

Sovereign Equestrian Prepared all year round

Sovereign Equestrian take an in-depth look at the best ways to ensure your horse is in peak condition and how too maximise performance, no matter the weather.

At Sovereign Equestrian we are committed towards ensuring our horses are at their peak condition right throughout the year. The British weather does sometimes make this challenging, however over the years we have developed a number of different methods to help maintain performance no matter what the conditions.

Earlier this year we talked about the importance of looking after your horses correctly during cold weather spells. Today we'll be looking at what you can do to help during warm weather periods (like we're currently experiencing!) We have also stressed the importance of proper preparation for horses

to help maximise performance and results. Being able to adapt to the different conditions has been a key factor for the success that Sovereign Equestrian has achieved over the years and we are passionate not only about results but also providing the very best care for our horses.

These are our top tips for keeping your horse cool and fresh during the summer months:

Alternative riding times

A good starting point is to look to switch the times you are outside with your horse. Early mornings and late at night, whilst there's still light, is ideal as this will help avoid fatigue gained from too much exertion



during the daytime heat. Also as an added bonus, some of the skylines provided by sunsets and sunrises are incredible at this time of day.

Provide shade

If your horse lives outdoors or if they must be outside during the day, provide relief from the sun. As humans we instinctively look for shade when it becomes too hot in the sun and horses are no different, proper protection from the heat can not only provide relief but also improve recovery and ultimately performance.

Keep it cool

Fans are a great way to help keep the air moving in the stable, but use them wisely.

Always ensure that your horse can't get a hold of cords and plugs.

Misting

If you are fortunate enough to have a misting system for your horse, use it. As moisture is absorbed from your horse's skin, it will take away some of the heat. Frequent mistings are far more effective than a single dousing with a hose.

Hydration

Making sure your horse has plenty of fresh, cool water is crucial. Warm water left in the sun will no longer be appealing and left long enough, the water will also become stagnant and unhealthy so it's crucial to keep replenishing stocks.

Avoid sunburn

Horses, especially white horses, are liable to suffer from sunburn. Even those with white socks and blazes, pink noses, or hairless patches from scarring can be susceptible. Applying sunblock to small, particularly vulnerable areas can be effective. Seeking shade and avoiding the sun's rays will, of course, be best..

Know your horse and signs of heat stroke

Heat stroke can happen anytime your horse is exposed to excessive heat that his body cannot handle. Heatstroke can happen if exercising in hot conditions, but be aware that it can also happen if standing in a hot stall or trailer.

Ensuring that your horses are healthy and happy all year round will lead to improved performances and results once in competition and by following these tips at Sovereign Equestrian we've managed to achieve some fantastic results at some of the biggest competitions in Europe.

Gaining those extra percentages in preparation can so often be the difference between success and failure...

Enjoy the summer!

About Sovereign Equestrian

At Sovereign Equestrian, we train, maintain, and care for our horses so that they become exceptional performers across all disciplines. We know that a fit and healthy horse is a happy horse, and a happy horse is a successful horse. We want to share some of our techniques with you because, with the right care your horse can reach its true potential.

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