



CARDIAC RECOVERY INDEX (CRI) PROTOCOL GUIDELINES FOR USE AT NATRC™ RIDES

1. The Procedure:

- The CRI is best performed near the end of the day's ride, making the results as valid as possible. There needs to be enough room and sufficient personnel so that the CRI is performed with a minimum of delay to the progress of the ride.
- Be prepared to start the CRI 15 minutes after the first rider completes.
- The current recommendation is to perform the CRI in camp, after the day's ride has been completed. Each rider reports for the CRI, with horse untacked, between 15 - 30 minutes after completion time.
- The ride timer shall give each finisher a slip of paper with their finish time, in real time. All CRI personnel shall have their watches in sync with the ride timer.
- Riders are responsible for arriving on time for their check. Tardiness that prevents comparative evaluation may be penalized.
- A course 125 feet long with even footing is required, ideally marked with either cones or chalk. Enough room for at least two trotting lanes is required.
- The personnel to conduct the CRI shall be experienced P&R team members, veterinary students, and/or a veterinarian. Depending on the size of the ride, there should be at least two people (two trotting lanes), preferably three, able to take the pulse so that there is no waiting.
- Preferably one scribe with a clipboard and a CRI log can do the recording for all of the pulse takers (see attached "Log"). If personnel are limited, each pulse taker can record their own results.
- **A "resting pulse" is taken for a 15-second count. The horse is asked to trot out 125 feet and return. The pulse taker notes the time at the exact beginning of the trot. At exactly 1 minute, a "recovery pulse" is taken. Those two pulse numbers are given to the scribe along with the competitor's number. The same person must take both pulses.**
- The rate of the trot is not a particular factor, as there will be more or less rest time depending on a fast or slow trot. The horse is easily able to trot the 250 feet in less than 1 minute. Note: A substitute may trot the horse for the rider.

2. Scoring:

- Record the initial pulse, the 1-minute recovery pulse, and calculate the median/ mid-point of the two values.
- Round down fractions. Score the median value according to the P&R scoring guidelines.