

NTF Template document

Minimising the risk of cross contamination to horses.

A policy for trainers to adapt to suit their yard and assessment of the risk. This replaces the previous “Human medication” policy issued by the NTF and covers medication, recreational drug use and a warning with regard to other products which may contain prohibited substances.

There is a separate policy for best practice to minimise the risk of cross contamination from horse medication and contaminated feed stuffs.

There is also a separate Drugs and Alcohol at Work policy agreed by the NTF, NARS and the TBA which sets out the conduct expected and a framework for a disciplinary process and/or support.

Why do trainers need this?

The BHA Disciplinary Panel looks at what reasonable precautions a trainer has in place when deciding upon penalty where a horse has tested positive for a prohibited substance.

That will include considering the policies and practices in place at the yard to minimise risk.

It is not possible to cover off every scenario that may arise but the Panel has given guidance that reasonable precautions include:

- Formal and express updating of staff on the dangers of cross contamination. This might be annually.
- A paper trail confirming that staff had received an express reminder of the dangers of cross-contamination.
- Notices displayed in the yard underlining the importance of hand washing specifically with reference to cross-contamination from drugs and other substances.

We suggest that further steps are taken to ensure that visitors and third party contractors, such as farriers and physios are made aware of the risks of cross contamination and informed of the yard’s precautions. We would add as good practice to have notices advising that people must not urinate in the stables as that is believed to have been the source of positive tests in the past.

If breaches of good practice are identified, then again refresh training and, if appropriate, consider disciplinary action or support.

Minimising the risk of cross-contamination to racehorses

Purpose of document

To provide advice to employees, third party contractors and visitors in order to minimise the risk of a cross contamination whether through human medication, recreational drugs or other substance to horses within our care which may result in a positive test for a prohibited substance. This would result in the disqualification of the horse and potentially a fine and reputational damage to the company.

There is a real risk of cross contamination. The testing capabilities for a prohibited substance are highly refined and a very small amount of substance could result in cross contamination and a positive test.

Employees are referred to the company misuse of drugs and alcohol at work for the rules on alcohol and drugs at work.

Medication

This includes any medication be it prescription or over the counter medication for example hay fever tablets and creams and gels.

Recreational drugs

Recreational drugs include

- illegal drugs such as but not limited to cannabis, cocaine and ketamine, which are against the law to have or supply; or
- controlled drugs used in medication and prescribed to you for your own use.

In preparing this document, the company does not condone the use of recreational drugs (other than controlled medication) and any employee who has concerns over their use of recreational drugs is encouraged to seek assistance through us, their GP or a specialist organisation.

Products

It is possible that products such as shampoos or other personal care products could contain substances which could lead to a positive test through cross-contamination – for example, hair regrowth shampoo may contain minoxidil which is a prohibited substance if detected in a horse on raceday.

You are asked to take care when using medicated products – in particular, if it contains warnings to side effects and/or a warning to wash hands after use we ask you to let us know the product name so that we are able to check with the BHA as to whether the product contains a prohibited substance and discuss precautions for its use if it does.

The risk of cross contamination

Employees, third party contractors and visitors must be aware that the use of medication and/or recreational drugs and/or other products containing prohibited substances presents a risk of cross contamination including through residue carried on the body, clothing or possessions.

Employees, third party contractors and visitors must take reasonable care to avoid cross contamination. The following requirements have been put in place to help minimise the risk of cross-contamination:

- Employees must follow the company drug and alcohol policy rules
- No one is allowed to be in possession of recreational drugs in the workplace or in any work vehicle.
- You must keep human medication away from the stable yard and any other areas/items the horse may come into contact with. If it is essential that it is carried on the person for emergency purposes then it should be kept in its original packaging and in a zip lock bag or sealed Tupperware type box
- Wherever possible take human medication after close contact with the horses rather than before e.g., at the end of the day rather than the start of the day. Doctor's advice as to when medical is taken must, of course, be followed.
- If using topical medication such as those containing ibuprofen or diclofenac (Voltarol gel) you must take particular care if used on a part of the body that may come into contact with the horse, such as a bare arm.
- You must wash hands thoroughly with soap and water after taking any medication to ensure that there is no residue left on hands before handling horses or equipment.
- You must wash hands thoroughly with soap and water after using any product that specifies that hands must be washed after use
- If recreational drugs have been used or handled, you must wash your hands thoroughly with soap and water before coming into the yard or attending for work
- You must ensure that any clothing or other personal possessions which may present a risk of cross contamination are either not worn or brought into the workplace or have been thoroughly cleaned. This applies to clothing and possessions taken if going racing for the company.
- If you are allowed to bring a pet into the workplace, then you must not allow the pet near the horses if the pet is receiving medication
- You must not urinate in the stables (yard or racecourse)

Status

This procedure does not give contractual rights to individual employees or workers. We reserve the right to alter any of its terms at any time and will notify you of any changes. It must be read in conjunction with the company drug and alcohol policy and the company disciplinary policy.