

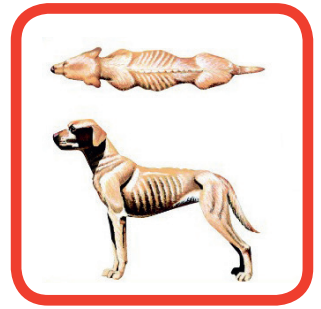
BODY CONDITION SCORE

RaceVets

TOO THIN

1

Prominent ribs, backbone and spine of shoulder blade. Tummy tucked in under transversal backbone on lumbar vertebrae. No palpable fat on ribs, sternum (breastbone) or sacrum. Eyes and temporal might be sunken in. Evident loss of muscle mass on back, thigh and shoulder muscles. Severe deficit on energy. Too thin to start. Drop during race. Intensive care required.



BORDERLINE

2

Prominent ribs, backbone and spine of shoulder blade. Tummy some tucked in under transversal backbone on lumbar vertebrae. No palpable fat on ribs, minimal on sternum (breastbone) or sacrum. Minimal loss of muscle mass on back, thigh and shoulder muscles. Less convex curves on muscles. Pronounced deficit on energy. Borderline. Too thin to start. Feed and rest more during race.

WATCH BCS

3

Intercostal room/ ribs less obvious, backbone and spine of shoulder blade equal to muscles/ might show some prominence. Some palpable fat, most in the dens of sacrum. No or minimal layer of palpable fat on ribs. No/ Minimal loss of muscle mass. Convex curves on muscles. Some deficit on energy. Watch BCS closely.

OK

4

Some muscular prominence over bones on backbone and spine of shoulder blade. Good convex curves on muscles. Slight palpable fat on ribs, dens of sacrum filled out. BCS ok.

5

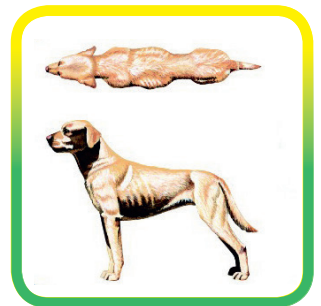
Good muscular prominence over bones on backbone and spine of shoulder blade. Good convex curves on muscles. Palpable fat on ribs, sacrum partially filled out. BCS ok.

6

Good muscular prominence over bones on backbone and spine of shoulder blade. Good convex curves on muscles. Fat clearly palpable on ribs, sacrum all filled out/ hip bones less prominent. BCS ok. Good starting weight in cold conditions.

7

Some muscular prominence over bones on backbone and spine of shoulder blade. Curves on muscles difficult to determine. Fat covering all over. Some overweight.



Recipe for returned journals after ended race. Kvittering for innleverte journaler etter endt løp

Journal Team

Date:

Journal Drop Dog

Sign: