

BIOSECURITY - EQUINE BIOSECURITY: KEEPING OUR HORSES HEALTHY

1. Biosecurity means doing everything we can to reduce the chance of our horse being exposed to \_ diseases.

2. Which steps in safely taking a horses temperature help prevent cross- contamination?

3. What are the steps in disinfecting things that don't come in direct contact with a sick horse (like your shoes, manure forks, stall walls)

4. Cross-contamination is what happens when \_\_\_ from one item is transferred to another item.

5. Disinfecting kills bacteria and \_\_\_\_\_ that can spread viruses and illnesses.

6. Which will help prevent cross-contamination, a TUBE of petroleum jelly or a TUB?

7. Sick horses should be \_\_\_\_\_ and given their own stable equipment.

8. Disinfecting solutions will kill [ALMOST NONE/ SOME/ MOST/ ALMOST ALL] of the germs and micro-organisms that spread disease

9. What is the most cost-effective disinfecting solution? Hint: it can also discolor your clothing

10. Why should you do with the plastic sandwich bags when taking a horses temperature?

## 2013 DMVA RALLY RULES STUDY GUIDE

CONCUSSIONS		
1. If your helmet gets a dent or a crack, you should		2013 DMVA Concussion Handout
2. Since helmets are not designed to work with long hair tucked under them, how should long hair be worn?		
3. Is it okay to wear your helmet when you're not riding?		
4. List three things you must do if you think you have a concussion		
5. Which is more serious, a first concussion or a second concussion?		
6. List three symptoms of a concussion		
7. Is a bad sunburn considered a concussion?		
8. You're in the tackroom and a box from a shelf falls on your head and gives you a bad headache. Could you have a concussion?		
9. True/False - a concussion can change the way your brain works.		
10. Can concussion symptoms take a few hours to develop?		

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HEAT RELATED ILLNESSES	
1. The USPC Uniform Rules of Officiation states that when jackets are waived because of heat helmet covers and rider neckwear should also be removed. Why is this? (2010 HM Rule Book, Appendix A-7d )	
2. Heat stroke is the most serious heat-related illness and happens when your body can't control it's own _____.	
3. _____ feels like muscle spasms or pain, usually in the arms, stomach or legs.	
4. Victims of ____ usually stop sweating.	
5. If you're feeling like you're too hot, you should ...	
6. This heat related illness is flagged CAUTION, meaning you should stop your activity until you feel better.	
7. This heat related illness is flagged WARNING, meaning you should stop your activity and take immediate steps to cool your body.	
8. This heat related illness is flagged DANGER, meaning the victim is in serious risk and should be treated immediately.	
9. One cause of heat related illness is not drinking enough _____.	
10. Generally True/Generally False: A heat cramp can change the way your brain works.	