

# The Inside Rail



## Our top tips for how to wind down

There are several ways an owner can get a retired greyhound ready for life as a pet. A wind down period can be useful when it comes to that pet reset. You can use it to:

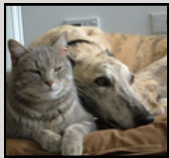
Adjust your greyhound's diet and exercise regime



Teach your greyhound to walk stairs and different surfaces



Make your greyhound comfortable with other people and animals



Make your greyhound comfortable with a variety of noises



## Remember to take 5

Vaccinating your greyhounds to C5 level not only means they can race, but it protects them against diseases.

However, it is important to remember that a greyhound must not compete in a race or trial for five days after being vaccinated.



## Wearing the track attire we desire?

If you are a trainer or handler, then there is dress code which applies to you designed to promote the image of greyhound racing.

**YES!**

Navy or black pants, skirt or tailored dress shorts

**NO!**

Leggings, tights, tracksuit pants, casual shorts



**DID YOU KNOW ?**

**Race with confidence**

Are you ready to **Race Well?**

**Race Well** is the new app which will offer a fast and simple way to determine if a medication/substance is safe to administer to your greyhounds.

It's coming soon!



**Race Well**

## Code of practice

Part 3: Health and Wellbeing

### HEALTHY RELATIONSHIP:

Participants must ensure that they have reliable access to a veterinarian capable of providing 24-hour advice in regard to all greyhounds in their care.

Veterinary treatment must be provided to a greyhound where necessary.



## From the Stewards' box

**X MARKS THE SPOT:** The GWIC stewards team now has an official Twitter X account. Created to keep you up-to-date with race day operations, the new @GWIC\_Stewards account will keep you informed about:

- ✓ Late scratchings
- ✓ Track inspections
- ✓ Impact of weather extremes
- ✓ Alterations in race times

Check it out and give us a **follow!**

