assist with all of the above.

What are common signs that may indicate people need support?

It is recommended to see your GP immediately should you experience poor mental health symptoms, disturbances or changes in your thoughts or behaviours. Warning signs include increased stress, lack of self care, risky behaviour, confused thinking, uncharacteristic anxiety, anger or moodiness, symptoms of depression including sadness, irritability and loss of enjoyment; excessive anxiety or worry that interferes with your normal coping capacity, change in your diet, sleep and feelings; not wanting to be around others or engage in social activities, strong negative thoughts or feeling overwhelmed, dependence on alcohol or drugs and any thoughts of self-harm or to harm others.

What can friends or family do if they notice someone displaying those signs or symptoms?

Be prepared to listen, ask what support you can provide and encourage help-seeking behaviours. Offer to help them get to the GP or other health professional, continue to monitor them and ask 'RU OK' questions. Don't feel as though you have to have all the answers.

What can people do if they feel like they need assistance in relation to their mental health and wellbeing?

Consider the many forms of support available, get information about your symptoms, speak to people you trust, contact IAP or other help lines and remember asking for help is not weakness, it is your first step towards recovery.

For help call the Industry Assistance Program on 1300 360 364

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204. A person shall not carry out the duties of a stablehand unless that person holds a trainer's, driver's or stablehand's licence.

Introduction of AHRR 235B

The introduction of AHRR 235B sees restrictions placed on trainers betting in races where they have a horse competing. The restrictions are:

- The trainer being prevented from placing a bet on another horse;
- When placing an exotic bet (quinella, trifecta, first 4 et cetera) a horse not trained by the trainer cannot be selected to finish ahead of a horse trained by them.

A trainer is already prohibited from laying a horse trained by them under the provisions of AHRR 235A.

Trainers are advised that should an offence be found proven under this new rule significant penalties may be imposed.

The new rule reads:

235B. (1) A trainer shall not place a bet on another horse in a race in which he has a starter.

(2) A trainer shall not place a bet on a horse in a race to finish ahead of a horse trained by that trainer in the race.

Amendment AHRR 230, 259(1)(a) and introduction of AHRR 259(1)(k)

The amendments to AHRR 230 & 259(1) (a) prohibit the communication between licensed and disqualified persons for any matter related to the harness racing industry. This can include, but is not limited to, communication via social media, telephone, text message, email or in person.

The introduction of AHRR 259(1) (k) prohibits persons disqualified from the harness racing industry from associating with licensed persons from the thoroughbred or greyhound racing industry, including from entering any premises owned or occupied by those persons.

The relevant rules now read:

230. Except with the consent of the controlling body a person shall not associate or communicate for purposes relating to the harness racing industry

with a disqualified person or a person whose name appears in the current list of disqualifications published or adopted by a recognised harness racing authority.

259. (1) A disqualified person or a person whose name appears in the current list of disqualifications published or adopted by a recognised harness racing authority or a person warned off cannot do any of the following:

- (a) associate or communicate with persons connected with the harness racing industry for purposes relating to that industry;
- (b) be a member or employee of the controlling body;
- (c) be an office holder, official, member or employee of a club;
- (d) enter a racecourse or any place under the control of a club or controlling body;
- (e) race, lease, train, drive or nominate a horse;
- (f) conduct breeding activities;
- (g) enter any premises used for the purposes of the harness racing industry;
- (h) participate in any manner in the harness racing industry;
- (i) permit or authorise any person to conduct any activity associated with the harness racing industry at his/her registered training establishment;
- (j) place, or have placed on their behalf, or have any other interest in, a bet on any Australian harness racing race.
- (k) associate with licensed persons connected with the thoroughbred or greyhound racing industry including but not limited to entering any premises owned or occupied by such licensed persons.

Any further information relating to these amendments should be directed to the HRV Integrity Department on (03) 8378 0200.

Brett Day
HRV Chairman of Stewards



Contact **Integrity Matters** any time
via email: integritymatters@hrv.org.au
or phone: **03 9214 0651**

Getting to know

Adrian Crowther

What's your background and how did you get involved in harness racing?



I had no family involvement in harness racing but became interested as a teenager watching great horses like Maoris Idol, Pure Steel, Paleface Adios and Koala King. Channel 7 broadcasted the trots from Moonee Valley on Saturday nights and I watched religiously and kept my own form records. From age 15 I worked part-time for Geelong trainer Bill Bond. Bill was a great teacher and helped get me to the point where I started driving in races. After completing an apprenticeship as an electrician I travelled overseas for a few years and was fortunate to work for harness trainers in Canada, Sweden and the UK.

What is your role in harness racing?

I am a Senior Steward with HRV, which encompasses duties including chairing race meetings, working on the panel at race meetings and inquiries, and carrying out stable inspections and office duties. Another facet of the role is presenting stewards' cases at appeal hearings.

How have you found the transition from Tasmania to Victoria?

After five years as Chairman Of Stewards in Tasmania I joined the panel at HRV last November and am really enjoying my role. With the large number of race meetings, I have enjoyed meeting industry participants and getting around many of the tracks. It was also great to be working during the recent Inter Dominion series, which is the pinnacle of harness racing in our part of the world.

What does Integrity mean to you?

Integrity means conducting myself honestly, ethically and professionally in ensuring participants in our industry are treated fairly and can compete on a level playing field, which is essential for the future of the industry.



HRV HORSE HEALTH & WELFARE

with HRV Vet Lesley Hawson

Keeping their cool

Did you know that hosing a horse down correctly can help recovery time and reduce muscle and tendon problems?

Exercising horses are hot horses.

Horses' muscle produces 40 times more heat at racing speed than at rest. Temperatures inside a hard-working muscle can get above 46 degrees. At these temperatures the muscle and particularly tendons can become damaged.

Horses rely on evaporation of fluids from their skin for cooling. We can help this cooling process by hosing the horse with cool to cold water.

The water should be applied all over its body, but especially over the big heat-generating muscles on the rump and the back. Do not scrape the water off between hosing sessions as this reduces the amount of water available to evaporate off the horse's skin. Hosing with a continuous wetting spray of cold water (like heavy rain) is far more effective than hosing for a short time and scraping the water off.

Once the horse has begun to cool down it is important to keep walking the

horse. This increases the flow of blood from the cool skin to the hot muscles. Walking a horse for 10 to 15 minutes after racing will also increase the movement of lactic acid from the muscles into the blood stream. This will help the horse make a faster recovery.

In hot and/or humid conditions you might need to repeat the hosing and walking cycle several times before the horse's temperature comes down to safe levels.

Hosing and scraping then leaving a still hot horse to stand in a stall can result in the horse becoming even hotter again because the deep muscles are still generating heat. I would like to see more horses being walked for 10 to 15 minutes post-race to optimise their recovery before they are returned to their stalls.

Avoid squirting water into horses' eyes

eye. If you hose the eye too hard the contaminants can be pushed further into the eye where the horse's natural cleaning mechanisms cannot reach them. This can result in sight-threatening infection. Water in a horse's ears can also result in infection.

A horse that has cooled down adequately will be breathing slowly and regularly. Its heart rate will be less than 80 beats per minute. Rectal temperature will be below 40 degrees and dropping.

In dry, hot conditions it is acceptable to leave a horse wet in the stalls but doing so in humid conditions can lead to skin infections (such as ring worm and greasy heel). Obviously putting rugs on a wet horse also increases the changes of skin infections. Drying a horse thoroughly in cold conditions is important to prevent chilling. While most horses



and ears. Use the hose at low pressure or even use a wet towel to wash around these important areas. Horses can have dirt flicked up into and around their eyes when racing. The horse's eye has very efficient mechanisms for flushing these contaminants out of their eyes but only if the dirt remains on the surface of the

will not require any rugs or sheets in the period immediately post-race as they stop moisture evaporating from the skin of the horse, this is not the case in very cold weather. Wet horses can become chilled quite quickly which can also lead to muscle soreness and poorer recoveries.