



FEDERAÇÃO PARANAENSE DE HIPISMO

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REGULATION OF BRAZILIAN EQUESTRIAN PARAENDURANCE

2017

REGULARITY MODALITY

The present Rules regulate the practice of Equestrian Paraendurance in Brazil, practiced by athletes with one or more special needs, in the regularity modality, in competitions with set average speed.

In an Endurance competition, any member of the Genus Equus counts as a horse.

This regulatory instrument aims to follow the regulations of the Brazilian National Equestrian Confederation (CBH), in accordance with the rules of the conventional endurance, but with the adaptation of some articles taking into account the limitation of the athlete and prioritizing the security of the athlete and integrity of the horse.

These Rules are the 1st Edition of Equestrian Paraendurance Rules effective January 2017 of the Brazilian National Equestrian Confederation (CBH), but this sport have local state rules, cancelled by the Federations, since 2011, and have a National Championship since 2013, with the cancel of this Confederation and States Federations.

The participant of the Equestrian Paraendurance, that will score in the rank will be called: Paraendurance rider, athlete, competitor, participant or rider.



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Article 1 - GENERAL PURPOSE

These Regulations aims to establish rules and regulations for the Endurance for Disabled (Para)Riders.

Article 2 - PARTICIPANTS

2.1 PATHOLOGIES

Children of 08 years old and above and adults with mental and/or psychological illness with one or more disabilities, as established by the brazillian Decree 3298/99, able to manage the horse, namely:

2.1.1 Paraendurance

- PD-Physical Disabilities
- VI-Visual Impairment
- MOD-Motor Disabilities
- MUD-Multiple Disabilities

2.1.2 Special paraendurance

- ID-Intellectual Disabilities

2.2 CLASSIFICATION

The following criteria are used to choose the athlete:

2.2.1 Medical and physiotherapist report attesting the specific corporal/intellectual aptitude for the sport;

2.2.2 Equestrian ability: according to the 4º program of hipotherapy (equoterapia);

2.2.3 Resistance to endure the whole distance of the track.



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§1º The athlete will be classified to compete on the distance of 5, 10 or 20 km/h depending on his/her corporal/intellectual aptitude, ability with the horse and resistance/capacity to endure.

Article 3 – DEFINITION AND NOMENCLATURES:

3.1 DEFINITION:

An Endurance competition for Disabled People (Equestrian Paraendurance) in the regularity modality, with set average speed is a competition to test the Rider's ability to safely manage the stamina and fitness of a horse over an Endurance course in a competition against the track and clock and the rider's ability to cover distances of 5, 10 and 20 km, and set speeds of 4-12 km/h, on courses that include, roads and trails, with natural obstacles such as passages through forests, water crossings, decks, bridges and mountains. In order to succeed, the athlete must demonstrate his/her knowledge of his/her horse and safely manage the horse.

3.2 NOMENCLATURES:

3.2.1 Para Athlete: he athlete with disability who is competing mounted.

3.2.2 Escorts (necessity of each modality will depend on the disability of the athlete):

3.2.2.1 Auxiliary Escort: The person accompanying the Para Athlete, on the side of the horse, and on foot.

3.2.2.2 Auxiliary guide: The person who stands in front of the horse, on foot.

3.2.2.3 Auxiliary Rider: The person on horseback accompanying the Para Athlete, positioned on either side, front or back.

§1º Whatever the order and rules for starting, each competitor must carry out the whole Competition as if he/she were alone and competing against the clock.



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§2º The selection of the Escorts in charge and of responsibility of the professional(s) of the Centers for Therapeutic Riding, or if the endurance rider has no link with such institutions, the responsibility will fall on his/her coach, parents and / or guardians, obeying the security criteria and targeting immediate assistance to anything that might occur.

§3º The Paraendurance athlete cannot participate on the competition without the presence of at least one escort, who must necessarily have the basic course of hypotherapy, lectured by ANDE-Brasil, and able to perform rescue maneuvers.

§4º The degree of limitation of the practitioner is entirely relevant to the choice of professionals who will accompany him.

Article 4 - CATEGORIES (DISTANCE AND AVERAGE SPEEDS)

The categories for Equestrian Paraendurance for Parariders are divided by distances, in multiples of 5km.

4.1 5 to 6 km category:

Single loop on flat terrain.

Average Speed: 4 to 6Km/H

Heart beat: 64bpm within 10 min.

4.2 Category 10 to 12 km:

Single loop or two loops (5km each)

Average Speed: 6 to 10Km/H

Heart beat: 64bpm within 10 min

4.3 Category 20 to 25 km:

Single loop of 20 km



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Average Speed: 8 to 12 Km/H

Heart beat: 64bpm within 10 min

§1º The Organizing Committee, consulting and analyzing in conjunction with the Technical Delegate veterinary team, coaches, athletes, responsible for the track and timing, can adopt and amend, if necessary, the distance and speed between the start and veterinary controls, as well as intermediate controls, based on the weather conditions the day before the competition, and whenever possible anticipate seeking absolute safety of the participants, reviewing the decisions in the briefing.

Article 5 –THE COURSE

5.1 The type of the terrain and altitude differences must be clearly indicated in the schedule of the Competition. The course should not contain more than 10% of hard surface public roads intended for vehicular use. In general, the most demanding part of the course should be earlier in the ride, not in the end of the trail. The finish must be long and wide enough to enable several horses to finish without interfering with each other and must provide sufficient run-out to allow athletes safely come to a stop after crossing the finish line.

5.2 After the competition starts only the competitor may ride his/her horse.

5.3 The first km after the start of the course, and the last km before arrival should be made with the Para Rider on horseback. The rest of the course the rider can be either mounted or dismounted.

5.4 During the last km, the rider/horse combination may not stop or reverse. It will only be allowed to move forward.

5.5 In all critical points of the course and after the last km stewards may be placed, who will observe and record any irregularities.

5.6 The course route/trail can be divided into phases (loops).



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5.7 All the different trails and categories will be displayed, at the start, on panels with easy access and visibility, either being printed directly from Google Earth, or any other map showing clearly the vegetation, direction, natural or artificial obstacles.

5.8 Through out the competition, Horses that are likely to kick will have to wear a red ribbon strapped/attached to the tail, and stallions a yellow ribbon.

Article 6 - MARKING THE COURSE

6.1 The marking of the Course must be done in such a manner that there is no doubt on how to proceed along the course. Marks can be flags, ribbons, indicators, lime, paint (spray), with and striking colors, the placement letters on the course should be larger;

6.2 Direction flags or signs are intended to show the general direction and path to be taken, as well as to help the athlete to find their way, and should always be positioned on the right side of the track. They must be placed so that athletes can recognize them without loss of time. A distance marker should be placed each 3 km.

6.3 Any error of the course must be corrected from the place where the error has started under penalty of disqualification.

6.4 START AND FINISH: The start and finish of each phase must be clearly and distinctly marked with appropriate signs.

Article 7 - NATURAL OBSTACLES

7.1 Definition: It is an obstacle that presents itself in nature, such as ditch, hole, climb, descent, water crossing and fallen logs. They must be left in their natural condition.

7.2 Course alternatives: Refusal of a natural obstacle does not imply the elimination of the rider. Each natural obstacle will have a natural alternative for all athletes who prefer to avoid it. The alternative should not increase the distance of the route in more than



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500 meters (whenever possible). This alternative should be clearly marked and communicated in the briefing before the competition.

Article 8 – STARTING METHOD

8.1 The start and finish lines shall be clearly indicated.

8.2 Horses must not cross the starting line before the signal is given by an official.

8.3 The time span adopted for the start between the athletes will be defined by the organization, always respecting the full minute.

8.4 An official will be responsible for the start and may cancel or adjust the false start of the athlete whenever deemed necessary under penalty of disqualification, without prejudicing the other competitors. The athlete must return and re-cross the starting line in the occurrence of an irregular start. Their starting time will be recorded as they had started when originally given the signal.

8.5 The race start will be individual or with no more than 4 athletes, without taking into account the escorts. There is no limitation on the number of escorts, and the minimum number is one escort. Regardless of the number of escorts, it is mandatory that at least one of them have the hypotherapy course ministered and authorized by ANDE-BRASIL. The escort certified with the course must be on the side of the Paraathlete in order to be able to attend the rider in any emergency. On the 20 km modality, the escort will also be a competitor on the regular modality of endurance, so he will be taken into account in the counting of the race start, above mentioned.

Article 9 –TIMING

Since timing plays such an important part in the competition, the organisers must ensure that each Athlete's start and finish time in each phase is accurately noted and recorded by a properly qualified person using synchronized time-keeping methods or is



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carefully manually noted. The ideal time of each phase is calculated based on the distance to its respective average speed.

The Equestrian Paraendurance timing follows the same patterns of the conventional endurance.

9.1 The time of the competition is of the sole responsibility of the athlete. If your time has advanced or exceeded the maximum time, the Organising Committee, when confirming the fact, may eliminate the competitor at any moment of competition.

9.2 Each athlete will be issued a time and a veterinary card at the start and hand it on arrival to present the horse in the veterinary control. On this vet card will be marked the time of the start and finish of each phase.

Article 10 – DRESS CODE

10.1 Protective headgear of a recognized equestrian/endurance standard and securely fastened (with jugular) is compulsory for all persons at all Endurance events whilst mounted.

10.2 The athlete and his/her Escort must wear the identifying vest, provided at registration. The athlete's bip/vest will have the same number of his/her horse, and will be worn over the garment, so it can be recognized ~~viewed~~ from a distance. The escorts of 5 and 10 km will also use a vest, but with a different colour than the one worn by the paraendurist athlete. Since the escort on the 20 km modality will also be a competitor, his vest will indicate the same number of his/her horse

10.3 Any extra equipment used in the protection of the athlete is the sole choice and responsibility of the professional (s) who signed the Professional Liability Term. These professionals may use, depending on the pathology of the athlete, the most appropriate type of protection (vests, belts, rubber bands, gloves, scarves, sunglasses, etc.) for greater security and protection to the athlete, but it can never be fixed to the saddle.

10.4 No extra equipment may cover the identifying vest/bip of the competitor.



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10.5 Shorts, low-cut clothes (shorts, tank tops, tops), sandals, slippers will not be allowed, as well as loose pants that can get caught in stirrups, all considered inappropriate to the practice of the Endurance discipline and equestrian sport and should not be used.

10.6 If the stir up is not on a “cage style”, it is mandatory that the shoe of the athlete have some kind of heel.

Article 11 - SADDLERY AND EQUIPMENT

11.1 In principle, there is no restriction on the saddlery, however it must be in safe condition and fit the horse. Any type of rein that may unduly restrict the free movement of the head of the horse including, but not limited to Draw (Running) Reins/French Reins are forbidden.

11.2 Adaptations to saddlery will be allowed and are of total responsibility of the Equinetherapy Centers or Athletes’s Coaches;

11.3 There may be requirements of the Organizing Committee to changes addlery and/or equipment aiming the security of the athlete or in compliance to superior determinations, based on technical advice;

11.4 Whips (or the use of any item as a whip) and Spurs are prohibited.

11.5 It is expressly forbidden to fix/attach the athlete to the saddle.

11.6 The use of a halter in the horse of the athlete and his/her escort (20 km) is mandatory, seeking a better care in the event of an emergency.

Article 12 – THE RIDER’S AGE

12.1 The minimum age for participation is 8 years old.

12.2 Minors must have written permission signed by their parents or legal guardians to participate (term of responsibility attached).



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12.3 Participants over 18 years old, can only sign their own Statement of Responsibility, if able, according to the legislation in force. In case of incapacity, the authorization for the adults must be signed by parent or guardian.

Article 13 –THE HORSE

Any breed of horse is allowed in the Equestrian Paraendurance competitions, as long as:

- The horse is healthy and used to the sports practice;
- With at least 48 months old (4 years old);
- Obedient to the horse management (exam, cardiac measure, etc.)

Article 14 - CRUELTY

14.1 Any act or series of actions, which in the opinion of the Ground Jury, can clearly be defined as cruelty or abuse shall be penalized by disqualification of the athlete. These acts include requesting excessive efforts of the horse, doping and whips, splints, sticks and spurs. These acts comprehend:

14.1.2 Exposing the horse to extreme strain or dopping;

14.1.3 Illegal use of whips, splints, sticks and similar objects;

14.1.4 Reports of such actions must be accompanied, whenever possible by the signature and addresses of the eyewitnesses of these actions. The reports must be given to the Ground Jury or the secretary of the Organising committee as soon as possible or in the day of the competition.

14.1.5 The Ground Jury must ascertain the veracity of the facts and only then decide whether or not to disqualify the rider.

Article 15 –DESQUALIFICATION OF THE PARA ATHLETE

The competitor will be disqualified for:



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- a) Cruelty
- b) Lack of control ~~domain~~ of the animal, endangering his/her safety and of others;
- c) Changing the signaling marks of the course;
- d) Not being present for the start after one minute of the call
- e) Purposely obstructing the passing of another competitor;
- f) Departing before the signal of start and not fulfilling the request of the Jury to repeat the start;
- g) Errors on the course not rectified/corrected;
- h) Disobeying the Ground Jury, Technical Delegate, Veterinarians, Time Keepers and Inspectors;
- i) Changing, removing or including entries in the lab coat/vest;
- j) Replacing his/her animal during the competition;
- k) Using unauthorized assistance during the competition;
- l) Indicating or telling where the Stewards are placed to other competitors;
- m) Giving wrong or incomplete information on the enrollment;
- n) Not attending veterinary examinations within the deadline;
- o) Frustrate the veterinarian examination;
- p) Not wearing the numbered vest/bip, supplied by the Organizing Committee;
- q) With the confirmation of use of dopping;
- r) Not wearing an appropriate helmet for Endurance practice;
- s) The use of spurs, whips and unauthorized help.
- t) Smoking or using alcohol or drugs is strictly forbidden during the course or the vet-check;

Sole Paragraph: after being eliminated/disqualified or retirement , the rider must give the Ground Jury or a member of the Veterinary committee his/her vest/bip, and hand in his/her horse's vet card.



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Article 16 - FIRST VETERINARY INSPECTIONS

16.1 First Examination shall take place as soon as possible after the arrival of the horses at the stables, the aim is to establish the Horse's identity (registration documents) and secondly to establish the general Health of the Horse (vaccines) or identify any contagious conditions, with a serious and rigid vet control.

16.2 First Inspection (may be coupled to First Examination). Will be conducted to the standards of all inspections to include Heart Beat, Respiratory system., General Condition, and Metabolic Status, Gait evaluation, Soreness, lacerations, Wounds, Range of Motion and other matters and Items which may be added to the veterinary card.

16.3 Any injury, scrape or problem that the horse may have must be shown to the vet at this moment;

16.4 The animals will perform this inspection according to art. 21 Item III - Immunization Card, original EIA (Equine Infectious Anemia) examination and ATG (Animal Transportation Guide).

16.5 Animals showing any lameness or serious injury will be prevented from participating in the competition;

16.6 The veterinarian must sign the vet card after each veterinary examination

Article 17 - VET CONTROL (VET-CHECK)

17.1 The rider will be able to present his/her horse within 20 10 minutes after arrival, being that the cooling time and being this the full responsibility of the rider and his/her team. Except in cases specified below:

17.2 Veterinary controls at random may occur at the trail, in order to preserve the health, welfare and safety of the horse.

17.3 Animals considered unfit by the veterinary an will be eliminated on the trail.

17.4 In all veterinary controls the horses must be presented without saddles.



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17.5 In the veterinary controls, horses are not allowed to enter with cardiac monitor nor the competitor allowed to enter the vet- check with stethoscope, under penalty of disqualification.

17.6 An isolated place separated by ropes will be delimited for carrying out the veterinary control, where examined horses should remain at a distance of a minimum of 10 meters from the public.

17.7 The animal being examined and vet card may be handed over either by the athlete or another person able to do so, a maximum of two (2) persons are allowed to accompany the horse.

17.8 Silence is required at the place set for examination.

17.9 It is the sole responsibility of the athlete and his/her team to keep and hold his/her vet card veterinary examination and time annotations.

Article 18 - CLASSIFICATION CRITERIA

In all categories, the following formula according to the national Brazilian Para Endurance rules will be used:

$$\text{Score} = -((\text{ST} \times 2) - \text{MS}) \times 100/\text{AH}$$

Where: ST- Speed Track

MS- Minimum Speed of the category

AH- Average Heart Rate Beat BPM in the Vet-Check

The winner will be the one with the highest sum of points.

Article 19 - RANKING

The ranking is set by classifying the highest score athlete being the first, and so



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forth following a decreasing pattern of points and classification.

Article 20 - AWARDS

The ranked competitors, in each category, until the 3rd placed rider will receive trophies. The 4th and 5th placed riders will receive medals and the others riders that finished their category medals for their participation. The awards will be similarly applied in championship awarding.

Article 21 - REGISTRATION (rider and horse)

In order to effect enrollment in the Equestrian Paraendurance competitions, the rider must submit on the day of the competition or before:

- A Professional Liability Term (Annex I); Signed by your coach, trainer or instructor;
- A Athlete Liability Term (Annex II) (Annex II); Signed by athlete, if capable and greater, or by responsible.
- Medical or physiotherapeutic certificate authorizing, specifically, the athlete to practice the Para-Equestrian Endurance. It should include the number of the professional registered with the Regional Council of the Category: CRM or CREFITO.
- Authorization of disclosure of images (Annex III).

§1º The choice of the category of participant (5, 10 or 20 km) will be the responsibility of the professional in charge at the Centers, or when not bound to them, to the legal guardian.

§2º The person responsible for the horse must submit the following documents:

- Updated Vaccination Card: annual vaccinations (influenza, encephalomyelitis and tetanus);



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- Blood test for Equine Infectious Anemia (valid within 60 days);
- Animal Transportation Guide (GTA);
- Other tests required by authorities when suspecting an outbreak of a disease (glanders, etc..).


Marcelo Messias
Presidente da Federação Paranaense de
Hipismo
President of Paraná Equestrian Federation


Claudiane Crisóstomo Pasquali
Diretora de Esporte Paraequestre
Director of Paraequestrian Sport
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ANNEX I

PROFESSIONAL LIABILITY TERM

(TO BE COMPLETED BY THE ATHLETE'S COACH)

I, _____, Professional
of the Center / Haras _____,

ID _____ State: _____, responsible for the athlete

DECLARE to be aware of and in accordance with the rules laid down in the Regulation of
the EQUESTRIAN PARAENDURANCE, AUTHORIZING his/her participation in the
competition of _____. Edition of the Brazilian Paraendurance Championship
_____, in _____ (PLACE), of the State of ___ on ___ / ___
/ _____ (DATE), and declare that the Rider presents no clinical contra indication
preventing his/her participation in this EQUESTRIAN PARAENDURANCE Competition,
exempting the Organisation, Institutions and Federations involved, for moral or physical
damage, which may occur to the Rider / Team/Escort during test performance, and / or
by failing to inform upon registration/inscription, any clinical record preventing his/her
participation and that all expenses involved in participation of these competitions, shall
be paid by the Rider, his/her team.

(place and date), _____.

Signature

Professional Name



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ANNEX II

ATHLETE LIABILITY TERM

(TO BE COMPLETED BY ATHLETE, IF CAPABLE AND GREATER, OR BY RESPONSIBLE)

I, _____,
ID _____ STATE: _____, responsible for the athlete

DECLARE be aware of and in accordance with the rules as laid down in Regulation of the EQUESTRIAN PARAENDURANCE, AUTHORIZING his/her participation in the Competition of the _____. Edition of the Paraendurance Brazilian Championship _____ of ____ (YEAR) Endurance, in _____, (PLACE), State of ____ on ____ / ____ / ____ (DATE), and declare that the Rider presents no clinical contra indication preventing his/her participation in this EQUESTRIAN PARAENDURANCE Competition, exempting the Organization, Institutions and Federations involved, for moral or physical damage, which may occur to the Rider / Team or escort during the competition, and / or by failing to inform upon the inscription, any clinical record preventing his/her participation, and that all expenses involved in the participation of this competition steps, shall be paid by the Rider, his/her team/escort, parents or guardian. .

Place and Date, _____

(place and date), _____.

Signature

Professional Name



FEDERAÇÃO PARANAENSE DE HIPISMO

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ANNEX III

AUTHORIZATION OF DISCLOSURE OF IMAGES

(TO BE COMPLETED BY ATHLETE, IF CAPABLE AND GREATER, OR BY RESPONSIBLE)

I, _____,

ID _____ STATE: _____, responsible for the athlete

(YES/NO) authorise the disclosure of the image of the athlete in the media.

(place and date), _____.

Signature

Professional Name