

# THINK OUTSIDE THE BOX



# 4

RECOMMENDATIONS  
TO AVOID  
DOPING CASES  
CONTAMINATIONS  
AND ACCIDENTS



BEHAVE



ORGANISE



MAINTAIN



SECURE



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# THINK OUTSIDE THE BOX







## BEHAVE RESPONSIBLY

	CONTEXT	RISKS	CONSEQUENCES
 <b>NO URINATING</b>	<p>When at home or invited to someone's home, you use the toilet. One of the main reasons for contamination, doping cases and suspensions is caused by urinating in a horse's box. This is your horse's living space and not your toilet, please respect that.</p>	<p>Contamination Intoxication <b>Doping case</b></p>	<p>Illness Death Disqualification <b>Suspension</b></p>
 <b>WASH HANDS</b>	<p>Medication, creams and other products will leave residues on your hands, and if a horse licks your hand, these substances will end up in the horse's bloodstream. Furthermore, viruses, bacteria and parasites are everywhere, and who knows what or who you've touched before.</p>	<p>Contamination Intoxication <b>Doping case</b></p>	<p>Illness Death Disqualification <b>Suspension</b></p>
 <b>NO SMOKING</b>	<p>Horses are no fans of nicotine, cigarette butts, E-liquids or any kind of substance that can be smoked, including cannabis. Beside intoxication and contamination, fire is also a strong risk linked to smoking in stables.</p>	<p>Fire Contamination Intoxication <b>Doping case</b></p>	<p>Injury Illness Death Disqualification <b>Suspension</b></p>
 <b>NO LITTERING</b>	<p>Something to throw away? Bins exist exactly for that. And that coffee you just spilled onto the hay may not seem like a big deal, but it could actually result in a positive doping case.</p>	<p>Contamination Intoxication <b>Doping case</b></p>	<p>Injury Illness Death Disqualification <b>Suspension</b></p>

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## ORGANISE STABLES

	CONTEXT	RISKS	CONSEQUENCES
 <b>EQUIPMENT &amp; TOOLS</b>	<p>Various sharp tools and pieces of equipment are frequently used in and around the stables on a daily basis. A horse could easily step on, rub against, or even ingest them, which is why it is of utmost importance you always keep potentially harmful items safely stored away, just as you would do for small children.</p>	Accident	Injury Death Out of competition
 <b>PRODUCTS</b>	<p>All products, whether synthetic or natural, should always be safely stored away and never be left unattended in the stables as they could spill over or even be ingested. Furthermore, only authorised and trained personnel should have access to such products.</p>	Accident Intoxication	Injury Illness Death Out of competition
 <b>MEDICATION</b>	<p>Veterinary and human medications are sometimes present in the stables. A horse ingesting a wrong substance could result in health issues and/or a positive doping case. All medication must be safely stored and locked away from horses, and should only be used by authorised and trained personnel. Horses should always be treated in a separate treating box, and everything must be disinfected after, including buckets and hands.</p>	Contamination Intoxication <b>Doping case</b>	Illness Death Disqualification <b>Suspension</b>
 <b>NO FIRE</b>	<p>Even if fireworks and open fires can be beautiful or practical, they are not great when it comes to safety, and they are definitely a no-go in horses' box stalls or anywhere else inside or close to stable facilities.</p>	Fire Accident	Injury Death Out of competition

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## MAINTAIN PREMISES

	CONTEXT	RISKS	CONSEQUENCES
 <b>BUILDING INFRASTRUCTURES</b>	Poor maintenance just like ill-conceived constructions can lead to weak or thin structures, falling parts, damaged walls, and uneven floors, all becoming potential sources of danger to horses & humans. Fix it, stay alert and keep everyone safe.	Accident	Injury Death Out of competition
 <b>WATER SYSTEMS</b>	Water systems are essential to fulfil the horse's needs such as drinking, grooming and for stables maintenance. Leaks and humidity however, should be avoided. Slippery floors and mould are hidden dangers that can strike any time and compromise horse welfare, so just like in your own home, anticipation is crucial.	Accident Intoxication	Injury Illness Death Out of competition
 <b>ELECTRICAL SYSTEMS</b>	Electricity and lighting are key components of a functioning stable. All electrical systems must be well installed, monitored and maintained regularly. Malfunctioning electric systems can pose a serious fire hazard and/or may lead to electrocution. So, for your safety and that of your horses, keep them in check.	Accident Electrocution Fire	Injury Death Out of competition

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## SECURE THE PERIMETER

### CONTEXT

### RISKS

### CONSEQUENCES



#### DANGEROUS PLANTS

Certain plants are poisonous for horses and can contaminate their hay and feed, thus potentially leading to a positive doping case. Identifying and removing them is a game changer.

Contamination  
Intoxication  
**Doping case**

Illness  
Death  
Disqualification  
**Suspension**



#### DANGEROUS WILDLIFE

Insects and rodents can carry viruses, bacteria or parasites. Other animals such as snakes and spiders may be venomous. Identifying and preventing these troublemakers from entering the stables is a great additional layer of protection.

Accident  
Contamination  
Intoxication

Injury  
Illness  
Death  
Out of competition



#### UNAUTHORISED PEOPLE

No one enters your house unless invited right? The same goes for stables, only authorised people should be allowed in. This will help prevent unintentional or intentional wrong doing from happening.

Accident  
Contamination  
Intoxication  
**Doping case**

Injury  
Illness  
Death  
Disqualification  
**Suspension**

It all starts  
with **respect**



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