

APPRENTICE JOCKEYS MINIMUM RIDING WEIGHT ASSESSMENT

Apprentice Jockeys applying for a licence for the first time must also obtain an Individualised Minimum Riding Weight (IMRW) before a licence is issued.

The IMRW is unique to each individual Apprentice, and they may not ride below that weight on the racecourse.

The IMRW is reviewed on an annual basis for all Apprentices in advance of license renewal

For first time applicants, this is a **six-week process** and must be completed before a licence is issued, therefore Trainers should apply well in advance of when they hope to start giving riding opportunities to Apprentices.

Assessments will take place at a location approved by the Chief Medical Officer and in conjunction with in IHRB approved Dietitian.

Individualised Minimum Riding Weight assessments are mandatory for all applicants and Apprentices, even for those who do not believe they have an issue with making weight.

Procedure for establishing minimum riding weights for first time applicants

Visit 1

- i) Baseline Information
Applicants must attend in a hydrated state where the following will be measured:
 - a. A urine sample for Urine Specific Gravity (USG) using a Reichert TS 400 Refractometer. USG to be ≤ 1.020 which confirms hydration status
 - b. Skinfold calipers to determine body fat
 - c. Body weight
 - d. Height
 - e. Where available a DXA machine may be used to determine body composition and assess bone health.
- ii) IMRW or Target IMRW determined
 - a. Using baseline information, a Targeted Minimum Weight will be determined for each applicant, based on a minimum body fat level in a fully hydrated state (USG ≤ 1.020) of:

Males	39mm - 69mm (7% - 12%)
Females	85mm - 142mm (15% - 25%)
 - b. Should it be determined by the Chief Medical Officer that the applicant has already met the target for their IMRW, at the time of initial

assessment their IMRW is set.
The review process will then focus on health and nutrition education, and muscle building where required, to maximise performance.

iii) Achieving Target IMRW – Dietitian review

Each Apprentice will be required to try to achieve their Target IMRW, if such weight is yet to be achieved, within 6 weeks from the date of the initial consultation.

A weight making strategy will be developed and guided by the IHRB Dietitian to include:

- a) A full nutritional consultation to include an individualised meal plan and weight making resources, including the use of a food App.
- b) Exercise advice, in conjunction with S+C coach if necessary.
- c) At least one follow-up consultation with the Dietitian will be required during this six-week period

Visit 2 – six weeks later

- i. Setting Individual Minimum Riding Weight
 - a. Reassessment of applicant in a hydrated state (USG \leq 1.020).
 - b. Skinfold testing will be repeated if required
 - c. Repeat body weight
- ii. Nutritional review

At the end of this period an Individual Minimum Riding Weight for the Apprentice will be set by the Chief Medical Officer upon discussion with the Dietitian.

Annual review of Individualised Minimum Riding Weights for Apprentices

IMRW must be reviewed and approved annually by the Chief Medical Officer before license renewal.

The process of this review will be at the discretion of the Chief Medical Officer and may include:

- i. Minimum one visit with the IHRB Dietitian for repeat of baseline assessment. This may at times be completed on race day periodically throughout the year.
- ii. Minimum one visit with the IHRB Dietitian for dietary assessment.
 - i. Should a target IMRW be determined, an Apprentice will have up to six-weeks to reach that target.
They must attend the IHRB Dietitian for a second review after this period to re-evaluate.
 - ii. Individualised Minimum Riding Weights be agreed upon approved at the end of the process as laid out at the time of the first consultation, that weight will be discussed with the Chief Medical Officer for approval.

An Apprentice has the opportunity to have their IMRW reviewed at any other time during the license period. They must attend for review in person with the IHRB Dietitian who will discuss any recommend changes with the Chief Medical Officer for approval. Apprentices must allow a minimum of two weeks for this process.