

# The Ins and Outs of Winter Riding

Deep snow can act as a form of resistance training

**Caution:** Heavy and damp snow can potentially cause tendon injuries

Horses with bare feet have better traction on packed snow/ice and snow will not accumulate

**Caution:** Sole bruising can occur when riding on uneven or frozen ground

If shod it is recommended to use borium, calks/studs, and snow pads

When cooling down, it is important to allow the hair coat to dry out completely

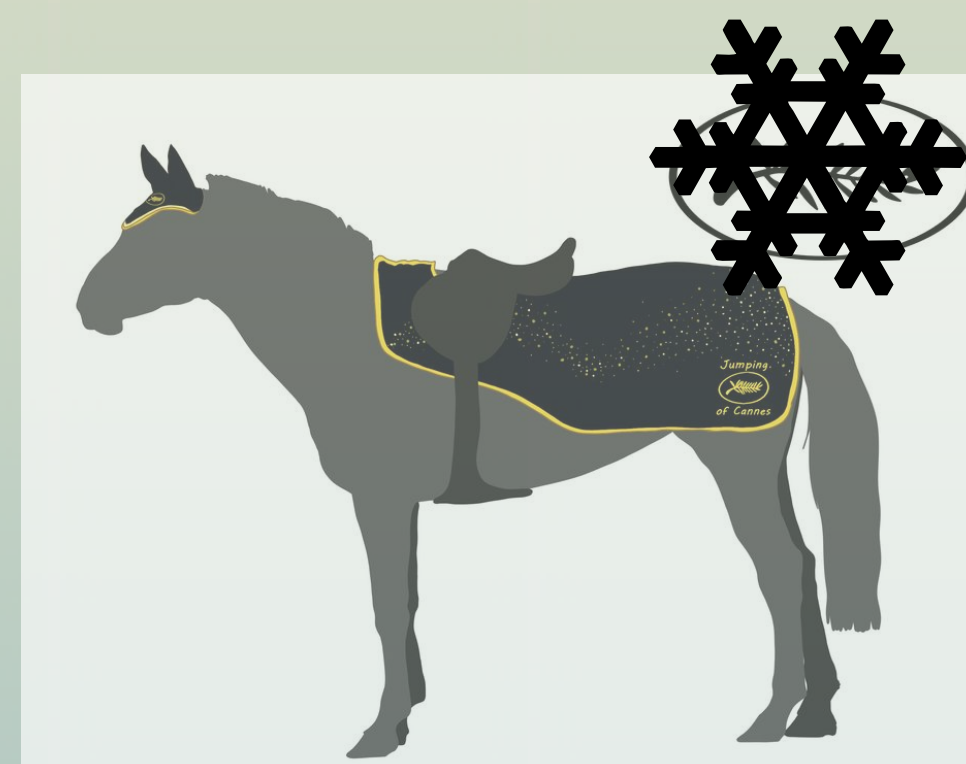
**Caution:** DO NOT leave a hot, wet horse in a stall or turn it out in the cold wind

Trotting in light snow can aid in strength and cardiovascular conditioning

**Caution:** Snow covered holes or obstacles are injury hazards. Ride in known areas

In extreme cold, it is recommended that fully clipped horses are warmed up and cooled down with a quarter sheet

**Caution:** It is not recommended to work the horse with a sheet since their large muscle mass heats up fast and can cause overheating



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