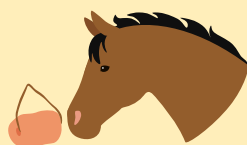


# EXERCISING AND COMPETING HORSES IN HOT WEATHER

## FEED AND WATER

- 1 If you don't already, add the recommended quantity of salt or electrolytes to your horse's diet
- 2 Consider feeding soaked hay to aid hydration. You could also soaked apples and carrots in water to increase water intake.
- 3 Monitor your horse's regular water intake, so you know what's normal – most drink less away from home.
- 4 Ensure extra water buckets and a salt lick are available.



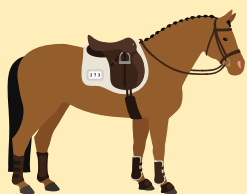
## TRAVELLING

- 1 Plan your journey and travel as early or late as possible to avoid the hottest part of the day.
- 2 Carry plenty of water with you in case of a breakdown or unexpected traffic delays.
- 3 Where safe to do so, open windows and vents and use fans to maximise air flow.
- 4 Allow extra time on arrival, so your horse can cool down and recover before you start your activity.



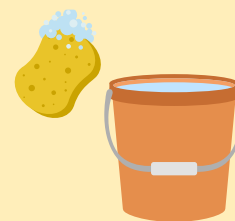
## IN THE SADDLE

- 1 Keep riding in the run-up to the event, so your horse can adjust to higher temperatures.
- 2 Know your horse's usual temperature so you can spot if he starts to overheat.
- 3 Don't over-work your horse – if he's struggling, stop and cool him down before he becomes ill.
- 4 Minimise your warm-up time and take more breaks than usual.



## COOLING DOWN

- 1 Remove tack and equipment quickly after exercise or competition.
- 2 Sponge down your horse or apply continuous cool water all over his body until his temperature normalises.
- 3 Scraping isn't a necessary part of cooling – instead, focus on applying more water.
- 4 The more of your horse's surface that's cooled, the more effective the cooling process.



Not all of these suggestions will be appropriate for every horse.  
If you're concerned about your horse's health, please contact your vet