



# West Cork TREC Midsummer Competition

Saturday 23<sup>rd</sup> & Sunday 24<sup>th</sup> June 2018

A 2-Day 3-Phase Competition  
From Level 1 (suitable for beginners) to Level 3

This event qualifies for the Abbey Cup  
and is an event in the TREC Ireland selection process for GB Championships 2018

## Venue:

Whooley's Farm

**Kilrussane**, Knockraha, Co. Cork, T56 WY43  
(4 km from Junction 18 on the M8 Cork-Dublin motorway)

Event Secretary (up to event):	Jill Davies email: <a href="mailto:westcorktrec@gmail.com">westcorktrec@gmail.com</a> tel: 087 218 9890
Event Co-Ordinator (at event):	Adèle Connor tel: 086 465 1132
Technical Delegate:	Winfried Bastian
Traceur:	Frances Whooley
Chef de Piste:	Adèle Connor
Safety Officers:	Shirley Squire & Julie O'Neill

## Competition Information

This competition will consist of three phases, the winners being those with the highest points accumulated across the three phases, to a possible maximum of 460 points.

Competitors can expect to be riding across varied terrain, which will include quiet country roads, tracks, and paths. Competitors may also be riding through fields of livestock, please use your common sense when riding past these animals. All landowners have been very supportive and we have managed to gain access to some off-road riding. We must stress the need to keep gates closed and to ensure that you follow the Country Code. If you find a gate closed, please close it again behind you.

### Contact information

- ◆ Before the event: Please contact our event secretary Jill Davies (087) 218 9890 or email [westcorktrec@gmail.com](mailto:westcorktrec@gmail.com)
- ◆ During the event: Emergency numbers will be published in the Secretary's Office at the venue

## Insurance

A rider may be held liable for damages, where they are found to have negligently caused injury to persons or livestock and/or damage to property and where TREC Ireland and/or the landowner are shown not to have been negligent. Riders should therefore be aware of the limits for TREC Ireland's insurance cover (and that of any other equestrian sport organisation).

Some landowners may specifically ask that riders have their own insurance cover before they give permission to ride through their lands. **Therefore, at our event, each rider must provide evidence of adequate cover for themselves and for their horse, either fully paid BHS Gold Membership or equivalent insurance.**

## Entries

All entries must be pre-paid and sent in on the Entry form (page 7 and 8). **The closing date for entries is Monday June 11<sup>th</sup> 2018.**

- ◆ Refund for Cancellations – As certain organisational costs are fixed, refunds can only be given in full if an entry is cancelled prior to the closing date for entries (Monday 11<sup>th</sup> June 2018).

Please send your completed entry and payment to:

*Jill Davies, 33 Ardmanagh Road, Schull, Co. Cork, P81 CP48*

*email: [westcorktrec@gmail.com](mailto:westcorktrec@gmail.com) – please send scanned copy/photo of completed forms by email if paying online*

Cheques are to be made payable to: West Cork TREC

Bank transfer / online payment can be made to this account:

Account name:	West Cork Trec	
Bank Branch:	AIB Bank, 9 Bridge Street, Skibbereen, Co. Cork	
NSC & A/C No:	93-63-75	1349 6007
BIC:	AIBKIE2D	
IBAN:	IE80 AIBK 9363 7513 4960 07	
<b>Please include reference:</b>	<b>MID + your name</b>	

*If you are posting your entry with your payment very near the closing date, we recommend you also send a photo of the completed forms electronically (eg by email, Facebook Messenger, WhatsApp or text) so that you can be sure your entry will be received on time.*

## Classes

Please indicate on your entry form which class you are entering from the following list. Competitors entering classes 1 to 5 will be competing on both Saturday and Sunday. Classes D1 and D2 are entries for one day only.

Class	Level	Max POR distance	Max PTV height
Class 1	Level 1 – Individual	15 km	60 cm
Class 2	Level 1 - Pairs	15 km	60 cm
Class 3	Level 2 – Individual	25 km	70 cm
Class 4	Level 2 – Pairs	25 km	70 cm
Class 5	Level 3 – Individual <sup>1</sup>	35 km	90 cm
Class 6	Level 3 – Pairs <sup>1</sup>	35 km	90 cm
Class D1	Saturday only – POR (any level) <sup>1</sup>	see classes above	n/a
Class D2	Sunday only – MA/PTV (any level)	n/a	see classes above

<sup>1</sup> The Level 3 POR route may include compass bearings, grid references and/or aerial photos

**The results of this competition will be sent to Trec Ireland as it qualifies as an event in the TREC GB Championships 2018 Selection Process.**

## Entry Fees

Class	TREC Ireland Members	Non-members
Classes 1 to 6	€ 50	€ 57
Classes D1 and D2	€ 25	€ 32

## Code of Ethics

TREC Ireland's 'Code of Ethics & Good Practice for Children's Sport' will be adhered to for this event, and can be downloaded from [www.trecireland.com](http://www.trecireland.com) Please note:

- ◆ Parents and participants must fill in the entry form with the understanding that they 'agree to abide by TREC Ireland's code of ethics and good practice' – this also allows West Cork TREC and TREC Ireland to include the photos of the junior participants on the internet and any newspapers such as the Irish Field.
- ◆ Parents must ensure that a 'Junior Participants Form' is submitted **for any participant (competitor or helper) who is under 18**. All junior participants should be accompanied either by an adult family member or two supervising adults.
- ◆ Anybody involved in any way with the event on any or all of the days must sign in using the provided sign-in sheet (in the Event Secretary's Office/Tent).

## Junior Competitors

All junior competitors (under 18 years) must send in a **Junior Participant's Form** with their entry (see page 9).

*For the POR phase:*

- ◆ A young rider may ride as an individual if they are 16 years old in the *calendar year* of the competition (i.e. the rider will be 16 on or before 31.12.18).
- ◆ Any rider under this age limit must be accompanied by an adult (over 18) in the pair classes.  
*Please note West Cork TREC will not take responsibility for pairing an under 16 rider, they must enter as a pair with an adult rider.*

## Volunteers

All TREC competitions rely on the support of volunteer judges and helpers. If there is anyone who can come along and help, please complete the Volunteer form on page 10 and email it to our event secretary by 11<sup>th</sup> June 2018.

We are seeking volunteers with experience for the tasks of checkpoint stewards, and judging the MA or PTV obstacles. We welcome volunteers that might not have any experience or who do not want to judge as there are many other tasks that are involved in running a competition like this, such as setting up and putting away the equipment, calling riders to start of course, holding horses while competitors are in the map room, timing stewards, etc. We are grateful for all offers of help and you will learn lots from the inside! Even a couple of hours help can make a big difference to the smooth running of the competition.

Riders, if you are able to help for any tasks on any of the days, please complete the Volunteer form on page 10 and send it in with your entry. You may be able to help setup on Friday, or dismantle and pack away on Sunday, or you might have decided to enter the competition for just one day only and can help out on the other day.

## Food

Riders are expected to bring their own lunch/snacks for Saturday and Sunday, or they may order a filled roll for one or both of the days (€3 each) when completing their order form. A filled roll will be provided free of charge to all helpers on both Saturday and Sunday. We will provide bottles of water for riders and helpers on both days and there is access to a facility on site where people can make tea/coffee.

There will be a Social Evening Meal at a venue nearby on Saturday evening. Tickets to the Social Evening Meal will cost €15 per person. Riders may order extra tickets for friends or partners etc. The rider must record the total number of tickets (including their own) being ordered and price on the entry form in the space provided. Helpers who are volunteering **both days** will receive a ticket for the social evening free of charge. (Helpers requiring extra tickets should contact the event secretary to order tickets and organise payment of same).

Please indicate in the entry form (or helper form) if you have any special dietary requirements. You may bring your own lunch/snacks if you would prefer to do so (recommended if your dietary needs are complex).

## Equipment

Please refer to TREC Ireland Rule Book for a list of all the mandatory and any additional equipment required for the different phases. (A copy of the list can be found in an appendix at the end of this document for your convenience).

- ◆ *Body Protectors:* **All riders under 18** must wear a body protector (Beta Level 3 standard) for the PTV phase of the competition.
- ◆ *Riding hats:* Riding hats must conform to the safety standards outlined in the current TREC Ireland Rule Book.
- ◆ *Level 1 POR concession:* A special concession was introduced by TREC Ireland which allows Level 1 riders to participate in local competitions with a slightly reduced equipment list; the minimum items required are clearly marked in our appendix.

## Registration of Equine Premises

Include your equine premises number on the entry form. If you have not yet registered your equine premises, you can obtain information and registration form at [www.agriculture.gov.ie/animalhealthwelfare/animalwelfare](http://www.agriculture.gov.ie/animalhealthwelfare/animalwelfare). The registration takes approximately 2-3 weeks, and there is no fee to register. The reason for registering and record keeping is so as to enable the Department of Agriculture to have information on the location of horses and their contacts with other horses in order that in the event of a disease outbreak, owners can be identified and advised of any necessary precautions. TREC Ireland and West Cork TREC may be asked to provide a list of registration numbers for all horses/ponies that participated/attended the event. If you do not yet have a registration number at the time you are submitting your entry, you may submit your entry anyway and you will have the opportunity to provide your equine premises number on the day. If your application is still being processed at the time of the event you can still participate, but will be required to provide the number after the event.

## Passports

It is a legal requirement to carry a passport when a horse is used for the purpose of competition. If a horse is transported without a passport when being used for competition purposes an offence is being committed and prosecution is a possibility. **Passports will be required at vetting/health check.**

## Vetting/Health Check

All horses/ponies will be vetted prior to the start of the competition, and will be presented for the vetting/health check in competition number order (a list of approximate times will be produced). The rider must present the horse in a bridle (recommended) or in a head collar in a clean tidy state with saddle and/or any protective boots removed. The vetting/health check will be carried out in accordance with TREC Ireland. Riders are required to familiarise themselves with these rules. This vetting/health check does not guarantee the good health of the horse and shall not engage the liability of the organisation.

Vetting prior to the POR phase will commence on Saturday 23<sup>rd</sup> June for all levels and prior to the MA phase on Sunday 24<sup>th</sup> June. Only those competing both Saturday and Sunday are required to get their horses vetted on the Sunday.

## Vet / Farrier

In case of emergencies, on call cover has been organised for the weekend with both a local farrier and a local veterinary practice who has a vet on call at the weekend. The organisers will have their numbers should there be a need to call for either service.

## Rules / Breaching of Rules

The competition is organised according to TREC Ireland rules. Registration (through entry and/or sign in) means participants accept these rules. If breached, some rules (including those noted below) may result in a substantial amount of penalty points being applied to a rider's score or in some cases elimination from the phase or from the whole competition. It is the competitor's responsibility to be familiar with the current version of the TREC Ireland Rule Book, which is available to download from [www.trecireland.com](http://www.trecireland.com)

- ◆ Outside assistance is NOT allowed in any phase of the competition
- ◆ POR: it is the responsibility of the competitor to collect their record card in the map room and retain it while out on the course.
- ◆ PTV: competitors must STOP and inform the relevant judge if they are not attempting an obstacle.

## Queries / Complaints

Queries and complaints will be dealt with in accordance to TREC Ireland rules (section 3.8) and must be submitted within the relevant timeframes as outlined in this section.

- ◆ Competitors are not permitted to discuss timings or scores directly with the judges, but a competitor may ask a judge to record relevant observations.
- ◆ *Queries* – All queries must be directed to the Technical Delegate within the allowed time (rule 3.8.2)
- ◆ *Complaints* – All complaints must be lodged **in writing** with the Technical Delegate within the allowed time, no verbal complaints are admitted.

## Times

**Please note all times are approximate and are subject to change.** A list of the rider order and start times will be issued before the event.

<i>Friday 22<sup>nd</sup> June</i>	18:00	PTV course open for walking
<i>Saturday 23<sup>rd</sup> June</i>	08:00	Sign in and competitor briefing
	08:30	Vet check commences for all levels (passports required)
	08:45	Equipment check commences
	09:00	Start of POR (Map room)
	19:00	Social evening
<i>Sunday 24<sup>th</sup> June</i>	08:30	Vet check (for those doing both days only)
	09:00	Start of MA phase
	09:15	Start of PTV phase
	16:00 approx	Prize giving

## **Directions to the venue (from the M8 Cork-Dublin motorway)**

If travelling from the Cork end of the M8 motorway, you need to exit the motorway at Junction 18 (signposted R639 Glanmire). At the T-junction (150m), turn right towards Watergrasshill. At the roundabout (700m) take the first exit onto R639 towards Watergrasshill. After 800m turn right onto the L2972 signposted for Knockraha. Follow this road for 2.2km (ie under the bridge, continuing for approx. 1km then veering 90 degrees hard right followed by 90 degrees hard left, and continuing for about another 1km) until you reach a small road up to the left. Whooley's farm is a further 1.6km along this road at the end of the cul de sac.

If travelling from the Dublin end of the M8 motorway, you need to exit the motorway at Junction 18 (signposted R639 Glanmire). At the roundabout (500m), take the third exit (signposted R639 Glanmire). At the next roundabout (150m), take the second exit towards Watergrasshill R639. After 800m turn right onto the L2972 signposted for Knockraha. Follow this road for 2.2km (ie under the bridge, continuing for approx. 1km then veering 90 degrees hard right followed by 90 degrees hard left, and continuing for about another 1km) until you reach a small road up to the left. Whooley's farm is a further 1.6km along this road at the end of the cul de sac.

## **Corralling / Stabling**

Corralling is available at the venue, €10 per horse per night. Contact Frances Whooley 087 278 6557. Please book in advance, and bring your own corralling equipment. Payment to be made to Frances on arrival at venue.

There are 11 stables available at the venue, €20 for one night or €30 for two nights. Straw bedding is included in this price. Contact Frances Whooley 087 278 6557. Please book in advance. Payment to be made to Frances on arrival at venue.

## **Camping / Accommodation**

Camping is available at the venue, €10 per person (price is for two nights). Please book in advance. Contact Frances Whooley 087 278 6557. Payment to be made to Frances on arrival at venue. For access to facilities, campers will be shown where there are two houses near the camping field, one has access from the outside to a toilet and shower, the other has access to an outside toilet.

The following is a list of contact numbers in the area where you may find accommodation:

- ◆ Christine Lane – (086) 815 7710 – Glanmire, 10 mins drive
- ◆ Sean and Audrey Kelly – (087) 245 1445 – Watergrasshill, 15 mins drive
- ◆ Kilmore B&B (Stasia Neary) – (021) 482 1388 – Sallybrook, Glanmire, 12 mins drive
- ◆ Helen Dunne – (087) 410 3065 – Watergrasshill (T34 EP27), 15 mins drive

You could also look on airbnb for places (type in "Glanmire, Cork" in the search box).



# ENTRY FORM



## Rider Information

Name: \_\_\_\_\_

Date of Birth (if under 18): \_\_\_\_\_

Address: \_\_\_\_\_

Rider Email: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

TREC Ireland Membership Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

TREC Ireland Affiliate Group: \_\_\_\_\_

## Class Entry Details

Class No: \_\_\_\_\_ Level: \_\_\_\_\_ Individual / Pair: \_\_\_\_\_

Mark 'X' as appropriate:  Full Competition (2 days)  Saturday POR only  Sunday MA/PTV only

Name of Pair Rider: \_\_\_\_\_

*(please note West Cork TREC will not take responsibility for pairing riders – they must enter with a pair)*

## Horse

Name of Horse/Pony: \_\_\_\_\_

Height (please state hh or cms): \_\_\_\_\_

Breed: \_\_\_\_\_

Please indicate if you are riding a stallion: YES NO

Equine Premises Number: \_\_\_\_\_

## Insurance Details

BHS Gold Membership Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

*(if no BHS membership, please give name of provider of equivalent level of insurance, policy number & expiry date)*

## Payment Details \*\*\* YOU MUST FILL THIS SECTION IN \*\*\*

Payment instructions are on page 2.

Please indicate method of payment:  cheque  bank transfer/lodgement (on date: \_\_\_\_\_)

Entry fee classes 1-6 (full competition)	TREC Ireland Member €50/Non-member €57	€
Entry fee classes D1/ D2 (single day)	TREC Ireland Member €25/Non-member €32	€
No. of rolls required for Sat _____ Sun _____ at a cost of €3 per roll		€
Tickets for Social Meal*	€15 per ticket No. tickets required: _____	€

\* Do **not** include helpers attending **both days** when calculating number of tickets required here

**\* IMPORTANT \* ENTER TOTAL AMOUNT HERE | €**

## Special Dietary Needs *(please indicate if you have special dietary needs)*

\_\_\_\_\_

\_\_\_\_\_



# ENTRY FORM



**Rider Name:**

**Level:**

**Emergency Contact Details** *(the organisers require the following details in case of emergency)*

Where you will be staying during the competition:

Accommodation phone number:

Your vehicle registration number plate:

Registration number plate of horse transport vehicle (if different) :

In case of emergency, who should we contact:

Emergency contact phone number(s):

If the emergency contact for any participant is another competitor, please consider giving details of a different contact as there may be times during the competition when a competitor is not contactable for an extended period of time (eg when out on the POR route).

Is there any additional information you would like us to know in case of an emergency?

**IMPORTANT – please ensure you complete and sign this section**

*Photographs:* West Cork TREC would like permission to take and use photos for the promotion of the sport in newspapers (eg Irish Field etc.), to share them on our website/social media sites and with other TREC groups.

◆ I give permission for photographs of me to be taken / used / shared (**state Yes or No**) \_\_\_\_\_ .

*Data Protection:* Your privacy is important to us at West Cork TREC, and your entry into this competition has required you to divulge some of your personal data to us. **Please state Yes or No for each statement below:**

I give permission to West Cork TREC for my personal data to be processed for the following purposes:

◆ to be retained and used for the purpose of, and to contact me about, this event: \_\_\_\_\_ .

◆ to be retained and used for the purpose of contacting me about other events: \_\_\_\_\_ .

Permission may be withdrawn by you at any stage for any or both of these statements by writing to us.

*Code of Ethics:* Participants and parents of Junior Participants (participants under 18 years of age) must fill in this entry form with the understanding that they agree to abide by TREC Ireland's Code of Ethics & Good Practice (available to download from [www.trecireland.com](http://www.trecireland.com)).

◆ **I hereby agree to abide by TREC Ireland's Code of Ethics & Good Practice.**

Signed:

Date:

*Participant*

Signed:

Date:

*Parent/Guardian of Junior Participant (under 18)*

Please note that Junior Participants must also submit a Junior Participant's Form (page 9 of this schedule).





West Cork TREC Midsummer 2018  
**JUNIOR PARTICIPANT'S FORM**  
*To be completed for all participants under 18 years of age*



Name of Junior Participant: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Mobile No: \_\_\_\_\_

Medical History Information (details of any known allergies, conditions, medications): \_\_\_\_\_

Any other special needs, requirements or directions that would be helpful for leaders to know about: \_\_\_\_\_

**Contact Information of Parent/Guardian**

Name: \_\_\_\_\_

Address (if different): \_\_\_\_\_

Telephone - Mobile (in case of emergency): \_\_\_\_\_ Home: \_\_\_\_\_

Email: \_\_\_\_\_

*It is recommended that junior participants should travel with / be accompanied by a family member or else two supervising adults (where possible). If you, as parent or guardian, are not able to accompany your child, please give the following details:*

Family Member/Supervisor: \_\_\_\_\_ Mobile No: \_\_\_\_\_

Other Supervising Adult (if any): \_\_\_\_\_ Mobile No: \_\_\_\_\_

**Parent/Guardian Consent**

I declare I am the legal parent or guardian of \_\_\_\_\_

In the event of illness, having parental responsibility, I give permission for medical treatment to be administered where considered necessary by a nominated first aider, or by suitably qualified medical practitioners. If I cannot be contacted and my child needs emergency hospital treatment, I authorise a qualified medical practitioner to provide emergency medical treatment or medication.

I hereby consent to the above child participating in activities of the organisation in line with the Code of Ethics & Good Practice and I agree to adhere to TREC Ireland's parents' code of conduct.

I understand that photographs will be taken during the event and may be used in the promotion of sport, and I hereby give / do not give (*please delete as appropriate*) permission for photographs of my child to be taken and used for said reason.

I confirm that all details are correct and I am able to give parental consent for my child to participate in all activities.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print name: \_\_\_\_\_

**Participant**

I agree to adhere to TREC Ireland's Rules and Code of Ethics & Good Practice.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print name: \_\_\_\_\_

*A copy of TREC Ireland's Code of Ethics can be downloaded from [www.trecireland.com](http://www.trecireland.com)*



# West Cork TREC Midsummer 2018



## VOLUNTEER FORM

All volunteer forms are to be sent to the event secretary by June 11<sup>th</sup> 2018

Please print all fields clearly. Any questions? Please contact Jill (087) 218 9890 or [jilldavies353@gmail.com](mailto:jilldavies353@gmail.com)

### Volunteer Information

Name:	Age (if under 18):
Email address:	
Phone Number(s):	
TREC Ireland Affiliate Group:	

<b>Times available:</b>	Friday 22 <sup>nd</sup> June –	From:	To:
	Saturday 23 <sup>rd</sup> June –	From:	To:
	Sunday 24 <sup>th</sup> June –	From:	To:

Please mark 'X' for ALL the activities you are interested in / experienced / available for

- Course Setup (Friday)
- Remove obstacles after event (Sunday)
- Photographer (Saturday and/or Sunday)
- Checkpoint Steward (Saturday)
- Map Room Steward (Saturday)
- Horse Holder (Saturday)
- Other POR Steward at venue (Saturday) eg vet check helper / tack check / starting caller
- MA Judge (Sunday)
- PTV Judge (Sunday). Any preferred obstacles?: \_\_\_\_\_
- Other (give details what & when): \_\_\_\_\_
- ADULTS: Please indicate if you would consider carrying out your job with a helper who is under 18

A filled roll will be provided free to all helpers on both Saturday and Sunday. Please indicate below if you have any special dietary requirements or, in the case of complex dietary needs, whether you would prefer to bring your own food. Volunteers helping **both** Saturday and Sunday will also receive a free ticket to the Saturday Social Meal.

### Data Protection

Your privacy is important to us at West Cork TREC, and your consent to volunteer to help us at this competition has required you to divulge some of your personal data to us. Please state Yes or No for each statement below:

I give permission to West Cork TREC for my personal data to be processed for the following purposes:

- ◆ to be retained and used for the purpose of, and to contact me about, this event: \_\_\_\_\_ .
- ◆ to be retained and used for the purpose of contacting me about other events: \_\_\_\_\_ .

Permission may be withdrawn by you at any stage for any or both of these statements by writing to us.

### Code of Ethics

As a volunteer for this competition, I hereby agree to abide by TREC Ireland's Code of Ethics & Good Practice.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please note volunteers who are under 18 should also complete a Junior Participant's form (page 9).  
A copy of TREC Ireland's code of ethics can be downloaded from [www.trecireland.com](http://www.trecireland.com)

**Thank you very much for your support!**



## STABLE/CORRAL EMERGENCY CONTACT FORM

Name of Horse: \_\_\_\_\_

Rider Name: \_\_\_\_\_

Mobile Number: \_\_\_\_\_

Vehicle Registration Number: \_\_\_\_\_

### Riders

This form should be attached to the stable or corral at the event (preferably sealed in a plastic pocket in case the form is exposed to the elements). Please do not send this form with your entry, just bring it with you to where you are corralling or stabling your horse for the event.



## West Cork TREC Midsummer 2017

### APPENDIX: EQUIPMENT LIST



<b>** Level 1 concession</b>	<b>Compulsory Equipment</b> (Penalties: see Rulebook 3.11.6 and 4.17.1)	<b>(Levels 2- 4 and Level 1 standard)</b>	<b>Phase</b>
L1 Minimum	Approved protective hard hat complying with current standards, PAS015, SEI ASTM 95, ASTM F1163, SNELL E2001, AS/NZS 3838 2006 and Interim European Standard VG1.040 2014-12 Where a rider wears a different hat for different phases, all hats must be presented for inspection at the equipment check.		All phases
L1 Minimum	Horse ID with rider number and emergency phone number attached to the bridle		All phases
L1 Minimum	Medical armband		All phases
L1 Minimum	Body protector (Beta Level 3 standard) for competitors under 18 years (& GB Qual.)		PTV
L1 Minimum	Head collar, lead rope or combination bridle.		POR
L1 Minimum	Fluorescent / reflective high-vis. clothing. The minimum requirement is clearly visible fluorescent strips on the area of the rider's torso.		POR
	Lights, attached somewhere to the rider's body, with a white light to the front and a red light to the back		POR
	For shod horses, emergency farrier's tools suitable for the removal of shoe and nails (one set of tools between a pair is sufficient) and correctly sized hoof-boot or similar (per horse). Compulsory for Levels 3 and 4, recommended for Levels 1 and 2		POR
	First aid kit for both equine and human. The main purpose of the first aid kit is to help stop blood loss and therefore must include: • 6 sterile swaps • 1 pair of round ended scissors • 1 elastic bandage, around 10cm wide • 1 disinfectant or antiseptic solution		POR

<b>** Level 1 concession</b>	<b>Additional Equipment</b> (Penalties: see Rulebook 4.17.1)	<b>(Levels 2- 4 and Level 1 standard)</b>	<b>Phase</b>
L1 Minimum	Hoof pick		POR
L1 Minimum	Whistle ( <i>recommend keep on person, not in saddlebag</i> )		POR
L1 Minimum	Mobile phone, sealed for all levels ( <i>recommend keep on person, not in saddlebag</i> )		POR
	Torch (lightweight but sufficient to read a map; a head torch is ideal)		POR
	Waterproofs (waterproof jacket as a minimum)		POR

<b>** Level 1 concession</b>	<b>Recommended Equipment</b> (Recommended items only, no penalties)	<b>(Levels 2- 4 and Level 1 standard)</b>	<b>Phase</b>
<i>Supplied</i>	Emergency telephone numbers ( <i>supplied by the event organisers</i> )		POR
	Markers / pens for the map and for making notes		POR
	Map case		POR
	Digital watch or stopwatch		POR
	Compass		POR
	Saddlebag or suitable alternative		POR
	Drink and snack		POR

**\*\* Level 1 concession:** To encourage riders to try TREC without having to buy new equipment for something they may only do once, TREC Ireland have issued a slightly reduced equipment list for Level 1 competitors at **local** competitions. The minimum items a Level 1 competitor will need under this concession are marked above as "L1 Minimum", the rest of the list are regarded as optional and will therefore will not incur penalties. The full equipment list will still apply to all levels at national competitions.