18 July 2019

**TRACK WORK REGULATIONS 2019/2020 SEASON**

The following are track work regulations currently in force for both Sha Tin and Conghua Racecourse (“CRC”) and should be read in conjunction with the Instructions made by the Stewards of the Jockey Club.

**Sha Tin Training Tracks**

<table>
<thead>
<tr>
<th>Track</th>
<th>Opening Hours</th>
<th>Work Allowed</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trotting Ring</td>
<td>04:00 - 08:45 and 14:15 - 17:30 daily</td>
<td>Walk/trot only</td>
<td>• All work to be carried out in the opposite direction (anti-clockwise) on Mondays.</td>
</tr>
<tr>
<td>Small All Weather Track</td>
<td>04:45 - 08:45 daily (Track closes at 08:00 on days when barrier trials are scheduled to be held at Sha Tin) Harrowing break (weather permitting) at 06:15</td>
<td>Slow work only</td>
<td>• No harrowing break on Sundays and on days when barrier trials are conducted.</td>
</tr>
</tbody>
</table>
| Large All Weather Track      | 04:45 - 08:45 daily (Track closes at 08:00 on days when barrier trials are scheduled to be held at Sha Tin) Harrowing break (weather permitting) at 06:15 | Cantering/fast work   | • No trotting or walking is permitted other than a horse may be trotted immediately prior to commencing fast work and in any case only prior to the 800-Metre mark.  
• The inside rail is for fast work only. Horses galloping together must not number more than 3 abreast. Horses doing fast work must not be near the outside rail.  
Riders should at all times leave sufficient room between their horses and the outside rail for horses entering the track to commence work and pulling up in the back straight after completing work. |
Horses not doing fast work must stay off the inside rail.
Inexperienced or unruly (green) griffins should not work on the Large All Weather Track until after 7:00 am. This will assist in reducing the risks involved in working young horses.

The Riverside Path is open daily from 3:45 am to 7:00 pm for horses travelling between the Olympic Stables Compound and the Main Stables Compound. (Note: Restrictions apply during the Riverside Wall Replacement Project period.)

1800M Grass Gallops - Stalls Tests - Jump-outs - Starting Stalls Practice – Mondays and Thursdays

Grass gallops will start at 7:00 am and the small set of starting stalls will be available until 8:15 am. Stalls tests will commence at 7:30 am. If the venue or time is required to be changed for whatever reason, this information will be published on the list of entries. Stalls tests and grass gallops will not be conducted on general holidays. If a general holiday falls on a Monday, stalls tests may be moved to the following Tuesday if necessary provided that no grass trials are scheduled to be conducted on that day. Trainers are required to inform the Starting Gate Team of any withdrawal of entries for stalls tests as early as possible.

The following procedures will apply:

1. Horse number restrictions for 1800M grass gallops (whether the starting stalls are used or not):

   - Stables with up to 35 horses – 2 horses
   - Stables with 36 or more horses – 3 horses

The following horses are exempted from the number restrictions:

- Horses that have won International Group One races within the previous 12 months and its galloping partner;
- Horses intended to run in a domestic or overseas Group One, Two and Three race within 14 days and its galloping partner; and
- Horses which are entered for stalls tests and equipment tests.
Griffins, whether raced or unraced, and retired horses used as partner horse, are counted towards the number restrictions.

Riders of horses which are entered for stalls tests and equipment tests must wear the correct racing colours.

2. The entrance to the grass track is near the 1800M ramp.

3. Horses using the grass gallop do not have to use the starting stalls.

4. Horses which are put through the starting stalls located at the 1800M chute are required to stand in the stalls for a reasonable period which will be at the discretion of the Starter or his duly authorised representative.

5. Riders are to keep their horses within the coned gallop strip, which will be located along the outer section of the grass track, and must pull up before the home turn and must not enter the Home Straight.

6. Horses then leave the track via the exit near the 800M.

7. Horses galloping together must not number more than 3 abreast.

8. Starting Gate Practice:

The Starting Gate Team will be on duty between approximately 7:30 am until 8:15 am at the starting stalls to assist any Trainer who requests it. Horses in this category need not be entered but arrangements must be made directly with the Starter. Colours are not required to be worn. Horses must be pulled up within a reasonably short distance after leaving the starting stalls otherwise the horse will be counted towards the horse number restrictions.
Grass Gallops (on Tuesdays, Thursdays & Saturdays)

The following table sets out the required qualifications for horses to work on the grass track:

<table>
<thead>
<tr>
<th>Horses</th>
<th>Day of the week &amp; relevant time</th>
<th>Gallop with unqualified Horse</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Rated 121 or above</td>
<td>Tuesday and/or Saturday 06:00 – 07:00</td>
<td>Yes</td>
</tr>
<tr>
<td>• Entered/Selected for Group 1, 2 &amp; 3 Races</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Horses won Int’l Group 1 Races within the previous 12 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Rated 121 or above</td>
<td>Thursday 06:00 – 06:45</td>
<td>Yes</td>
</tr>
<tr>
<td>• Entered/Selected for Group 1, 2 &amp; 3 Races</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Horses won Int’l Group 1 Races within the previous 12 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Entered in Principal Feature races / Class 1 for weekend race meeting</td>
<td>• Tuesday 06:00 – 07:00</td>
<td>No</td>
</tr>
<tr>
<td>• Entered in Principal Feature races/Class 1 for mid-week race meeting</td>
<td>• Saturday</td>
<td></td>
</tr>
<tr>
<td>Note: Principal Feature races include sponsored races listed at the back of the official race programme.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Intended to enter in Group or Class 1 races*</td>
<td>Tuesday within two weeks prior to the intended race Saturday 7 or 8 days prior to the intended race 06:00 – 07:00</td>
<td>No</td>
</tr>
</tbody>
</table>

* Trainers are required to notify the Stipendiary Stewards Office (Tel No. 29668614) if they do not enter a horse after galloping on the grass.

Trainers are required to notify the Assistant Track Supervisor (Trackwork) **A DAY** in advance should they intend to gallop a horse on the grass track.

The Grass Track entrance and exit point will be via the stable bend grass trial gate. All work is to be done outside of the cones.
Any application for a grass gallop other than those included in these regulations must be forwarded directly to the Tracks Department for consideration.

**Tunnel Area**

No rider shall dismount or mount inside the tunnel nor should they dismount or mount at or near the entrance to the tunnel either prior to or following work, especially during barrier trials on the Large All Weather Track. This is to avoid congestion and possible accidents to riders and horses. Riders must follow the traffic signs in the tunnel.

**Trotting Rings (including Olympic Stables Exercise Area) and Penfold Park Bridle Path**

The trotting rings (including Olympic Stables Exercise Area) and the bridle path inside Penfold Park are for slow work only, i.e. walk or trot. For safety reasons, the Bridle Path will be closed when harrowing of the Small All Weather Track is performed except on days when barrier trials are conducted and on Sundays. Trainers and Assistant Trainers, by instructions must ensure this direction is complied with.

**Schooling (Jumping) of Horses**

Schooling (jumping) of horses may be conducted in the Equestrian Ring located within Penfold Park from 8:00am to 8:45am except on days when barrier trials are held or during the quarantine track work period when the ring will be closed. It is necessary for trainers to contact the Tracks Department prior to making use of this training facility.
## CRC Training Tracks

<table>
<thead>
<tr>
<th>Track</th>
<th>Opening Hours</th>
<th>Work Allowed</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trotting Rings (East &amp; West)</td>
<td>05:00 - 09:00 daily</td>
<td>Walk/trot only</td>
<td>• All work to be carried out in the opposite direction (anti-clockwise) on Mondays.</td>
</tr>
<tr>
<td>Small All Weather Track</td>
<td>06:00 - 09:00 daily</td>
<td>Slow work only</td>
<td>• No trotting or walking is permitted other than a horse may be trotted immediately prior to commencing fast work and in any case only prior to the 1000-Metre mark. • The inside rail is for fast work only. Horses galloping together must not number more than 3 abreast. Horses doing fast work must not be near the outside rail. Riders should at all times leave sufficient room between their horses and the outside rail for horses entering the track to commence work and pulling up in the back straight after completing work. • Horses not doing fast work must stay off the inside rail.</td>
</tr>
<tr>
<td>Large All Weather Track</td>
<td>06:00 - 09:00 daily</td>
<td>Cantering/fast work</td>
<td>• No trotting or walking is permitted other than a horse may be trotted immediately prior to commencing fast work and in any case only prior to the 1000-Metre mark. • The inside rail is for fast work only. Horses galloping together must not number more than 3 abreast. Horses doing fast work must not be near the outside rail. Riders should at all times leave sufficient room between their horses and the outside rail for horses entering the track to commence work and pulling up in the back straight after completing work. • Horses not doing fast work must stay off the inside rail.</td>
</tr>
</tbody>
</table>
Back Straight Jump-outs / Stalls Tests / Uphill Gallop / Grass Gallops / Starting Stalls Practice

<table>
<thead>
<tr>
<th>Activity</th>
<th>Schedule</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back Straight Jump-outs / Gallops</td>
<td>07:00 – 08:30</td>
<td>• Limit of 10 horses per stable including horses for stalls tests.</td>
</tr>
<tr>
<td></td>
<td>Mondays</td>
<td>• Horses which are put through the starting stalls are required to stand in the stalls for a reasonable period which will be at the discretion of the Starter or his duly authorised representative.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• The entrance to the grass track is near the end of the 2000M Chute and must exit through the ramp gate adjacent to the Trainers’ Pavilion.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Horses galloping together must not number more than 3 abreast.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Riders are to keep their horses within the coned gallop strip, which will be identified on the morning of the gallops, and must pull up before the home turn.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Colours are not required to be worn for stalls test conducted at CRC.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Trainers are required to inform the Starter of any withdrawal of entries for stalls test as soon as possible.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• No stalls test will be held on general holidays in China.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Under exceptional circumstances, stalls test may be held on Mondays upon special request.</td>
</tr>
<tr>
<td></td>
<td>Thursdays</td>
<td>Trainers must inform the CRC Starter (Ext. 9902 or 147-1603-0921) by no later than 3:00pm on the preceding business day if they intend to use the starting stalls.</td>
</tr>
<tr>
<td>Stalls Test</td>
<td>7:30-8:30 on Thursdays</td>
<td>The entrance to Uphill Gallop is adjacent to the Equine Clinics. Horses should return via the downhill path which leads to the sand path of the Two Storey Stable.</td>
</tr>
<tr>
<td>Uphill Gallop</td>
<td>07:00 – 08:30</td>
<td>• Limit of 6 horses per stable.</td>
</tr>
<tr>
<td></td>
<td>Mondays, Wednesdays and Thursdays</td>
<td>The entrance to Uphill Gallop is adjacent to the Equine Clinics. Horses should return via the downhill path which leads to the sand path of the Two Storey Stable.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Horses galloping together must not number more than 2 abreast.</td>
</tr>
</tbody>
</table>
**Grass Gallops**
(including the use of the 2000M Chute)

- Limit of 10 horses per stable
- Horses should enter and exit via the ramp gate adjacent to the Trainers' Pavilion
- Entries are not required to be submitted in advance but must notify representatives from the Tracks Department (Tel No.: 18580090407 or 15626007678) a day in advance.

**07:00 – 08:30**
Tuesdays and Saturdays

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**GENERAL (Both Sha Tin and CRC)**

**Horse “Bleeding” - Exercise Induced Pulmonary Haemorrhage (EIPH)**

Any horse which bleeds, either from one nostril or both nostrils, **must** be reported to the Duty Stipendiary Steward and to a Veterinary Surgeon or Veterinary Officer as soon as possible on the same day that the horse bleeds.

**“Bleeders” - Exercise**

On the first or second occasion a horse is reported to have bled (EIPH), it will be barred from racing for a period of three months. **During the first month of the ban the horse will not be permitted to use the swimming pools or to work on the small all-weather tracks, the large all weather tracks or the grass tracks both in Hong Kong and at CRC, as well as the Uphill Gallop at CRC.** During the second and third month of the ban, the horse will be allowed to use all training facilities.

As the objective of the enforced rest period following a horse being reported to have bled is to allow lung tissues to heal, during the first month exercise **must** be limited to walking and trotting.

The Club's Department of Veterinary Regulation, Welfare & Biosecurity Policy may issue such further individual advice or direction considered necessary or warranted.
**Irregular Heart Rhythm - Exercise**

On the first occasion a horse is reported to have had an irregular heart rhythm, the horse will not be permitted to be entered to race for a period as stipulated by the Veterinary Officer. On the second occasion a horse is reported to have had an irregular heart rhythm, the horse will be barred from racing for a period of six months. During the first four months of the ban, the horse will not be permitted to use the swimming pools or to work on the small all-weather tracks, the large all weather tracks or the grass tracks both in Hong Kong and at CRC, as well as the Uphill Gallop at CRC. During the remainder of the ban, the horse will be allowed to use all training facilities.

**Saddle Cloth Number**

Every horse using the training facilities must carry their assigned number cloth which must be positioned so that the number is clearly visible at all times.

**Material Under Bandages**

The use of cotton wool or cotton wool-like material under bandages is not permitted to be applied to horses in training.

**Work Instructions**

Trainers should give any work instructions to riders before they enter the training tracks. Horses are not allowed to stand on the track whilst their riders await instructions.

**Reporting of Incidents**

a. **Humans:**

   All incidents resulting in an injury must be reported immediately to the Duty Stipendiary Steward or the Stipendiary Stewards Office as soon as practicable so that a claim can be made to the insurance company if required. Late claims, either for medical expenses or compensations, will not be considered.

b. **Horses:**

   If a Veterinary Surgeon is required to attend a morning track work incident, then the instructions on the respective “Track Work Accidents – Horses” notices posted in the Trainers’ Stand at Sha Tin and in the Trainers’ Pavilion at CRC must be followed.
**Helmets**

All riders are required to wear a helmet of an approved design and in serviceable condition when riding work. The chin strap must be fastened at all times when mounted. All helmets worn by riders in track work must comply with the following safety standards:

- EN 1384: 2012 or EN 1384: 2017
- AS/NZS 3838 2006
- PAS 015: 2011
- ASTM F1163-13 or ASTM F1163-15
- UTAC/CRITT 04/2015
- VG1 01.040 2014-12
- SNELL E2001 or SNELL E2016

In order for a helmet to be approved for use, it will be necessary for a manufacturer's label to be attached to the helmet stating that it complies with any of the safety standards listed above. Any helmet that does not comply with the aforementioned list of approved safety standards or does not carry a manufacturer’s label may be confiscated by the Stipendiary Stewards. A helmet must not be continued to be worn and must be immediately replaced if it has sustained a significant impact or when the rider wearing it has suffered from a concussion as a result of a fall.

**Safety Vest**

All riders are required to wear a safety vest of an approved design and in serviceable condition when riding work. The zipper should be properly fastened at all times. All safety vests worn by riders in track work must comply with the following safety standards:

- EN 13158: 2009 or EN 13158: 2018 – Levels 1 and 2
- ARB Standard 1.1998

In order for a safety vest to be approved for use, it will be necessary for a manufacturer's label to be attached to the safety vest stating that it complies with any of the safety standards listed above. Any safety vest that does not comply with the aforementioned list of approved safety standards or does not carry a manufacturer’s label may be confiscated by the Stipendiary Stewards. Further, it is an offence to modify a safety vest in any way. Any person who is found to have a modified safety vest in their possession may be subject to disciplinary action and the safety vest will be confiscated.
Use of Whip

All whips carried by a rider in training, including stalls tests and barrier trials, must be padded and of a design which complies with the requirements of the Stewards.

Any rider who uses the whip in an improper, unnecessary, excessive or inappropriate manner will be subject to disciplinary action. Hitting a horse on or in the vicinity of its head is strictly prohibited. The use of stockwhips and other similar pieces of equipment are not permitted to be used on any horse at any time, whether on the training tracks or elsewhere.

Urine, Breathalyser and Hair Sampling

Any person who rides a horse at the Club’s training facilities may be subject to testing for drugs and alcohol. Selected riders are required to provide samples at the direction of the Duty Stipendiary Steward. In addition, the Duty Stipendiary Steward may, upon receipt of any report or reasonable suspicion of the use of drugs or alcohol, stand down any rider from riding any horse during track work.

Others

Smoking and the use of communication or electronic devices (mobile telephones, walkie-talkies, portable music players etc.) are strictly prohibited when mounted on or leading a horse.

Safety irons must be used at track work.

Spurs are not permitted to be worn at any time.

The use of leather reins is not permitted at any time.

During the hot weather months (May to September, inclusive), rugs/blankets are not allowed to be applied to horses whilst working on the track.
**Suspended Use of Training Facilities**

The Duty Stipendiary Steward or any Official authorised to act on his behalf may at any time in his discretion limit the use of any training facility to certain times or to certain areas/facilities.

All track work activities will cease under the following conditions:

<table>
<thead>
<tr>
<th>Hong Kong</th>
<th>CRC</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Typhoon Signal No. 8</td>
<td>According to the Standard Operating Procedure for inclement weather in conjunction with the announcements made by the relevant local authorities.</td>
</tr>
<tr>
<td>- Black Rainstorm Warning (In the event of Red Rainstorm Warning, outdoor activities should be avoided whenever possible.)</td>
<td></td>
</tr>
</tbody>
</table>

In the event the training tracks are closed due to lightning, heavy rain or severe thunderstorms, all outdoor activities should be suspended and any form of riding is prohibited. Furthermore, the use of trotting ring and equine swimming pool will be suspended until the reopening of the training tracks.

Outside of track work hours, the Stables Office will communicate with individual stable via text messages concerning relevant weather issues.

Kim Kelly
Chief Stipendiary Steward