

Make Safety A Priority In Your Racing Company



Safety Panel Members

- Mr. Bill Casner, Owner
 - Mr. Clifford Barry, Racing Manger
 - Mr. Gary Contessa, Trainer
 - Dr. Foster Northrop, Veterinarian
-
- Dr. Scott Palmer, Moderator

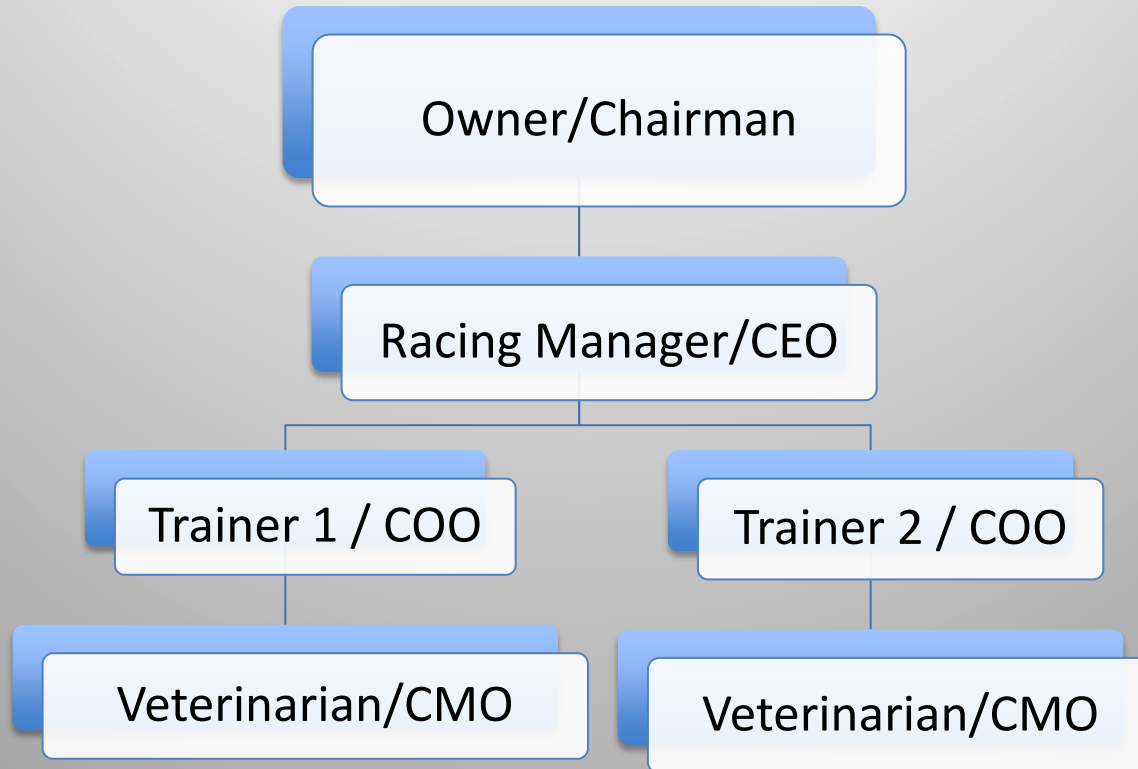
We all have the best intentions!



But...can our business model
get in the way?



The Racing Company



Occupational Safety & Health Administration

- OSHA enforces standards that improve workplace safety
- Since 1970 OSHA has helped reduce occupational fatalities by almost 50%.

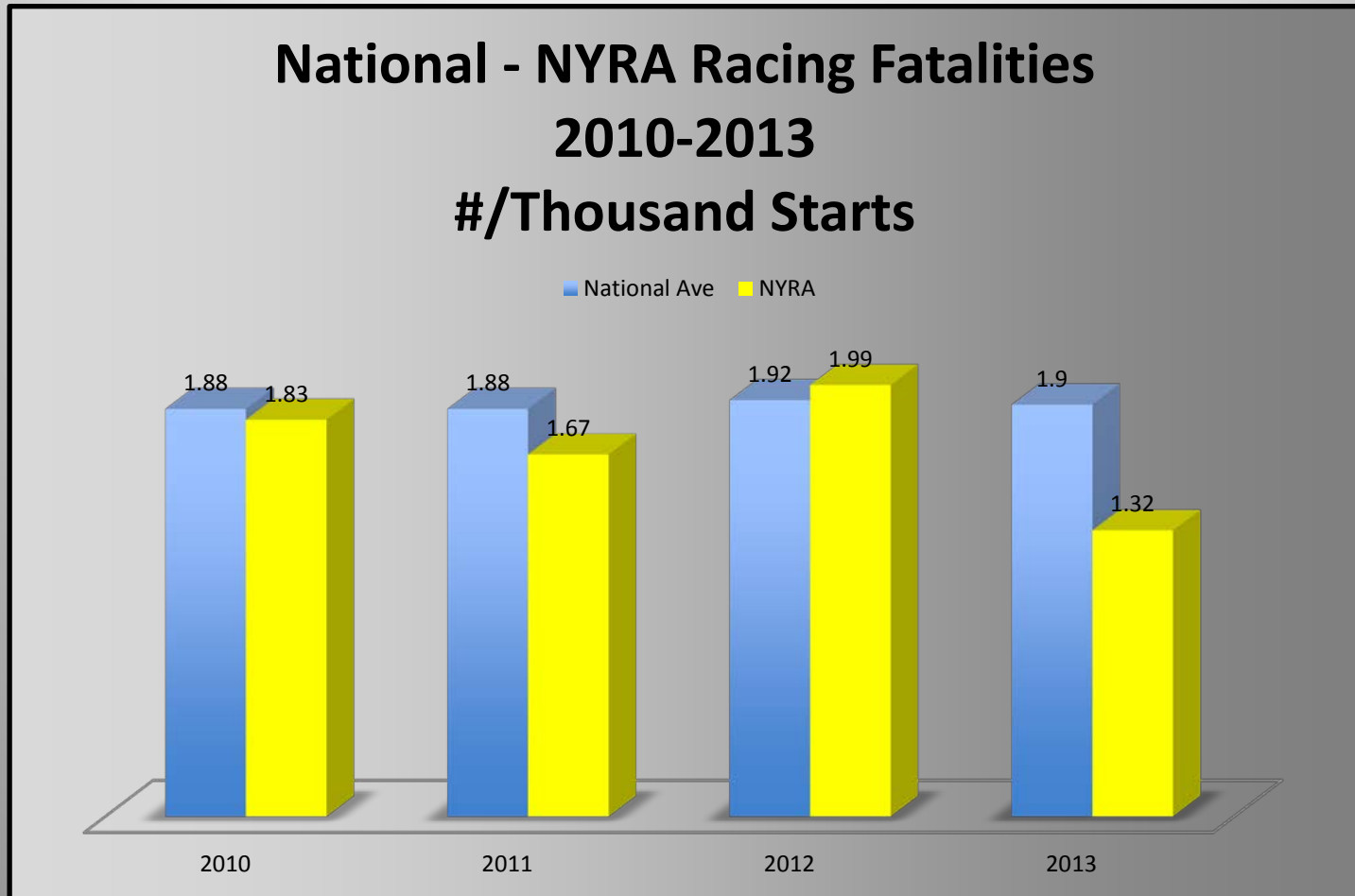


Occupational Safety & Health Administration

- OSHA offers free consultation services to help identify workplace hazards and establish safety & health management systems for your company.



You Can Reduce Racing Fatalities!



4 Steps To Safety

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- **Step 4:** Create SOPs and internal controls that promote safety by reducing risk & improving communication.

Modifiable Risk Factors

- Factors unique to each horse.
- Environmental factors
- Training and racing procedures and protocols.



Risk Factors in Race Horses

Risk Factor	Applicable to this horse
No start within 15-30 days	
1 st start within the past 9 months	
Intact male	
3-yr-old and up	
Not raced as a 2-year-old	
Multiple starts in 1-6 months	
Distance of race 7 furlongs or less	
Claiming race \$25,000 or less	
Pre-existing Injury	



National Athletic Trainers' Association Position Statement: Prevention of Pediatric Overuse Injuries

Tamara C. Valovich McLeod, PhD, ATC*; Laura C. Decoster, ATC†; Keith J. Loud, MDCM, MSc‡; Lyle J. Micheli, MD§; J. Terry Parker, PhD, ATC||; Michelle A. Sandrey, PhD, ATC¶; Christopher White, MS, ATC#

[Sports Physical Therapy]



Prevention of Overuse Injuries in Young Baseball Pitchers

Eric D. Parks, MD,* and Tracy R. Ray, MD

With millions of athletes participating in baseball in the United States annually, overuse injuries are common occurrences. Epidemiological studies, including surveys of orthopaedic surgeons, coaches, and athletes, indicate that injuries such as those to the ulnar collateral ligament are increasing in incidence. Many risk factors for throwing injuries have been proposed—including the immature skeleton, throwing mechanics, glenohumeral internal rotation deficit, pitch type, velocity, and counts—but little evidence is available to support the majority of these factors. Recent studies have shown that pitch volume and overuse are central factors that lead to shoulder and elbow injuries in the young throwing athlete. Pitching while fatigued and in spite of arm pain has also been implicated.

Keywords: youth pitchers' injuries; overuse; apophysitis; pitch counts

Case #1: Overuse Injury

- Seven year-old TB Gelding
- In the money last 15 starts
- Won his last 5 races
- What was his risk profile?
- “Overuse” injury – How much is too much?
- When to retire this horse?

Case #1: Overuse Injury

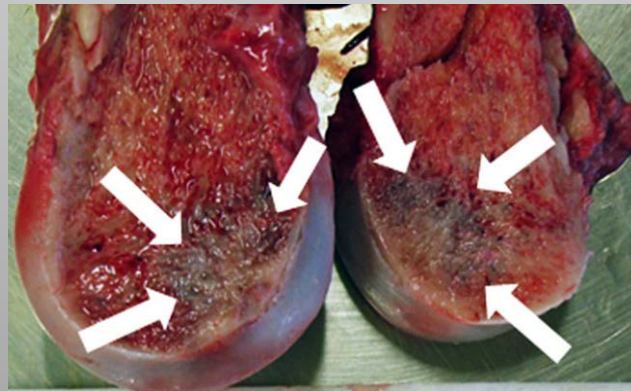


Equine Veterinary Journal ISSN 0425-1644
DOI: 10.1111/evj.12241

Review Article

Bone fatigue and its implications for injuries in racehorses

S. MARTIG, W. CHEN[†], P. V. S. LEE[†] and R. C. WHITTON*

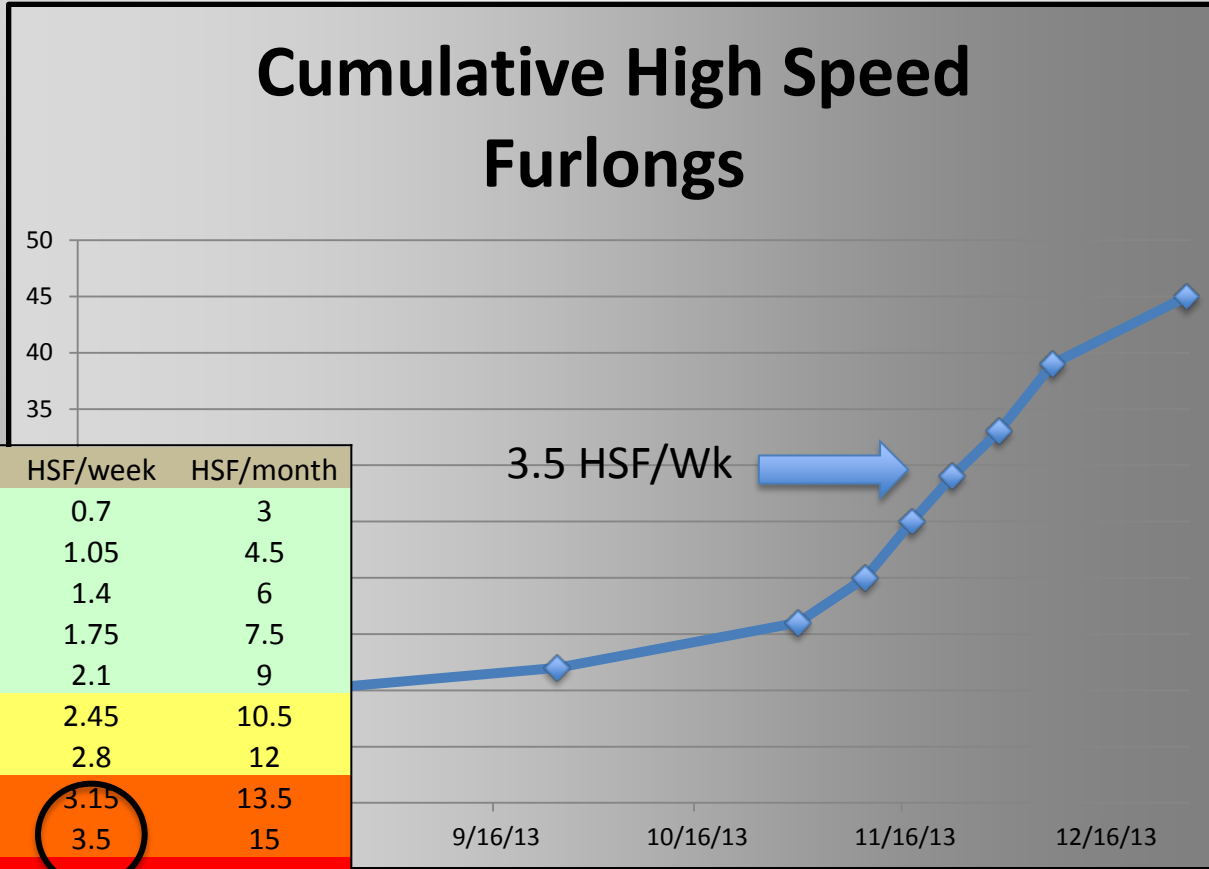


Risk Factors in Race Horses

Risk Factor	Applicable to this horse
No start within 15-30 days	YES , last start was 29 days ago
1 st start within the past 9 months	No
Intact male	No
3-yr-old and up	YES , 7 year-old
Not raced as a 2-year-old	YES
Multiple starts in 1-6 months	YES , 5 starts and 22 breezes in the last 6 months
Distance of race 7 furlongs or less	YES 7 furlongs
Claiming race \$25,000 or less	No
Pre-existing Injury	YES , Sclerosis, remodeling, cartilage ulcers LF/RF Sesamoid bones, Sclerosis MC3

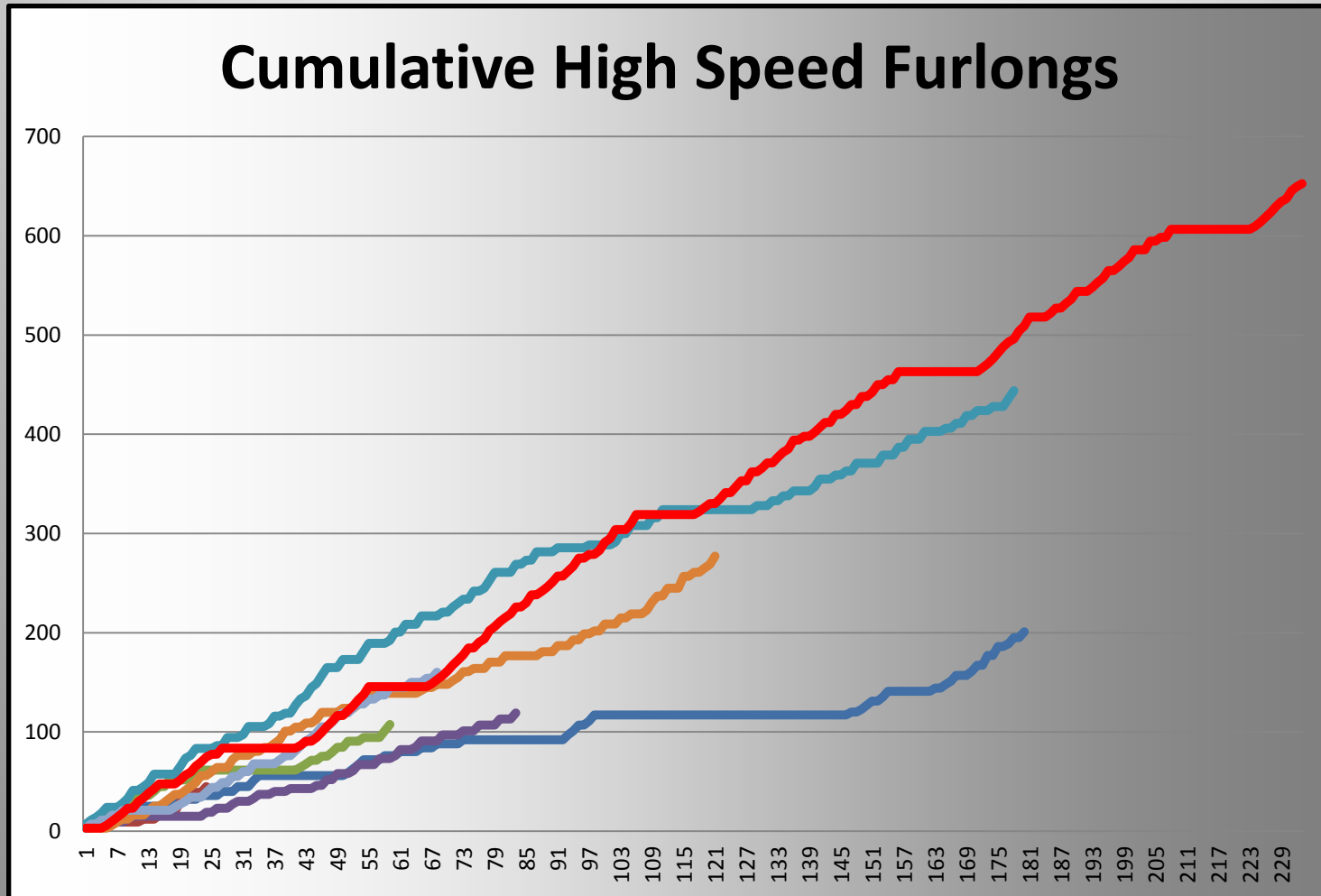
Overuse Injury

Cumulative High Speed Furlongs



HSF/day	HSF/week	HSF/month
0.1	0.7	3
0.15	1.05	4.5
0.2	1.4	6
0.25	1.75	7.5
0.3	2.1	9
0.35	2.45	10.5
0.4	2.8	12
0.45	3.15	13.5
0.5	3.5	15
0.55	3.85	16.5
0.6	4.2	18
0.65	4.55	19.5
0.7	4.9	21

Overuse Injury





Case #2: Maturity Issues

- 3 year-old colt
- Late start, did not race as a 2-year-old
- “Sheltered” from stress by owner/trainer
- Is this a valid concern in the context of current science of bone modeling?
- Protection or put at increased risk?

Case #2: Maturity Issues



Equine Veterinary Journal ISSN 0425-1644
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The Association of 2-year-old training milestones with career length and racing success in a sample of Thoroughbred horses in New Zealand.

JC Tanner, CW Rogers, EC Firth
Equine Veterinary Journal, **45**, 20-24

The Association of age at first start with career length in the Australian Thoroughbred racehorse population.

BD Velie, PK Knight, PC Thomson, CM Wade, NA Hamilton
Equine Veterinary Journal, **45**, 410-413

Case #2: Maturity Issues



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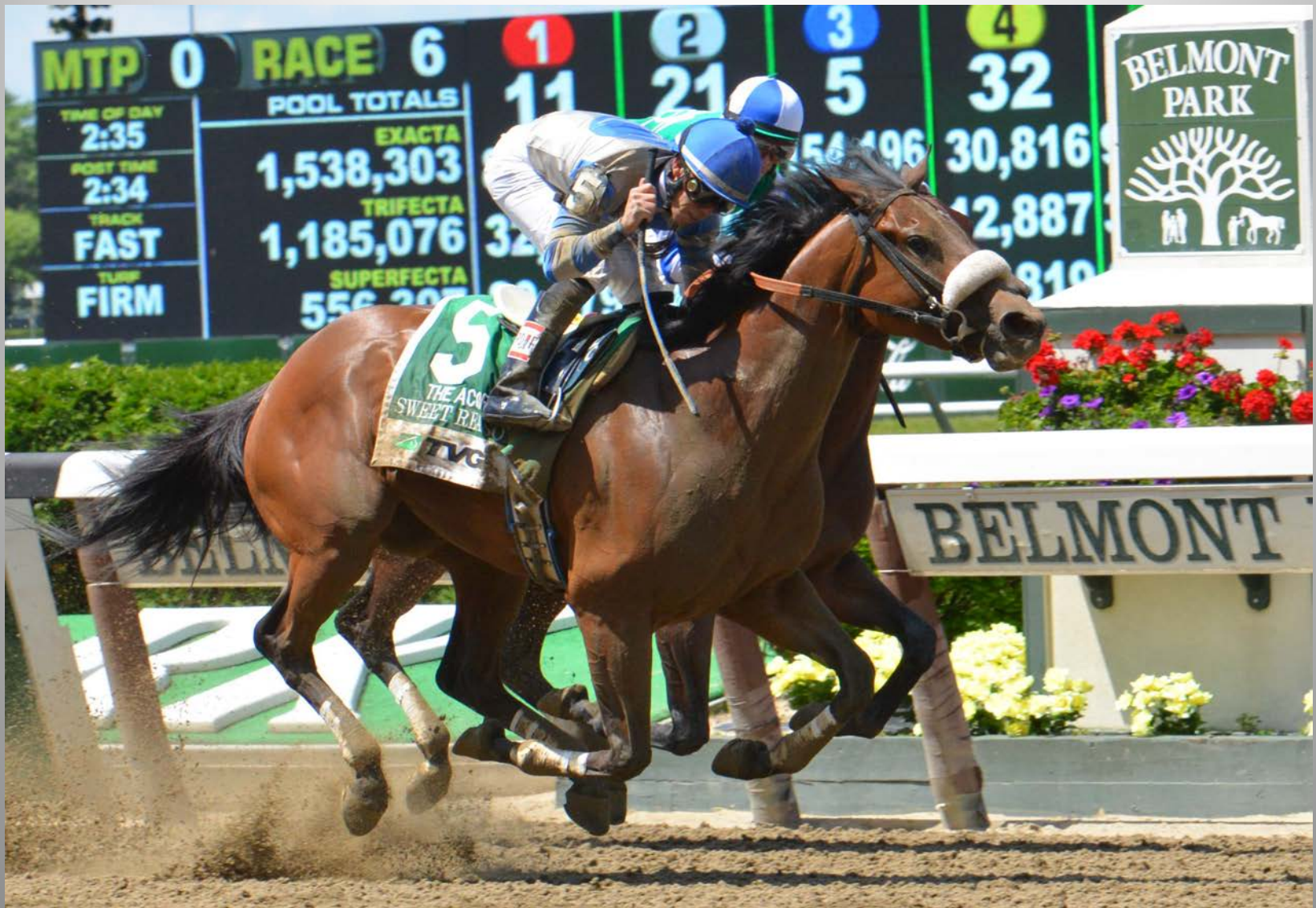
“Further experimental studies that investigated effects of exercise on bone, cartilage and tendons found supporting evidence of beneficial effects of early race training on musculoskeletal tissues consistent with findings in humans that exercising the growing skeleton, which is more responsive than mature skeletal tissue, has beneficial effects upon long term fracture resistance.”

K.L.P. Verheyen

Veterinary Epidemiology & Public Health Group

Royal Veterinary College, London, UK

Equine Vet Journal **45**, 6-7



Case #3: Don't Know – Don't Tell

- Horse is showing signs of lameness
- Therapeutic medication used to reduce swelling and lameness.
- No diagnosis, no report to owner.
- Lameness is not the primary problem
- How can we incentivize diagnostic efforts and “up” communication?

Managing Risk

- Equine racing fatalities are not a “cost of doing business.”
- Our best intentions can be mitigated by a business culture that fails to focus on safety.
- What is the safety record in your racing company?
- Set a goal for the coming year.

Tools for Safety

- Create a Risk Factor Chart for each horse in your stable.
- Monitor high speed furlong accumulation.
- Incorporate rest into your training programs.
- Use weekly medical reports to ensure “up” communication of safety issues.

4 Steps To Safety

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Thank You!

