

Cooling Out Your Horse

(USPC D Manual, pages 177 – 182)

Name: **TEACHER**

Date: _____

Items in **RED** are needed on your USPC ratings

When a horse works hard, he gets hot and sweaty
(just like you do when you run and play hard)



Horses **MUST** be **cooled out** properly
What can happen if you don't?



1. He may get **chills**
2. Muscle **cramps**



D1: Give 1 reason for cooling out mount after exercise.

3. **Colic**

During Cooling Out you are getting rid of two things:



High Internal **Heat** (temperature)

AND



External Wetness (**sweat**)

Horses should **ALWAYS** be put away with these 4 things:

2. **Dry**



1. **Cool**



4. **Comfortable**



3. **Clean**



COOLING OUT is one of the most important things you do for your horse.

Basic Cooling Out Procedures:



Every Ride should end by walking your horse at least **10 to 15** minutes.

> This helps his body temperature come back to normal and helps prevent sore muscles.



> Can be a mounted walk or dismount & lead him (run up the stirrups & loosen the girth).

D2: Describe 2 signs that show when a mount is properly cooled out.

Signs he is cooled out

His **breathing** has returned to normal, No puffing or flared nostrils.

He is no longer hot and sweaty on his neck and chest

His small **veins** are not sticking out under his skin.



No to any of these? Then keeping walking slowly until all these signs are back to normal.

Watering during Cooling Out

When a horse works and sweats he loses water (and electrolytes).

He needs to drink enough water to replace what he has lost.

It is ok to let him drink right away – **True** or False? (circle one)

Then walk some more and bring him back to the water bucket.

Continue until he is cooled out and has taken all the water he wants.



Covering While Cooling Out

DO NOT PUT A BLANKET ON A SWEATY HORSE!



Covering him too soon may keep him too hot for too long. And the blanket will absorb the sweat and now you have a wet blanket on your horse.

However, in cold or windy weather, you can cover your horse with a **COOLER**, so he won't get a chill while his coat is still damp. Coolers and Anti-sweat sheets are special covers made from flannel or fishnet and help to keep the horse warm while he dries. **Coolers are not the same as Blankets;** think of coolers like a bathrobe, it keeps you warm while you dry, and absorbs the water, and is meant to be removed.

Sponging and Scraping a Wet Pony

If your horse is very wet and sweaty, you can use a **sweat scraper** to squeeze most of the water out of his coat. Also, rub his coat with a towel, or a handful of dry straw/hay to help start drying.



> Do this quickly and then get him walking right away.

In hot weather, you may need to sponge or hose off to remove sweat and dirt to help him cool off. With a big body sponge, wash away the sweat and dirt, then scrape excess water with the sweat scraper. You can rub his head and legs with a towel to start the drying. Again, do this quickly and then get the horse walking until dry and cooled.



D3: Describe care of mount after strenuous work, to include cooling out, checking legs, watering, and feeding.

Care After Strenuous Hard Work:

When a horse has done *especially* hard work (like galloping) he may be very hot and tired and needs special care right away.

1. Dismount, Run-up stirrups, and loosen girth
2. Leave the saddle on while you walk him, but you can lift the saddle and pad up slightly to let some air onto his back.
3. Walk for at least 10 minutes, then check his temperature.

Temp returned to normal

Untack

Quickly scrape sweaty places

Pick out feet

Feel each leg for cuts, heat, swelling

Keep walking till dry (ok to towel rub)

Offer water every few minutes

Temp Still Hot

If very hot and humid, a horse may not cool down to normal fast enough.

He may need to be sponged with water, or even ice applied.

This is only to be done by an experienced horse person. Ask your trainer or an upper level pony clubber to help you.

If this is done incorrectly, you could harm your horse.



After cool and dry, he can be offered **hay**.

Do not give GRAIN for an 1 hours after his temperature has returned to normal (and only give half normal ration, the rest given 2 hours later)

Be certain all sweat marks have been brushed away, and mud and dirt groomed off before putting him away. Again: **A horse should always be put away Clean, Dry, Cool, and Comfortable.**