



"Member Appreciation Day" Trail Ride and Drive

Sunday, September 29, 2024 - 10:00 AM

Redden State Forest Headquarters Tract
18074 Redden Forest Drive, Georgetown, DE

Registration begins at 9:30

Carriages drive out at 10 am, riders to follow
Catered lunch provided by **Shorty's Catering** 12 noon till 1:30

"Current members admitted Free"

Members may also renew for 2025 at a \$5 savings the day of the ride.

Non-members? Become a current member & 2025 DEC member,
enjoy the ride/drive and lunch!
(Youth \$10, Individual \$25, Organizational \$30, Commercial \$40)

RSVP no later than September 22, 2024 to:

Stan Vonasek 302-684-3966 or Stan22146@Hotmail.com

or

Pam Nebel 240-994-2220 Call or Text



2024 Show Series

2024 DEC Schedule

Show Dates

**** September 8, 2024 ****
October 6, 2024

****Points will be doubled at this show****

1. Leadline: Walk Question
2. Leadline: Walk/Trot
3. Leadline: Walk/Trot/2 point at a walk
4. Pre-Walk/Trot w/Trainer in the ring: Walk Question
5. Pre-Walk/Trot w/Trainer in the ring: Walk 2 Pt
6. Pre-Walk/Trot w/Trainer in the ring: Individual Trot to the end of the line
7. Walk/Trot: Walk Question
8. Walk/Trot: Walk/Trot to the end of the line
9. Walk/Trot: Walk/Trot to the end of the line
10. Pre-Special Beginner: Walk-ask question
11. Pre-Special Beginner: Walk/Trot
12. Pre-Special Beginner: Walk/Trot/Ground Pole
13. Special Beginner: Walk/Trot
14. Special Beginner: Walk/Trot/Individual Canter
15. Special Beginner: Walk/Trot/Trot or Canter Ground Pole or Cross Rail
16. Beginner Horse/Rider: Walk/Trot
17. Beginner Horse/Rider: Walk/Trot
18. Beginner Horse/Rider: Walk/Trot/Ground Pole
19. Rusty Riders: Walk/Trot
20. Rusty Riders: Walk/Trot/Canter
21. Rusty Riders: Walk/Trot/Trot or Canter ground pole or crossrail
22. Open Beginner: Walk/Trot
23. Open Beginner: Walk/Trot/Canter (No more than 5 to canter at one time)
24. Open Beginner: X-Rails (Trotting permitted)
25. Cross Rail Hunter: X-Rails (Trotting permitted)
26. Cross Rail Hunter: X-Rails (Trotting permitted)
27. Cross Rail Hunter: Under Saddle (No more than 5 to canter at one time)
28. AAE: Walk/Trot/Canter
29. AAE: Over Fences 2' with change of direction
30. AAE: Over Fences 2' with change of direction
31. DEC Hunter: Over Fences 2'0" to 2'6"
32. DEC Hunter: Over Fences 2'0" to 2'6"
33. DEC Hunter: Under Saddle (No more than 5 to canter at one time)
34. Schooling Jumpers: Timed First Jump Off 2'0" to 2'6"
35. Schooling Jumpers: Timed First Round 2'0" to 2'6"
36. Schooling Jumpers: Timed First Jump Off 2'0" to 2'6"
37. TB Jumpers: Timed First Jump Off 2'0" to 2'3"
38. TB Jumpers: Timed First Round 2'0" to 2'3"
39. TB Jumpers: Timed First Jump Off 2'0" to 2'3"

Warm Up Will Begin at 8:00AM
Show Will Start at 9:00AM

Pre-Entry fees: \$12.00 per class or \$30.00 per division.
One-Time Post-Entry fee of \$10.00
\$15.00 office fee.

www.DelawareEquineCouncil.org
Phone or text entries to:
Joan Greenberg 631-905-5800
or email: Touchngong@msn.com

LOCATION



Chigami Stables

238 Grey Fox Ln
Dover, DE 19904



NEW TRADE SCHOOL SCHOLARSHIP!!

The Delaware Equine Council and their Foundation will award a Trade School Scholarship to one or more individuals who meet the required criteria. This is in addition to their annual college scholarships

- Must be a U.S. citizen, or a legal resident alien, and a Delaware resident or DEC member (may join during the application process).
- Must show proof of enrollment in an equine related trade course of study (i.e. farrier, therapeutic riding instructor, or any study that will result in a equine related trade).
- Submission must include a 400-word essay that describes how the trade will further the equine industry.

All awards are given without discrimination as to race, sex, creed or age.

Application must be received by December 1, 2024.

Scholarship award: \$1500

The 2024 Annual DECF Scholarship Awards Dinner will be held on Saturday, March ?? 2025 at the Harrington Moose Lodge from 6-10 pm.

Apply at
<https://delawareequinecouncil.org/scholarships.php#apply>

Wait! 7 Essential Questions Before You Buy That Horse

Buying The Wrong Horse Can Be Costly And Heartbreaking. Learn To Make The Right Horse-Buying Decision By Answering These Key Questions.

Horse & Rider-May 6, 2024 By: Clinton Anderson

"Will he suit my riding goals?" is one of seven key questions to ask yourself about a potential purchase. So if competing in trail is what you hope to do with your new horse, make sure your test ride includes plenty of trail obstacles.

Looking to buy a horse? Found a real bargain? Slow down! Just because a horse is "a good deal" doesn't mean he'll be good for you. If he doesn't match your needs in several key ways, he won't make you happy—even if you get him for free.

I'm going to give you seven key criteria to consider before you make that important buying decision, plus—at the bottom of this page—a list of strategies to apply to any horse purchase.

Make good use of this information and you'll increase the odds your next horse will be a pleasure to own and fun to ride. "Sound good? Then let's get started, mate."

1. IS HE A MATCH FOR YOUR RIDING ABILITY?

This is the biggie, of course. The horse's temperament and "brokenness" must match your experience and ability level as a rider and handler. The biggest mistake I see at my clinics all over the country is green, inexperienced people trying to work with green, inexperienced horses.

Continued on Page 9



President's Message

WOW! The summer has flown by. I hope everyone has weathered the tremendous temperatures, draught and flooding! What a 2024!

Make plans to attend our September 8th (double points) and October 6th DEC Horse shows at Origami Stables. We're having our first horse show Awards Banquet on Saturday, November 2nd at the Harrington Moose Lodge. Keep posted for details!

Our Annual Member Appreciation Ride and Drive is on Sunday, September 29th with food from Shorty! Everyone is welcome. We'd love to see you!

Now go out and enjoy your animals!!

Ken Horeis, DEC President

2024 Delaware Equine Council Officers

- President, Ken Horeis.....302-270-2648
- Vice President, Neal Greenberg.....631-905-5799
- Secretary, Julie Warrington.....302-423-7393
- Treasurer, Kaitie Spencer.....302-242-6336

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- Gwen Hobday.....302-236-2105.....gwen@sunshineHill.com
- Amy Dietz.....302-217-4172..... amy@delmarva2000.com
- Joan Greenberg.....631-905-5800.....touchngong@msn.com
- Stan Vonasek.....302-684-3966.....stan22146@hotmail.com
- Holly Vigilante.....973-462-286.....horseyofcoursey@gmail.com

~Welcome New DEC Members~

New Individual Members

Maria Hermansky



Next DEC Meeting



3rd Monday of the Month

- September 16th
- October 21st
- November 18th

If you or someone you know would like to present at a meeting, please contact a Board member

- BOARDING
- TRAINING
- LAYUPS



- LESSONS
- CAMPS
- CLINICS

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WE NEED YOU!!

Ever had a horse down, fall in a ditch or get stuck in your pond or any number of other equine emergencies?
First response is PANIC!!

Or better...
Southern Kent County and all of Sussex County NEEDS Equipment for a **Large Animal Rescue Response Squad!**
The Delaware Equine Council is spearheading a **FUNDRAISING DRIVE**
To raise a minimum of **\$20,000**

DEC is working with Fairfax Rescue, Ann Boshore, Dr. Michelle Egli, and several Fire Departments to secure the equipment needed to rescue our Equine friends from disaster.

Please sign up by clicking the Paypal account card or scanning the QR code to go directly to DEC PayPal

By mail at
DEC
P.O. Box 358
Harrington, DE 19952
Attention: Rescue Donation

Scan, Pay, Go.

Thank you to all that sponsored & donated

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- Stan & Laurie Vonasek
- Donation in Memory of George Parris

and the many "drop in the bucket" donors

Can Horses Read and Respond to Human Emotions?

Horse & Rider, February 7, 2024

By Devin Conley

You head to the barn after a long day at work, snatch the halter off the hook, and stomp out to the pasture to catch your horse. He sees you coming and lifts his head, maybe trotting away from you or displaying wary behavior. Your bad mood is apparent, and he can see it from a mile away. Our emotional state is often obvious to our horse, you carry those emotions everywhere with you, including to the barn. You try to avoid those emotions while riding. But you notice that your horse has begun to pick up on how you feel. Horses have a unique ability to understand our emotions and will often react in kind.

Stress and Anxiety Are Contagious

Have you ever climbed into the saddle and grabbed ahold of the reins with tense and nervous hands? You might notice that your horse lifts his head and exhibits signs of nervousness as well. Your nonverbal cues are often received loud and clear by your horse, and he can feel when you're tense and wired tight.

As prey animals, horses are highly attuned to changes in their environment. This means that he can tune in to your emotional state and notice how you're feeling. When you arrive at the barn in a state of anger, frustration, or high stress, your horse will feel that. Now, your horse also has a remarkable ability to bring you back to a better headspace. But, be aware of the mood you are in when you head to the barn, and know when to take time to just groom and be with your horse versus enter into a rigorous training session when you're not in a good mindset.

Social Intelligence

One of the key factors behind a horse's ability to understand human emotions lies in their exceptional social intelligence. Horses are herd animals with complex social structures, and as such, they possess a natural inclination to empathize and bond with others, including humans. This innate social awareness allows them to not only recognize human emotional states but also to mirror and respond to those emotions in a way that fosters connection and trust. Whether through gentle nuzzling, attentive listening, or simply standing quietly by, horses have a unique capacity to provide comfort and solace in response to our feelings.

Can Horses Read and Respond to Human Emotions? Continued

If you've ever hugged your horse during a tough time and felt him rest his head on your shoulder, or lean his body weight into yours, you have felt the healing power of the horse. The nonverbal nature of equine communication also aligns with the way humans express emotions nonverbally. This can create a natural bridge for understanding between the two species. By observing and mirroring subtle cues such as body posture, breathing patterns, and energy levels, horses can effectively "read" the emotional states of their human counterparts. This ability to attune to human emotions not only enriches the human-horse bond but also underscores the profound depth of emotional intelligence that horses possess.

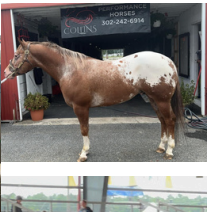
Your horse has great social intelligence and can pick up on your mood and attitude.

Continued on Page 8



2024 Delaware State Fair

In true Fair fashion it was a hot one, Mother Nature tried to help with plenty of rain. But no matter the weather there was a good time had by all.



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How to Report Loose Livestock or welfare Concerns



Report to Delaware Department of Agriculture
at 302-608-4473 or 302-698-4500 to speak with Ofc. Justin Madden

For after hours emergency incidents contact
Delaware Animal Services at 302-255-4646

Please include your name, address, phone number and the address where the animal is located

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DELAWARE APPALOOSA

FALL SPOTACULAR

SEPTEMBER 21 & 22, 2024

Open All Breed

Appaloosa Horse Club

SAVE THE DATE

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We offer something for all equine enthusiast

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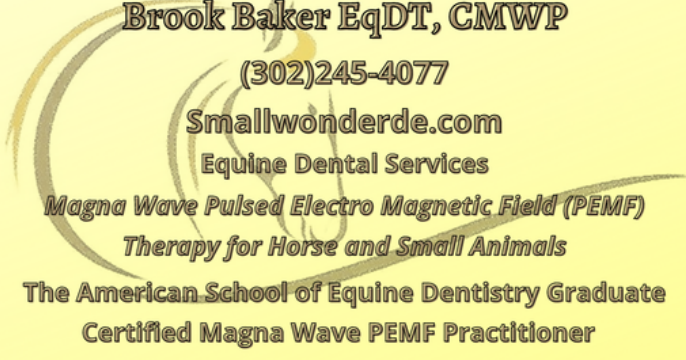


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Article Submission

Do you have something interesting happening in the equine world? Send articles and information for the Delaware Equine News to warrington_girls@yahoo.com

TROUBLE CROWN
ALWAYS BEYOND



DEC Trailer Tag legislation for DMV

Some have had difficulty obtaining our beautiful DEC tag for their trailers. Please show the DMV this legislation (House Bill 437) as proof that it's legal to have a DEC tag on your trailer.

DELaware EQUINE COUNCIL

PLACE STICKER HERE



Flying high over Calypso!

The July meeting was held at Southern Delaware Therapeutic Riding center (SDTR) in Milton and was attended by many current and past DEC members.

Jo Allegro-Smith, Executive Director and Kelly Boyer, Therapist, shared an informative power point presentation. They discussed the many ways their program helps the disabled community with both youth and adults. These include: increasing self-image and self-esteem; increasing independence and self-confidence; increasing mobility and balance, and increasing their communication skills.

SDTR has at least 135 volunteers working in many ways to keep the facility operating within its Mission Statement. The volunteer groups are: Barn Sparklers, who tirelessly work to maintain the facility; Horse Care volunteers help keep the horses happy making sure they have what they need; Lesson volunteers who are either Side Walkers, who keep their clients safe and Horse Leaders, who handle each horse during lessons while keeping the instructions of the therapy leaders in mind.

SDTR pays special attention to making sure their horses are happy in their job. Christine Niblett has taken responsibility in using Natural Horsemanship to train the horses to understand their role. All horses are taken on a 90-day trial to make sure they'll fit in with this special therapy.


There are many fundraising events including the Barn Dance held in the fall and in the spring, Derby Day, a fun play on the Kentucky Derby. Jo Allegro-Smith's specialty is grant writing, which adds financially in supporting their program.

They also collaborate with the University of Delaware's "Equine Therapeutics Certificate Program" for PATH certification for new therapists.

Kelly demonstrated their newly purchased LIFT with the help of our very own DEC Director Holly Vigilante and Calypso. Calypso is owned by Stan and Laurie Vonasek, who free-lease her to SDTR. We learned how the lift is used safely and efficiently to transfer a wheelchair bound client to the horse.

SDTR is always looking for volunteers and donations, so don't hesitate to contact Jo with your interest.





Therapeutic Riding

Improving Lives One Stride at a Time

Facility Address: 17170 Harbeson Rd. Milton DE. 19968
Email: admin@sdtrhr.com
Website: www.sdtrhr.com
302-644-1920

Our Mission

To improve the physical and emotional wellbeing of children and adults living with disabilities through equine assisted services in a supportive environment for riders and families.



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 *Be a more knowledgeable horse owner
 *Learn about management, nutrition, diseases, lameness, therapeutics, and business.
[View the program requirements. udel.edu/0011395](http://udel.edu/0011395)

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[Learn more. udel.edu/canr/equine-therapeutics](http://udel.edu/canr/equine-therapeutics)



Can Horses Read and Respond to Human Emotions? (Continued)

Tune In

This requires us as riders to be aware and cognizant of our own emotional state when we climb into the saddle. If your horse picks up on your body language and mood, then be aware of your headspace before you climb into the saddle. This isn't to say that it's not okay to have a bad day at the barn, that's just part of life. But, if you know your frustration might impact your horse's performance and well-being, maybe take a day to just spend time grooming him or doing groundwork. Diving into a difficult training session when in a heightened state could be a recipe for frustration for you both.

The remarkable ability of horses to understand and respond to human emotions serves as a testament to the depth of their empathy and social intelligence. This means that we owe it to them to be aware of our own emotions, and the impact they can have on our horse.

Wait! 7 Essential Questions Before You Buy That Horse: Continued

When you're a novice, trying to learn on an inexperienced horse is the ideal way to destroy your confidence, set your training back, and put yourself in a position to get hurt.

Instead, select a horse that has a little age and maturity on him, with plenty of training and riding on his resumé. Well-cared-for horses can remain serviceably sound and rideable well into their teens and beyond, and many of the older ones are terrific confidence-builders. Don't tell yourself that you and a young horse will "learn together." I have a saying about that: "Horses teach people, then people teach horses." By that I mean, first buy one that already has the training and experience to teach you.

Then, much later, after you've had a chance to absorb what one or more seasoned horses can teach you, you can try your hand with a greener prospect or with starting a colt.

If you're not sure what your ability level is, get evaluated by a professional. Take a few lessons with a reputable trainer, then ask him or her to recommend the type of horse that will work best for you. This person might also help you find that horse—more on that in "Smart-Shopping Strategies."

2. WILL HE SUIT YOUR RIDING GOALS?

First ask yourself what you want to do with the horse. Take nice, quiet trail rides? Be competitive in Western pleasure or reining? Try your hand at barrel racing? Each of these warrants a horse with a different background of training and experience.



If the prospect's energy level is too high for the amount of riding you can do each week, walk away. Otherwise, you'll wind up with a horse that's too much for you to handle.

If trail riding is your main goal, for example, don't let yourself fall in love with one that's a "made" pleasure horse—but has never set hoof out of an arena. In other words, make sure the horse has been successfully doing what you want to do with him.

By the same token, if you're buying a horse for your child, be sure the horse in question has been ridden by a kid in roughly the same age group as yours. A horse that's great for an adult won't necessarily be good for a child. Sometimes they are, but to be safe, try to find one that's already been working as a child's mount.

3. DO HIS ENERGY NEEDS MATCH YOUR RIDING SCHEDULE?

This one is often overlooked. Here's how it goes: You look at a horse that's in a six-day-a-week program, and he's just as nice and quiet and well-mannered as can be. You buy him, bring him home, and put him on your schedule—that is, three days a week when you can manage it, and often just weekends. In a month's time, the nice, quiet horse has turned into a nervous, high-powered wreck.

To avoid this pitfall, always ask what type of riding schedule the horse needs to be at his best. If what the horse needs differs from what you can give him, proceed with caution.

You might ask the owners to put him on that schedule, then go try him again later.

Here's also where a trial or a lease-to-buy arrangement can be helpful. (Again, check that "Smart-Shopping" list at the bottom of this page.)

Above all, if you know you're going to have just one or two days a week to ride and work with the horse, be absolutely sure you select a quiet one that's already proven to stay sane and happy on that sort of schedule.

4. IS HIS BEHAVIOR CONSISTENT?

Obviously, you can't answer this one if you only try him once, no matter how good he seems the first time you ride him. Go back and ride him as many times as you can, and in different settings.

Ask the owner to find another horse, if need be, so the two of you can go on a trail ride—ideally away from home base (because a lot of horses act much differently away from home than they do in their familiar stomping grounds).

Or, if showing is your main goal, ask the owner to bring the horse to a local schooling show, where you can ride him around the show grounds to see how he reacts in a show environment. If appropriate and the buyer is willing, you might also ride the horse in a class or two.

5. IS HE WILLING, ABLE, AND HAPPY TO LEARN?

The best way to assess this quality is to try some training methods on the horse. Look for a good-natured willingness to attempt what you're asking, rather than smooth performance.

In other words, if you try to flex his neck to the side from the ground, or back him out of your personal space, don't worry if he seems a bit stiff or slow to respond. Instead, note whether he at least tries to understand and do what you're asking, without getting sullen, cranky, or defiant.

Ideally, do this impromptu training on several different days, and see if the horse improves over time. If he does, and if he accepts the training without objection, then he's likely a willing and good learner—a highly desirable quality.

6. WILL HE LOPE QUIETLY?

You wouldn't believe how many people don't lope a horse before buying him. Yet loping is so critical, not just to see how he lopes, but also as a measure of his overall training, willingness, and temperament.

You see, most horses feel some obligation to at least walk and trot and will do so without much backtalk. It's when you ask them to lope that chinks in their training or any latent naughtiness issues are likely to come out.

Obviously, start by having the owner lope the horse. If he or she won't, it should be a deal-breaker, regardless of the excuse.

Continued on Page 11



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Wait! 7 Essential Questions Before You Buy That Horse: Continued

Then, if for any reason you don't feel comfortable loping the horse yourself (because you want to get to know the horse more first), bring along someone who will. Ideally, the horse should lope willingly and quietly, on the correct lead. If he can do it on a loose rein, even better.



Especially if you're a timid rider, remember this: A lack of confidence almost always stems from a feeling of lack of control. When you feel you have control, you feel confident. And if you have a horse that lopez willingly and quietly from the get-go, you'll feel in control of him.

7. WILL HE PASS A VET CHECK?

A pre-purchase exam (or vet check) is important regardless of the horse's asking price. That's because you can get just as attached to an inexpensive horse as you can to a costly one, and any later vet care will cost as much as it would for a pricey horse.

Bear in mind, though, that every horse will have some negatives—especially those terrific, more mature confidence builders. The key is to talk to the examining veterinarian about what you can and can't live with, based on your intended use for the horse. (And you may be able to negotiate a reduced price based on what the vet check turns up.)

On the other hand, if a serious, can't-live-with-it problem turns up, don't hesitate to reject the horse. Remember, there's always another horse out there. This won't be your only chance, so don't buy yourself into a heartache.

SMART-SHOPPING STRATEGIES

• **Get help.** If possible, enlist the services of a trainer, or take an experienced friend horse-shopping along with you. The right trainer can take much of the guesswork out of your horse-buying decision, but only if you use someone you can trust and who stands behind his or her work.

Ask for references, and be sure to clarify in advance exactly how the trainer will be paid. A 10% commission on the selling price is fairly standard; what you want to avoid is an additional mark-up on the side. To be safe, write the purchase check directly to the seller, with a separate commission check to the trainer.

• **Sleep on it.** Take your time making that critical decision. Avoid an impulsive buy, especially in a buyer's market, when there are plenty of horses available at good prices.

If, as you're deliberating, the horse in question winds up selling to someone else, don't worry; you'll find another one.

If possible, make a video of you handling and riding the horse to take home and watch multiple times and show to others. Think it through.

• **Be blunt, not bashful.** Don't assume anything; ask about any potential vices the horse may have—specifically, does he bite, kick, rear, strike, spook, bolt, pull back when tied, refuse to load into a trailer?

Then, as you try the horse, give him the opportunity wherever you can to reveal any vices (for example, ask to see him loaded into a trailer).

• **Run from pressure.** If the seller seems urgent, saying things like, "Better make up your mind, as I have someone else coming to see him later today," get out of Dodge. Why? If the horse is truly as good as represented, the seller has no reason to pressure you. But if the horse has hidden faults, the quicker the seller can seal the deal, the better—before you discover what those faults are.

• **Don't be swayed by emotions.** Let the horse's suitability—not your heart—guide you. If you find yourself talking yourself into the horse, making excuses for telltale signs (such as ear-pinning) that should ward you off, hit the brakes. Those excuses are a clear sign your emotions are overruling your thinking.

Be especially careful when a horse happens to be your favorite color or has some other relatively trivial quality that makes your heart race. Such bells and whistles can blind you to more important considerations—such as that tendency to kick.

Also, don't take on a charity case because you feel sorry for him and want to "save" him. (If he's that skinny or otherwise abused, report him to animal welfare.)

• **Search broadly.** Especially if you're a novice, the fewer restrictions you put on the purchase in terms of your wants (the horse's breed, age, size, color, markings, and so on) the better your chance of finding something that suits your needs. So be open-minded and willing to consider any good prospect.

Don't get hung up on color and breed; get hung up on temperament and experience. (If you're more experienced, you can be a little pickier in the "amenities" department.)

• **Don't think 'forever'.** Buy a horse that meets your current needs. When those needs change, you can trade up. For example, a good beginner's horse is often a bit lazy and stiff. When you outgrow him, don't try to change him into something he can't be. Instead, find him another home where he'll be loved and appreciated and can help someone else learn, then move up to a more suitable mount for yourself.

• **Hedge your bets.** The best way to make sure the horse is right for you is to take him on trial or a lease-to-buy arrangement first. Many sellers are not open to this option, but it can't hurt to ask. It may even be worthwhile to pay a premium for this option; in other words, negotiate a price, then offer to add \$300 to \$500 or so for the privilege of taking the horse home for a month first.

Expect to give the seller a post-dated check for the agreed-upon price (subject to renegotiation if something of concern shows up on the prepurchase exam). A short-term insurance policy may also be required, to protect both you and the seller in the event of the horse's death or injury.

Upcoming Events:

Sept. 8-DEC Show Series, Origami Stables, Contact Joan Greenberg 631-905-5800-DbI pts.

Sept. 21 & 22 DAHA Fall Spotacular Appaloosa & All Breed Show, Contact Tammy Shorts 302-526-6944

Sept. 29-DEC's Member Appreciation Day Ride/Drive/Lunch, rsvp to Pam Nebel at pnebel443@gmail.com or call or text at 240-994-2220

Oct. 6-DEC Show Series, Origami Stables, Contact Joan Greenberg 631-905-5800



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Riding in HOT Weather

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Horses evolved in colder, drier climates, and they can struggle to keep their body temperatures cool in our Maryland summers. Horses normally cool themselves by sweating. The evaporating sweat creates a cooling effect. When the humidity is high, however, sweat does not evaporate and a horse can overheat. This chart shows the effect of heat and humidity on a horse's ability to cool itself.

Temp. (F) + Humidity (%)	Horse Cooling Efficiency
Less than 130	Most effective
130 - 150	Decreased
Greater than 150	Greatly reduced
Greater than 180	Conditions could be fatal

HOW HOT IS TOO HOT?

Veterinarians recommend that you **avoid riding** altogether in hot and humid weather. If you must ride:

- ride in the early morning or late at night;
- ride in the shade;
- keep the work light, take frequent breaks; and
- **DO NOT RIDE** when the combined temperature and humidity exceeds 150.

SOURCE: University of Minnesota Extension

TO SCRAPE OR NOT TO SCRAPE?

In 2019, the FEI advised **against scraping** a horse after bathing. Also that year, researchers in Australia found "no cooling effect of scraping" following rapid cold-water application. The moment the water is scraped off, the cooling effect of the water stops and the horse's internal temperature begins to rise again. The most effective way to cool down a horse is to bathe the horse:

- in 2 gallons of cold water every minute;
- for five minutes;
- without scraping.

SOURCE: 22 Comparison of post-exercise cooling methods in horses
<https://www.sciencedirect.com/science/article/pii/S037870622001557x>



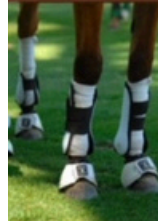
BOOTS OR NO BOOTS?

Leg wraps insulate the legs and raise their internal temperature. Heat can **damage** the superficial **digital flexor tendon**. Equine scientists studied six different types of boots:

- traditional, perforated, and Stomatex neoprene boots;
- cross-country boots;
- elastic track bandages; and
- fleece polo wraps.

Bare legs stayed the coolest and "the hyperthermic effect of ... boots and bandages ... caused **chronic microdamage to the tendon**." Fleece polo wraps caused the most damage.

SOURCE: A comparison among equine boots and legwraps on leg surface temperature during and after exercise. Luke Brock & Holly Sporer, Middle Tennessee State University, available at <https://thehorse.com/2020/04/06-boots-and-wraps-overheat-horses-legs/>



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