

NRHA Medications Program FAQ

I'm new to NRHA- where do I find information on the NRHA Medications Program?

There are several different locations to find information!

- The current *NRHA Handbook* - E. Animal Welfare and Medications Provisions Applicable to all NRHA Events.
- NRHA.com/welfare
- NRHA Medications Card

My horse needs medication- but I have an NRHA competition coming up- how do I know if I will be in compliance with the NRHA rules?

First step is to speak with your veterinarian. Let them know you compete with NRHA and provide to them a current *NRHA Handbook* so they are up-to-date on the current NRHA rules. If your veterinarian is unsure, you can call the USEF medications hotline to see where the medication would be classified (they do not recommend dosages- this is the job of your veterinarian).

I am administering a medication that is on NRHA's list of allowable controlled substances- how do I determine what the allowable limit is to compete on, and is there somewhere with dosage and withdrawal recommendations?

All limits for medications that NRHA classifies as controlled and allowable to compete on are located in the current *NRHA Handbook*. Dosage and withdrawal recommendations for these specific medications are located on a medications card which NRHA can send to you upon request. When competing in NRHA competition, always fill out a medications report form and submit it to the NRHA Show Office.

What is a medications report form?

This is a form where you identify the horse you are competing on and the medications that have been administered, complete with time, date, and dosage. This form should be *completely* filled out and the horse's registered name needs to be listed. This form gets submitted to the NRHA Show Office where they date and sign that they have received the form. An exhibitor should always take a copy of their submitted report form with the signature and date stamp from the Show Office for their records.

Where do I find a medications report form?

- NRHA.com/welfare
- Show Office

If a medication is allowed to be used in NRHA competition- can I still receive a medications penalty for its use?

Yes. You can have an overage of an allowable substance, and therefore limits are provided. The limit is the amount of the medication that is allowed to be in the sample from the horse at the time of competition.

The NRHA Handbook mentions "NSAID"- what is an "NSAID"?

"NSAID" stands for non-steroidal anti-inflammatory drug.

Can I compete on multiple NSAIDs?

You can compete on one allowable NSAID, but a second or more would be considered "stacking" which would receive a medications penalty unless stacked in accordance with *Section 8: Conditions for Therapeutic Administrations of Forbidden Substances* of the NRHA Handbook.

What is stacking?

NSAID "Stacking" occurs when a post-run sample is found to contain the presence of more than one non-steroidal anti-inflammatory drugs, commonly known as NSAIDs, that is not in compliance with *Section 8 of the NRHA Handbook, Conditions for Therapeutic Administrations of Forbidden Substances*.

Can I use CBD on my horse in NRHA competition?

CBD, or cannabidiol, is currently a banned substance with NRHA and cannot be used in NRHA competition.

Where can I look up the classification of a substance?

You can use the FEI substance database to classify substances, the link to which can be found on NRHA.com/welfare. The NRHA allowable controlled substances can be found in the current *NRHA Handbook* and on the medications card.

Where can I find the NRHA Animal Welfare and Medications Policy?

The NRHA Animal Welfare and Medications policy is located on NRHA.com/welfare.

I have verified that the medication I need to provide to my horse is either an allowable controlled medication or allowable under the Section 8: Conditions for Therapeutic Administrations of Forbidden Substances- what do I need to do at the event?

Immediately upon administration of the medication, a medications report form should be filled out completely- using the horse's registered name- and submitted to the show office. The member should make sure to take a copy for their records.

Does a medications report form guarantee that I will not come back with a medication's penalty?

No. If the use of the medication was not used under the provisions of *Section 8: Conditions for Therapeutic Administrations of Forbidden Substances*, then you will receive a medications penalty even if you fill out the form. However, if you do not fill out the form, even if you are using it in accordance with *Section 8*, you will receive a medications penalty.

Whose responsibility is it if the horse comes back positive with a substance?

The rider is the person considered responsible. It is important to verify with your trainer, owner, and grooms to know exactly what has been administered to the horse prior to competition, and to be on the same page with your team of what can and cannot be administered and when during the event.

When during an event am I no longer in need of following NRHA medications rules?

NRHA can test any horse competing in NRHA classes at any point in time during an NRHA event. If your horse is in need of medical attention, attend to your horse and be sure to file medications reports forms completely out and file with the show office afterwards. Make sure the date and time is noted on the administration.

What happens if I have been randomly selected for testing?

A testing technician will greet you upon exiting the arena and will introduce themselves as part of the NRHA testing team. They will walk with you back to your stall and stay with you while you untack your horse. They will ask you questions regarding the horse and will ask you to review the sample card and to verify that the information is all correct. The veterinarian will come (if they are not there already) and will collect a plasma sample A and sample B. Once the samples are sealed, they will ask you to sign off that you have reviewed the process from start to finish. At this point the process is complete.

I have heard that it can take a long time to be tested- is this true?

NRHA used to collect both urine and plasma samples, and the urine collection could take up to 45 minutes. Currently, NRHA only collects plasma which has a quicker collection time.

What happens if I won a class and as a champion I am being tested?

If you are competing at an NRHA event where the champions are being tested, it is your responsibility to maintain that the horse remains in compliance with NRHA rules until the sample is collected. If your horse has competed but has not been tested yet, and needs medications, attend to your horse and immediately fill out and submit to the show office a medications report form, date and time stamped. Remember to take a copy. When you get tested, mention to the testing team to record in the notes that you did administer medication after competition and have turned in a medications report form.

What happens if I refuse to be tested?

The testing team will not force you, however they will inform NRHA who will then file an unsportsmanlike conduct protest against you, which can lead to membership suspension, fines equal to the highest penalty, disqualification, or other penalties.

What happens to the sample after it is collected from my horse?

The samples are shipped to the testing lab who will complete analysis in accordance with NRHA rules.

Who receives the results from the lab and what happens with the positive results?

Results are first communicated to NRHA staff and verified that they are violations. Any positive samples who have an associated submitted medications reports form are evaluated by an industry professional to determine if the use of the medication was used in accordance with *Section 8*. The medications letters are then drafted and submitted for proofing with supporting documents of research (results confirming horse and rider pair, substance classification verification, results from lab, and sample ID card showing matching sample numbers). Once proofed, the letter is then emailed to the rider with the owner in copy, and a physical copy is mailed to both parties.

Who is aware of the positives?

- NRHA staff who received and research the results
- NRHA staff who proof the letters
- NRHA Commissioner

My medications violation letter says that I can request sample B be tested - what does this mean and how long do I have to do it?

An NRHA member with a medications violation has 15 days from the date of the letter to inform NRHA in writing that they would like to request testing sample B. This request should be made if you feel there was an error in the analysis of sample A. If you request to test sample B, you will be responsible for all costs associated. The sample will be tested at a separate lab. NRHA will locate the second lab and will notify you, however both parties must agree. Once the lab is located, NRHA will have the sample sent over for analysis. When the results are confirmed, they will be communicated to NRHA who will then communicate them to the you in the form of a letter emailed and mailed. If the analysis of sample B comes back that there was an error in the analysis of sample A, NRHA will cover the costs of testing sample B. If the analysis confirms the results from Sample A, NRHA will issue the invoice for the lab fees and any medications penalties will stand.

My medications violation letter says that I can request a hearing – what does this mean and how long do I have to do it?

An NRHA member with a medications violation has 15 days from the date of the letter to inform NRHA in writing that they would like to request a medications hearing. This should be done if the member feels like they can reduce their penalties by informing the hearing body of their situation and why the substance is in the sample. If requested, NRHA will organize with the hearing body a date and time which will be communicated to you. The hearing body will be notified of the case, however will not be informed of your name. At this hearing you can introduce yourself if you choose and speak to your case and have anyone present you wish, however you must disclose who is present on the call with you. After the hearing is completed, the hearing body will reconvene to discuss the case and outcome. The outcome is then relayed to the competitor and owner in the form of official communication via email and a physical letter.

Who is on the medications hearing body?

The hearing panel is an anonymous group of individuals who will come together if a member requests to plead their medications violation case. They are comprised of two veterinarians, two NRHA professionals, and a member of the NRHA Stewards Committee.

Can I appeal the outcome of the medications hearing?

The competitor does have the option to appeal to the NRHA Executive Committee (EC) if they so choose. At this time NRHA staff will coordinate with the EC for a date and time and relay that to the competitor to be present. The process would operate as the medications hearing does- however his/her name would be relayed to the EC. At this time if the penalties remain, the name would then be published (if applicable), applicable fines would stand (issued at the time of the initial violation letter), the rider and horse would be disqualified (if applicable - requiring the return of all money and awards to be

redistributed), and suspension/probation would take effect from the last day of the event for the time set.

My medications violation letter says I have a medications probationary period- what is that?

This means that in the time referenced in the letter if you receive another medications violation you move to a second offense, and so on.

What happens if I received another medications violation within my medications probationary period?

Your second offense would move over to the second offense penalties under the level that the second substance is classified as.

My medications violation letter says my name will be published- where does it get published and for how long?

All suspensions and violations are posted in *ReinerSuite* under the "Library". Your name will remain there for the length of your suspension or medications probationary period.

My medications violation letter says that I have been disqualified- do I need to do anything?

If you won money and/or prizes you will be required to return those to the show secretary for redistribution.