

Injuries Happen

If you've spent enough time around horses, you know that injuries happen—to them and to us. It's an unfortunate reality of working with large, powerful animals, but the good news is that being prepared makes all the difference. When we understand basic injury protocols, we can stay calmer in the moment, respond more effectively, and support both horses and people in need.

First aid is a skill every horse person should have, whether it's treating a hoof abscess, handling a cut, or stabilizing a serious injury while waiting for the vet. If you haven't already, consider brushing up on your equine first-aid knowledge—or even better, organizing a vet-led workshop at your barn. And don't forget about yourself and your fellow riders—CPR and basic human first aid are just as important. A local CPR course could be a great investment in safety.

For people with injuries staying calm is key. If you're hurt, don't be afraid to speak up about what you need—you're not a burden. If you witness an injury, focus on asking the right questions, listening carefully, and avoiding blame or pressure. And of course, knowing when to call 911 is essential.

For horses, the same principles apply—whether it's your own or someone else's. When a horse is injured, staying level-headed and responding appropriately can prevent things from getting worse. Learning to assess injuries, apply basic first aid, and know when to call the vet is something we should all practice.

Let's keep learning, supporting each other, and staying safe. Injuries may happen, but with the right knowledge and teamwork, we can handle them the best way possible.



Photo's thanks to Dr. Hoyns of Evergreen Equine

Calendar

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 Summer Horse  
 Camps are open.  
 Check the [website](#)  
 for dates  
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 Littles Day  
 May 18<sup>th</sup>  
 June 22<sup>nd</sup>  
 August 24<sup>th</sup>  
 1:00-4:00  
 Ages 3-8  
 15 minutes for \$15  
 30 minutes for \$30  
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 After School  
 Programs (ASP) are  
 up and running.  
 There are multiple  
 sessions through  
 the year.  
 Information can be  
 found under [Riding  
 Lessons](#) or the [DS  
 club](#) tab  
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VITAL SIGNS

Vital signs in a horse include its temperature, heart rate, respiration rate, capillary refill time, and gum color.

TEMPERATURE

An average horse's temperature is between 99° and 100.5°. This is important information to have when you call a vet.

PULSE

An average horse's pulse ranges from 32-48 beats per minute. Your horse's baseline is a training tool as well as a health tool.

RESPIRATION

An average horse's adult breathing rate at rest is 8 to 16 breaths p/m (per minute). In work it can increase up to 120 breaths p/m.

Barn Notes

Camps

Camps are open and filling up. If you are interested in a week or seven be in touch soon as they are filling fast.

Little's Day

Little's Days are set for May 18th, June 22nd, and August 24th. These days are designed to introduce young people between the ages of 3 and 8 to the world of horses. The choice is theirs about whether they would like to groom, clean hooves, ride, or lead horses in the 15 or 30 minute sessions.

After School Programs

Spring programs are in full swing! Mason is bringing elementary school kids to the barn, with pickup at the Rec Center. Non-Hartland participants are welcome but need their own transportation. Our popular Wednesday program features horsemanship and riding remain.

It's inspiring to see each rider progressing, building skills, and embracing new challenges—

reminding us that there's always more to learn, and every moment spent with horses is time well spent!

Peanut

Peanut is finally back in work and considering a full-time career after recovering from a popped splint. This type of injury occurs when the splint bone or the ligament connecting it to the cannon bone becomes irritated or damaged, leading to a swollen, sometimes painful lump—just like Peanut experienced.

Popped splints can be caused by a variety of factors, including hard or uneven footing, sudden increases in workload, direct trauma (such as a kick), or poor conformation. In Peanut's case, it's hard to say exactly what caused it since he has excellent conformation, but young horses love to play! With both Peanut and Freeze being energetic youngsters, a little roughhousing could certainly have played a role.

Quarterly Challenge - Leg Wraps

Definition - To apply a quilt or cotton sheeting to a leg then wrap it with a bandage.

Purpose - To keep wounds covered or provide support.

Set-up - Leg quilts and polo wraps

Ideal - To have an even snug tension applied from the top of the cannon bone down to the fetlock, without wrinkles or creases, in the correct direction to provide even compression without constricting blood flow.

Training Tips - PRACTICE. Lots. Learning to wrap legs is a very important skill to have before the skill is needed. Applying them quickly and efficiently is important to a horse that is already stressed. Also, many people are surprised that the horses have to be trained to stand quietly while being wrapped then learn they can walk in the wraps.

Problems - If a leg is wrapped incorrectly it can cause serious problems like a bowed tendon. Also, many horses try to pull their leg wraps off.



The Peanut Gallery

Is my horse sick?

If you suspect your horse might be sick, it is essential to assess their condition based on key health indicators. Knowing your horse's normal vital signs and behavior will help you determine if something is wrong. Here's what to check:

Know What Is Normal for Your Horse

Temperature: A healthy horse typically has a body temperature of 99-101.5°F. A fever may indicate infection or illness.

Respiration Rate: Normal breathing ranges from 8-16 breaths per minute. Labored or rapid breathing can signal respiratory distress.

Heart Rate: The average heart rate for an adult horse is 28-44 beats per minute. A significantly increased rate may indicate pain or illness.

Manure and Urine Output: Changes in frequency, consistency, or color can signal digestive or urinary issues.

Water Consumption: A horse typically drinks 5-10 gallons of water daily. A decrease could indicate dehydration or illness.

General Attitude: Watch for lethargy, loss of appetite, or unusual behavior, as these could be signs of sickness.

What to Do if You Notice Abnormal Signs

- **Take** your horse's vital signs and compare them to their normal baseline.
- **Check** for other symptoms such as nasal discharge, coughing, swelling, or lameness.
- **Assess** their environment and diet to rule out possible causes of distress.
- **Monitor** your horse closely for changes over the next few hours.
- **Contact** your veterinarian if symptoms persist or worsen

Information to Have When You Call the Vet

When reaching out to your veterinarian, provide

clear and detailed information.

1. Your horse's vital signs (temperature, heart rate, respiration)
2. A description of the symptoms or injury
3. When the issue began
4. Any treatments given
5. Your horse's medical history

Being Prepared

By regularly checking your horse's health indicators, having a plan, and keeping a first aid kit stocked, you can respond quickly and effectively in case of illness. If you suspect your horse is sick, early detection and prompt action can make a significant difference in their recovery.

Want to Learn More

A couple great resources for learning from home.

Basic First Aid for Your Horse and Preparing for Emergencies from the University of Minnesota is user friendly with easy to read text and supporting videos. It covers everything from what is normal to when to call a vet.

Equine First Aid for Owners from Purdue University is also a good resource that fills out some of the information from the UoM.

Resources

Dressage

Local

<https://cvda.org/>

National

<https://www.usdf.org/>

International

<https://www.fei.org/>

Horse and Rider books

<https://www.horseandriderbooks.com/>

Adult Camp Weekend

by Claire Picken

Last October, Jill held a weekend adult riding camp where four students, two more experienced with their own horses and two more novice riding Jill's horses, learned about horses, barn management, and more in addition to riding.

As a student who started riding in the winter of 2023, I knew there was much to learn about horses and their care and was excited to have an opportunity to learn more and spend time with people interested in horses.



We started the weekend bringing horses in, which was something I'd never done before. I learned that the order matters and there are specific routines to bringing them in. Everything is intentional, and there is always a reason. We then learned more about horse care covering everything from what they eat, when they eat it, how much water they need, why they need access to water all the time, how their teeth are cared for, how their hooves are cared for, how their nutritional needs are met, and more. The next portion of the day was riding lessons. The two more advanced students rode together

on their horses while the two more novice students watched, and then we switched, so the two more novice students rode on two of Jill's horses while the two more advanced students watched. I had never seen another rider in a lesson setting before. While the more advanced students were riding, I was provided the opportunity to see skills I'm working on done well, to see what certain skills should look like, and to see skills I will learn in the future. For example, I had never seen a horse in a canter and how a rider moves while their horse canters. Prior to that weekend, I had never ridden with another student riding in the arena. One rider and horse were on a lunge line and the second rider and horse were out on the track changing direction on the long diagonal and riding 20m circles. When I was the rider on the track, I had to make sure not to interfere with the rider on the lunge line. Not only was I focusing on my line and speed, but I had to make sure that my line and speed didn't get in the way of the other rider and her horse.

It was reassuring that each rider is always working toward something. This connects me to other riders. I'm working on building skill sets and facing challenges in my learning, but every advanced rider has been where I am now. There is always more to learn, and time spent learning is always worthwhile.

Our friend, Who



Peanut & Freeze

Showing how well winter coats work to insulate them in the winter and the pleasures of the sun.



Dan & Noodle

