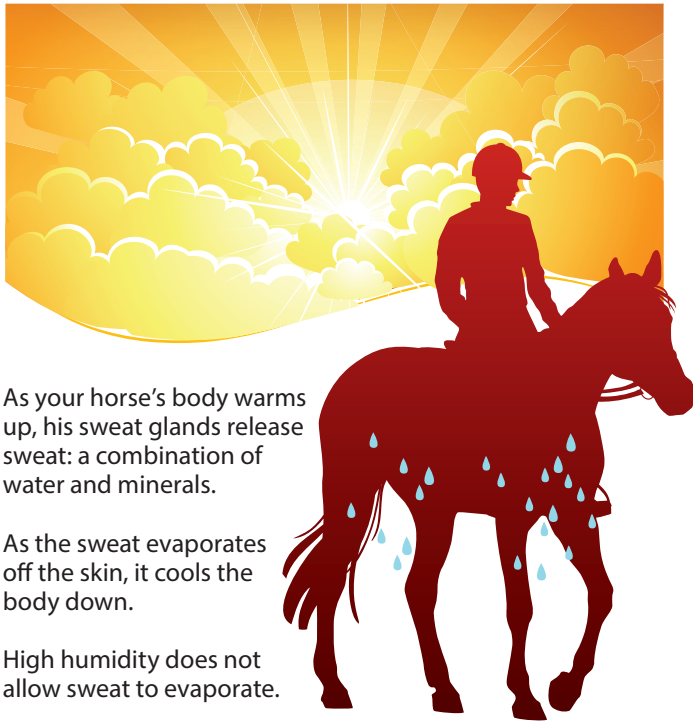


When Is It Too Hot to Ride Your Horse?

Temperature alone is not a good guide when it comes to deciding if you should ride on a hot summer day. It is the combination of heat and humidity that should be your major concern.



As your horse's body warms up, his sweat glands release sweat: a combination of water and minerals.

As the sweat evaporates off the skin, it cools the body down.

High humidity does not allow sweat to evaporate.

When the relative humidity is over 75%, your horse's ability to cool himself by sweating is greatly diminished.

Temperature + Humidity = Safe to ride

Hot (above 85°) + Low (below 75%) = Okay to ride

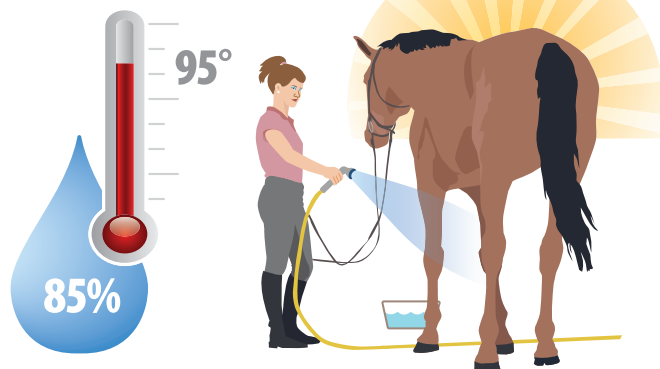
Cool (less than 85°) + High (75% or above) = Okay to ride

Hot (85° or more) + High (75% or above) = Ride with caution

When temperature + humidity = 180 or more

SKIP RIDING FOR THAT DAY

and give your horse a cool bath instead.



5 things you can do to make hot weather riding more comfortable.

Ride in the early morning or in the evening when the sun is not at its hottest.

Ride in the shade, either in the woods or in an indoor arena with good air circulation.

Be aware of your horse's fitness level. Whether obese or thin, unfit horses are less able to deal with the stress of exercising in hot temperatures.

Cool your horse down properly after your ride and be sure an abundant supply of cool, fresh water is always available.

Feed an electrolyte daily during hot weather. It will stimulate your horse to drink and help keep him or her hydrated. Electrolytes also replace the essential minerals lost in sweat.

Hot weather challenge: Electrolyte depletion and dehydration

Solution: Summer Games® Electrolyte

- Developed for 1996 Olympic Games
- Replaces electrolytes and trace minerals lost in sweat
- Stimulates the thirst response so horses keep drinking



The horse that matters to you matters to us®



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