

## What Can You Do to Prevent Unintended Exposure?

While there are a number of ways in which a horse can be exposed, it is important to remember that the trainer can limit the vast majority of them. In general, good management, sanitation, and hygiene will go a long way in reducing the risk of exposure. Here are some specific suggestions:

- Keep stalls clean and well-bedded. Skip out manure and wet bedding throughout the day.
- Strip stalls and wash walls and overhead structures with detergent before introducing a new horse.
- Store medications separately from feed prep areas, grain or supplement scoops, feed carts, or any other equipment shared among horses.
- A stall should never be used as a human bathroom. Post signs to remind all individuals within the barn.
- Feed tubs and water buckets should be assigned to and used by individual horses, and washed with detergent between horses.



- Administer oral medications directly to the horse and do not mix medication into feed or water. Thoroughly wash dose syringes used to administer oral medications between uses.
- Drug test all employees prior to and, if allowed by law, during employment. Drug testing companies can easily be located online. Some will come to your barn. As an additional incentive, many workmen's compensation policies give discounts to employers who test their employees.
- Wear disposable gloves when working with a horse's mouth (e.g., administering medication, rinsing mouths, or applying tongue ties). Change gloves between horses. At a minimum, wash hands with soap before contacting a horse's mouth and between contacts with different horses.
- Do not allow anyone to feed anything to your horses. Post signs in the barn to that effect.



- Discuss the use of compounded medication(s) with your veterinarian. Request FDA-approved products if available. Ensure that any product you put into your horse comes from a reputable source.



## Responsibly Managing Your Horse's Environment

What trainers should know to prevent unintended exposure to regulated substances.

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## Managing the Horse's Environment to Prevent Unintended Exposure

### What's the Risk?

Substances can be present in the environment that, if detected in a horse's blood or urine, could result in a positive test.

The trainer responsibility rule requires that horsemen and horsewomen bear responsibility for the presence of unauthorized substances in a horse at the time of testing – regardless of intent or route of exposure.

This pamphlet will assist trainers in protecting their horses from unintentional exposure that might result in a positive test.



### Feed/Bedding

Two potential sources for exposure are through feeds and bedding:

- As a consequence of cultivation or processing, substances can be present when hays, grains or bedding are shipped from the manufacturer or producer (e.g., glaucine in bulk wood shavings or scopolamine in hay). The presence of these contaminants is beyond the control of the trainer. Positive tests from these types of exposures resulting in violations are often assessed more lenient penalties in consideration of the inability of the trainer to prevent the exposure.

In contrast, many other exposures result from the preventable introduction of substances into the horse's environment:

- Human OTC/prescription medications or substances of abuse may be introduced into the environment when an employee urinates in a stall or rinses his hands in a water bucket.
- Oral medications prescribed for one horse may be transferred to another through feed tubs, scoops, and shared water buckets.
- A legitimately medicated horse may ingest bedding or feed soiled by the medication that was voided in the urine or feces.
- Barn guests, though well-intentioned, feeding horses donuts, chocolates, colas, energy drinks, and other "treats" can result in exposures that might result in positive tests.

### Direct Contact

This often occurs as a result of direct contact between a drug of human abuse and a horse. The simple act of applying a tongue tie or feeding treats represents risk if that individual recently handled cocaine, methamphetamine, or other street drugs. Exposure to prescription human medications can also occur this way.

### Compounded Medications

Compounded products have been implicated in a number of positive tests. In one case, a trainer reported using a compounded paste. When that paste was tested it contained the illicit substance.



## Strengthening the Integrity of Racing