



## *Survive Iceland*

### Rules and information

*Survive Iceland* is an endurance ride across the magnificent landscape of Iceland with the hardy and strong original Viking horses, the Icelandic horses.

The purpose of *Survive Iceland* is first and foremost to draw attention once again to the former most regarded qualities of the Icelandic horse, his stamina and endurance. Aim is also to increase the interest of the public of endurance in their own horses and to awake endurance riding as a discipline in Iceland. Apart from that, endurance riding is also ideal to engage and raise interest in the public outside of the horse culture, as it is exciting to follow and simple to understand for anyone.

Following are the rules that apply to *Survive Iceland*.

1. The horses should be well trained under saddle, in good training condition and not younger than 8 years old. They should have new shoes on and in good overall physical state.
2. Shoes should be normal (8mm) or lighter. Is it allowed to use soles, snow soles and other material to protect the hoofs from harsh grounds. The material however should be as light as possible and not meant to influence the balance of the horses gaits. Boots for protection are allowed but same applies, only the very lightest or 120g max on each leg.
3. The rider is allowed to walk with his horse over difficult terrain or to rest the horse but has to ride over the finish line.
4. If a horse shows a sign of limping or signs of being severely tired or sick, rider must stop the horse and ask organizers for help.
5. The same rider has to ride the horse the whole time.
6. The rider cannot ride with a whip or any other remedy to drive the horse forward which can be considered relevant to animal welfare laws. If the organizers of *Survive Iceland* see a rider using methods that are considered abnormal he will be disqualified.
7. Riders are obliged to ride the route that has been decided by the organizers and has to stop by the predetermined checkpoints. There the vet checks the horse and then the rider can change to a new horse.
8. Each team has 3 horses. Free choice is which horse is used each time. Each horse can only be ridden one leg a day.
9. All horses are checked thoroughly by the vet of *Survive Iceland*, where the vet checks heartbeat, breathing, injuries, lameness, shoeing or anything else worth their attention. The vet also checks the horse's mouths and if there are wounds from bridles and saddles.
10. Riders can use all bridle equipment that is generally used and acknowledged in Iceland as fitting for the horse and the same applies for saddles but they can not be heavier than a normal Icelandic saddle and it's not allowed to ride with a saddlebag.



11. The vet check is performed exactly 30 minutes after the horse and rider come through the finish line and after each leg. If a rider gets a penalty it's added to the time that the rider has ridden the trail on. Each penalty point means 2 minutes is added to the time.

12. Penalty points:

1. Heartbeat:

- a) Heartbeat 56-59 bpm 1 penalty point
- b) Heartbeat 60-62 bpm 2 penalty points
- c) Heartbeat 63-68 bpm 3 penalty points
- d) Heartbeat 69-70 bpm 4 penalty points
- e) Heartbeat over 70 bpm horse gets disqualified

2. Other:

- a) Minor injuries (opinion of the vet) 1 penalty point
- b) Average injuries (opinion of the vet) 2 penalty points
- c) Major injuries (opinion of the vet) horse is disqualified

3. The rider can ask for help if his horse loses a shoe. Time stops. 2 penalty points.

4. If a horse gets disqualified his participation is finished in *Survive Iceland*.