



# BETA Guide to Avoiding Prohibited Substances

Positive tests for prohibited substances continue to affect equestrian sport, but addressing three key areas of horse care can help you to avoid them...

## Stable management

- ✓ Make sure everyone on the yard knows the possible sources of contamination.
- ✗ Never eat or drink in the stable or feed room. Chocolate and coffee contain banned substances.
- ✓ Wash hands thoroughly after treating a horse – or wear a pair of disposable latex gloves.
- ✓ Stable staff should declare any medication they are taking.
- ✓ Clean and disinfect the loose box, manger and water bowl before the arrival of a new horse.
- ✓ Empty and decontaminate the horse box after every journey.
- ✓ Give horses on treatment their own box – try not to share.



**Avoid eating in the stable or feed room.**

- ✗ Avoid sharing tack and equipment between horses.
- ✗ Do not give titbits of human food to your horse.
- ✓ Use bedding certified to the BETA NOPS Bedding Scheme
- ✗ Avoid hemp bedding as a possible source of NOPS contamination if ingested



## Medication management

- ✓ If your horse or pony is being given a supplement requiring a period of withdrawal before competition, check the correct timing with your vet.
- ✗ Take care when using powder forms of medication during treatment.
- ✗ Do not use home-made remedies.
- ✓ Keep all medications locked in a secure first-aid box on the yard. Ideally, each horse should have its own kit.
- ✓ Keep a detailed record of any medication or treatment prescribed in a day book or diary.

## Feed management

- ✓ Keep only horse and pony feed in the feed store and do not share it with feed for other animals.
- ✓ Only buy feed in correctly labelled sealed bags.
- ✓ Lock the feed store when not in use.
- ✗ Do not keep first-aid and grooming kits in the feed room.
- ✓ Make sure old feed is used up before opening new bags.
- ✗ Avoid using the same stirrer to mix feeds – particularly when one horse is given medication in its feed.
- ✓ Clean any mangers or feed buckets used to administer medication thoroughly after use.
- ✓ Buy feed or supplements with the green BETA NOPS logo on the packaging. This shows that the manufacturer is part of an important scheme designed to help cut the risk of naturally occurring substances causing contamination. This initiative was set up by BETA in conjunction with manufacturers to improve production practices.
- ✓ Buy only good-quality forage from a reputable supplier and keep an eye open for any weeds.
- ✓ Keep labels or batch numbers (the retailer that sold you the feed should have this) because this will prove invaluable in identifying a prohibited substance should a problem arise.
- ✓ Take samples of new feed and keep it for two months after consumption – just in case of any investigation.
- ✓ Contact the manufacturer to check the suitability of a feed for your horse.
- ✗ Beware of claims made by feed manufacturers that are not part of the BETA NOPS code. Guarantees, direct or implied, in relation to NOPS should not be made regardless of frequency of testing and are not permitted by NOPS members.



**Ensure that you buy good-quality forage.**

*For further information on avoiding prohibited substances or a list of companies that have signed up to the BETA NOPS scheme, telephone 01937 587062 or email [claire@beta-uk.org](mailto:claire@beta-uk.org), or visit the BETA website, [www.beta-uk.org](http://www.beta-uk.org)*