



AUSTRALIAN ENDURANCE RIDERS ASSOCIATION INC.

TPR COURSE NOTES FOR RUNNING COURSES

What is a TPR Steward?

- A Steward accredited by AERA who takes the Temperature and Pulse information of horses prior and during a competition.
- Refer to AERA Rule Book

How to become a TPR Steward:

- Become accredited through the TPR exam process

Responsibilities of a TPR Steward:

- Refer to AERA Rule Book

Parameters:

- Refer AERA Rule Book

Taking the Pulse Rate:

- Finding the heart sound. Sounds, see the TPR Study Guide
- Procedures for Pulse taking see AERA Rule Book
- Irregularities or unusual sounds, check with vet via Chief Steward.

Horse and Handler behaviour:

- Unruly horses, what to do
- Uncooperative handlers, how to deal with this

Temperature taking:

- There are two types of thermometers generally used, a digital and a veterinarian glass thermometer, which is a small triangular glass thermometer.
- Do not use old fashioned hollow thermometer, breakage is dangerous. The Temperature is generally only taken pre ride.
- Make horse aware of you as you approach, stand close to the side of the horse take hold of the root of the tail to move tail over a little, some horses respond well to a rub or tickle on the side of the root of the tail.
- Either spit on the thermometer or use a little Vaseline for the thermometer to be inserted in the rectum easily. Hold the thermometer gently to the side as there could be manure present. Hold the thermometer inside for the required time, a digital thermometer will beep when temp has stabilised. Record Temp in logbook.
- If the temperature is above the parameter then call vet through Chief Steward to verify.
- If the horse will not let you take the temperature, or you feel unsafe doing it; ask the person in charge of the horse to take it, if that person refuses then call the Chief Steward who will attend to the problem. If the horse behaves in such a way that TPR can't be performed then the Chief Steward will disqualify the horse.

Log Book Entry

- The results are entered in the logbook as they are recorded.