

TIPS FOR COOLING OUT A HOT HORSE

**START BY WALKING FOR
THE LAST 10-15 minutes
OF YOUR RIDE!**

**WALK, RINSE,
WATER, REPEAT!**

**IF YOUR WATER IS
NOT COLD ENOUGH,
ADD ICE!**

**IF THE AIR IS
STILL, USE A
FAN!**

**IF IT IS SUNNY,
KEEP THEM IN THE
SHADE!**

**APPLY WATER TO
KEY AREAS OF THE
BODY!**

**DON'T
FORGET TO
SCRAPE OFF
THE EXCESS
WATER!**

Note: some
research has
shown that
scraping is
NOT
necessary.

**IF YOUR HORSE IS THIRSTY,
LET THEM DRINK!**

SMALL SIPS OFTEN AS THEY COOL OUT