



NEW ZEALAND THOROUGHBRED RACING

RIDER SUPPORT PACK

New Zealand Thoroughbred Racing Inc

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NEW ZEALAND
THOROUGHBRED **RACING**



PUREI HŌIHO NĀTI O AOTEAROA

New Zealand Thoroughbred Racing is committed to supporting riders who operate as professional athletes within our sport. We recognise that injuries can occur unexpectedly and, when they do, it is crucial to have the right resources readily available. That's why we have introduced a Rider Support Pack, a comprehensive kit tailored specifically to your needs.

The Rider Support Pack includes essential information to assist you in the event of an injury, as well as mental health and wellbeing support.

Inside the pack, you will find information on the following:

- General Trust Fund (GTF) and available applications
- ACC Support
- Replacement of helmet and safety vest subsidy
- Rider concussion management
- Vitae wellbeing services
- Key industry support contacts

Rider safety within our industry is a collective responsibility and we hope this initiative emphasises NZTR's commitment to maintaining your overall health and wellbeing when putting your bodies and minds on the line for our sport.

This pack can also be passed on to family members and close friends, so they are able to support you during your career.

Alongside this Support Pack, NZTR and its associated partners also monitor injured riders and contact is made on a regular basis should you fall into this category.

If you have any questions or need further information about the Rider Support Pack, please do not hesitate to contact us.

Yours in Racing,



Darin Balcombe
NZTR Chief Operating Officer



GENERAL TRUST FUND

The General Trust Fund (GTF) helps all Licence Holders if they get hurt while completing their racing duties or have a serious illness. NZTR runs this fund, and it has a group of people in charge called the Board of Trustees. They follow the Rules of Racing and the GTF Policy when making decisions about granting funds.

To get help from the GTF, your situation needs to fit the GTF's rules. NZTR and the Board of Trustees look at each case one by one. If you're eligible, you have to send your request to the Trustees within 30 days of your accident or illness diagnosis.

[View the General Trust Fund Policy here](#)

LOSS OF EARNINGS (GTF)

The Trustees have set out a schedule to compensate Licence Holders for a Loss of Earnings Payment for the first week as self employed individuals. Employers of Apprentice Jockeys are also eligible for compensation, alongside the Apprentice Jockeys themselves when they become injured. This Payment also extends to Trackwork Riders and Stablehands who are employed in the industry.

First Week Payment

If a Licence Holder can't work for at least one week because of a work-related injury, you can ask the GTF for money to cover the wages you lost during that time and any extra costs you had as a result of the injury.

All Licence Holders can make an application for a Loss of Earnings payment online by clicking the button below.

[Apply for the Loss of Earnings payment here](#)



FINANCIAL HARDSHIP (GTF)

Licence Holders are eligible to make an application for Financial Hardship Grants from the General Trust Fund, which are given at the discretion of the Trustees. They look at the financial situation of the person applying (or their family if it's for funeral expenses). These grants might help with:

1. Costs related to living with or recovering from a serious injury not covered by ACC, like changes to your home or car.
2. Immediate costs for family members if a licensed person is in intensive care.
3. Living costs for a licensed person in a drug or alcohol rehab programme approved by NZTR.
4. Tuition fees if a licensed person wants to learn something new for a different job.
5. Paying for a licensed person's funeral.
6. Any other purpose that the Trustees think is in line with the fund's goals.

[Apply for Financial Hardship here](#)

ACC SUPPORT

If you sustain a longer-term injury while riding, or carrying out work-related duties, you may need to apply for ACC.

If you need help making an application for ACC, Andrew Lacy of the New Zealand Jockeys' Association is available to support all riders around applying for and submitting applications.

Andrew's contact details are listed below:

E: andrew@mauricetrapp.com

M: 027 240 6020



REPLACEMENT OF RIDERS' HELMETS & SAFETY VESTS SUBSIDY

NZTR and the Trustees of the General Trust Fund have a programme to help licensed Jockeys and Trackwork Riders replace their helmets and safety vests when they are damaged in a workplace accident. Here's what you need to know:

Helmet Replacement Subsidy

- The GFT offers up to \$500 to Jockeys and trackwork riders to replace their helmets.
- You can apply for the subsidy if your helmet is confiscated by Stipendiary Stewards in the event of an accident.
- The subsidy also applies in cases where a Trackwork Rider has fallen or experienced an incident during trackwork where the helmet suffers an impact.

Safety Vest Replacement Subsidy

- The GFT gives up to \$500 to replace safety vests.
- This subsidy is applicable when a Jockey or Trackwork Rider's safety vest has been cut off by medical personnel following a riding accident.

How do I get the subsidy?

To get these subsidies, you'll need to provide:

1. Details about the incident, including who the Stipendiary Steward or Club Official on duty was.
2. A report from the Stewards or the Racing Club about the accident or incident.
3. An invoice for the new helmet or safety vest.
4. Confirmation from a Racing Club official, Stipendiary Steward, or Investigator that the old helmet or safety vest has been given up and destroyed.

[Apply for the Helmet and Vest subsidy here](#)



RIDER CONCUSSION MANAGEMENT

How do I manage a concussion?

- If you, or someone close to you, falls during a raceday, the injury will be evaluated by a St John Medical Professional immediately after the fall.
- If you fall at trackwork and there is no medical professional present, it is important that you see a doctor as well so they can diagnose you properly.
- You will be automatically stood down from riding for a period of 12 days after your fall.
- Once you suffer your concussion, you will be required to take a baseline test between 48 and 72 hours after your injury. This test will be compared to your original baseline test you have already taken.
- On day 12 after your fall, you will be required to take another baseline test which will also be compared to your original baseline test. If your test score is the same as your baseline test results, you will be able to resume riding providing that you have been cleared to ride by an NZTR Medical Officer.
- If your day 12 test is not the same as your original baseline test, you won't be able to return to riding just yet. You will be contacted if this is the case and you will be told when you need to complete your next test, and until it is safe for you to return to riding.

[Read the Concussion Management Policy here](#)



GETTING MEDICAL CLEARANCE TO RIDE

Step 1: If you have suffered an injury at the races, you will be allocated an **M3 | Illness or Injury Clearance Form**. Medical Staff and/or the Racing Integrity Board will fill this Form out for you if you are injured and submit this to NZTR on your behalf.

Step 2: NZTR will also send you a copy of the completed M3 | Illness or Injury Clearance Form for you to keep on file.

Step 3: When you have recovered from your injury and would like to return to riding (trackwork or the races), you need to gain medical clearance

Step 4: To gain medical clearance, you need to take your M3 | Illness or Injury Clearance Form to your Doctor so they are aware of the original injury. This Form is required to be signed by your doctor to indicate that you are fit and healthy to ride again. You will not be able to ride again unless your doctor signs this Form.

Step 5: Once your doctor has signed your M3 | Illness or Injury Clearance Form, you will need to send this Form to NZTR via **licensing@nztr.co.nz** so they can see that they can pass it on to the NZTR Medical Officer, Dr Margaret Parle who will verify the Form.

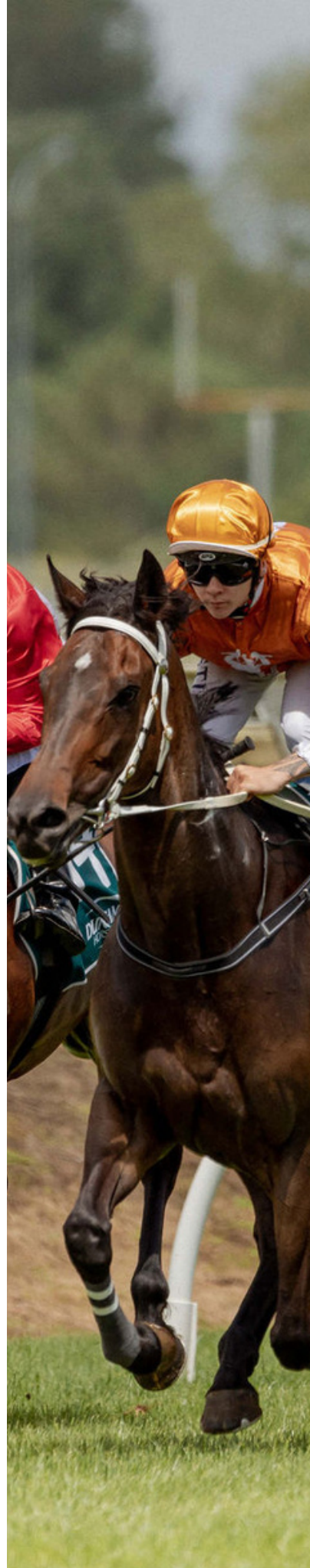
Step 6: If you don't hear from NZTR after this, this means you are fit and able to ride at both trackwork and the races. It's still important that you monitor your injury and advise us if you need any further support.

M3 | Illness or Injury Clearance Form

WHAT TO DO IF I GET INJURED AT TRACKWORK?

Step 1: Please contact NZTR's Licensing team and advise how you obtained your injury via **licensing@nztr.co.nz**.

Step 2: Once you have contacted NZTR, we will be able to give you the appropriate support you need during and after you have sustained your injury.



PERFORMANCE SPORT NEW ZEALAND

Recently, we have obtained connections with Performance Sport NZ and leading universities. These partnerships provide access to valuable information and support personnel.

Occasionally, you may need additional support services, such as nutritional advice, injury recovery, and other mental wellbeing aid.

SPORTS PSYCHOLOGIST

NZTR has been fortunate to partner with RMC Performance, thanks to our Chief Executive Officer Bruce Sharrock. This collaboration has been invaluable in helping multiple Jockeys overcome various challenges, both mentally and physically.

RMC Performance is renowned for providing supporting high-performing athletes at a national level.

[View the RMC Performance website here.](#)

If you require assistance with any of the above or would like further information, NZTR and its partners will be able to provide support for these services allocated on a case-by-case basis. Riders can contact Licensing@nztr.co.nz for more information about this support.



ADDITIONAL WELLBEING SUPPORT (VITAE)

NZTR forms a part of Racing NZ, the governing body for the three racing codes in New Zealand. Under Racing NZ, NZTR has an agreement with Vitae giving all Licence Holders access to workplace wellbeing services.

There are times in all our lives when we encounter personal problems or life crises. It may be work or personal stress, relationship concerns, financial problems, bereavement, drug or alcohol use or just about anything. When you have a problem, your work will be affected. If left unresolved the problem could ultimately affect life satisfaction and create other health concerns.

About Vitae

Vitae is a professional employee assistance provider that offers access to a nationwide team of independent counsellors, psychologists and trauma responders.

Vitae provides:

- Access to NZAC & NZ Psychological Association accredited counsellors & psychologists
- Up to three counselling sessions by self-referral per annum – immediate family can access three sessions per annum but only if referred by Chaplaincy and/or Racing Code Manager
- Counselling face to face, by telephone or video (zoom)
- 24/7 contact centre and duty counsellor where urgent
- Self / Informal / Formal Referral processes

Confidentiality

All Vitae services are confidential. Anything you discuss remains confidential; no one else receives any details about your discussions without your permission unless you are at risk to yourself or others.

What will it cost me?

Not a cent. Racing NZ provides these services at no cost to you.



when *life* works better,
business works better
Pai ake te orange, pai ake te pakihi



ADDITIONAL WELLBEING SUPPORT (VITAE)

NZTR wants to ensure that all Licence Holders can resolve issues as quickly as possible through access to Vitae services. These services are offered free of charge to all Licence Holders as part of Racing NZ's commitment to giving all industry members access to mental health and wellbeing services.

How can I access Vitae counselling services?

To arrange an appointment, complete a self-referral form by clicking on this link.

[Counselling - Online Referral Form](#)

If you would like to review the counsellors available and choose a specific person, please click on this link below.

[Vitae Counsellor Profiles](#)

Or call the 7-day, 24 hour free-phone

0508 664 981

For more about Vitae

Vitae is a national provider of a range of workplace wellness services. Its focus is on enabling timely access to psychological services that help to resolve issues and maintain a safe, healthy and productive work environment.

Visit the website: www.vitae.co.nz



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KEY INDUSTRY SUPPORT CONTACTS

HELP & SUPPORT SERVICES

Victoria McArthur
Head of Wellbeing Racing New Zealand
M: 027 218 5755
E: victoria.mcarthur@nzracing.co.nz

Doctor Margaret Parle
NZTR Medical Officer
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NEW ZEALAND JOCKEYS' ASSOCIATION

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NZTR TEAM

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