

Horse care whilst at Competitions



Key Points to Remember



1.

Roughage: As grazing animals, horses require a minimum of 1-2kg of roughage per 100kg of body weight per day. It is important to remember that at competitions your horse does not have free access to pasture like it would in its paddock at home. Therefore you should provide your horse with ad lib hay throughout the day to ensure their daily roughage requirements are being met. For example a 500kg horse requires 5-10kg of roughage per day.

2.

Water: Clean water must be available to ensure your horse stays hydrated. As a guide, a horse may drink 25-45 litres per day in hot weather.

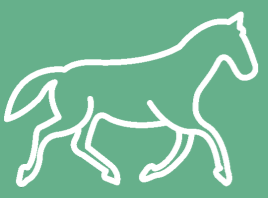


3.

Exercise: Horses must receive adequate exercise when they are tied up or stabled at a competition all day. Walking your horse in hand helps with circulation and can reduce muscle soreness. Horses kept in stables must have enough space to walk forward, turn around, lie down and roll.



Do's



Check on your horse regularly



Provide ad lib roughage and water



Warm your horse up before competition



Cool your horse down and check vital signs after riding



Supply adequate electrolytes to recover those lost



Don'ts



Exert your horse past its level of fitness



Over rug your horse, especially on warm days



Leave your horse without food or water



Use ill-fitting tack



Forget to reward your horse after being ridden

Remember to Pack:



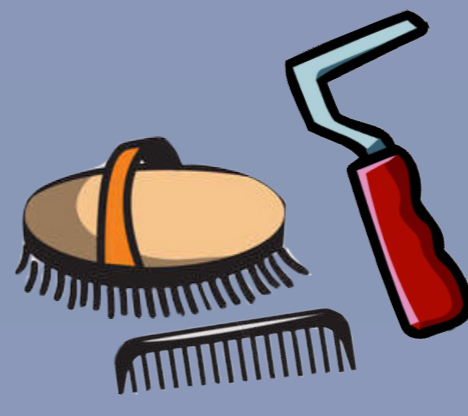
Horse Tack



Riders Attire



Feed Supplies



Grooming Kit



First Aid Kit