



Dehydration



DE = no HYDRO = water DE-HYDRO = No-Water

(Instructor)

➤ ASK; How much water does an average horse need per day?



➤ EXPLAIN; what Dehydration is - Loss of **water** in the body through sweating.

- Sweat is made up of **water** and **minerals**.
- Lose too much and get **dehydrated**.
- Lose the minerals, muscles can **cramp**. Can cause death.

➤ EXPLAIN; How it happens Not drinking enough **water**. (especially in high **heat** & more than normal work)



➤ EXPLAIN; How to tell Pinch test – 2-3 **seconds** – horse is dehydrated



➤ SHOW; the pinch test on the horse

➤ DIRECT; each member to try it.

➤ EXPLAIN; What to do if dehydrated Get him out of the **sun**, offer fresh **water**.



If he is hot, walk him in the **shade** & give sips of **water**. Once breathing back to normal, put in front of **water** bucket.

➤ EXPLAIN; When to call for help? Pinch test more than **4** seconds, Head down, back end stretched out, standing on toes, panting .

➤ EXPLAIN: How to Prevent it

- > **NEVER** let the water bucket be **empty**!!
- > Have a **salt** block available
- > Offer **water** throughout the day while riding.

