# DRESSAGE, EVENTING, HUNTERS, JUMPERS VOL. 5 PRACTICAL HORSENAN COLORIDATION OF THE PRACTICAL PRA

## 5 Exercises To Help You See A Distance

### Equine First-Aid Essentials

Brought to you by



Geoff Teall and Likely V

#### Keep your horse comfortable and ready to ride with Magic Cushion.

You can't always control the footing, but you can help undo its impact. Proven to reduce heat and calm inflammation, Magic Cushion® hoof packing provides fast-acting, long-lasting relief to hooves and legs. So your horse recovers from this ride in time for the <u>next</u>.

DON'T LET

5 RIDE

THE

Save on Magic Cushion® at Absorbine.com.

©2019 W.F. Young, Inc.



# SEE YOUR DISTANCES Develop your innate "eye" with this hunt-seat

trainer's proven program.

#### By Geoff Teall ■ Photos by Susan J. Stickle

iming, finding your spot, seeing your distance, using your "eye"—these are all terms for the same thing: guiding your horse to an ideal takeoff spot. It's the single-most challenging element of riding a course in any jumping discipline. There's a common misconception that some people are born with a great eye and others are not. In reality, all riders have the same ability to see a distance. The only difference is the degree of confidence we each have in our ability.

If you worry about whether or not you're going to "find" the right distance to a fence, you're already setting yourself up for failure. This anxiety causes you to change your pace or line (or both), to pump your body, throw yourself ahead of the motion or clutch at your horse's mouth. All of these things disrupt your tim-

ing. So your fear ends up being a self-fulfilling prophecy. The opposite is true when you have confidence. It would never occur to great, bold riders like Leslie Burr Howard, Louise Serio and Laura Kraut that they won't get to the right distance—so they never pull back on the reins or make any other common mistakes in their approaches to fences. As a result, they never get the wrong distances.

The good news: Even if you're an anxious rider with little faith in your eye, you can improve it significantly. I'm living proof! I'm by nature a timid, nervous rider who had no confidence early in my riding career and a terrible eye. But I trained myself to overcome those issues and develop a great eye.

The most important lesson I learned during that process and subsequent years teaching students is that focusing on your distance doesn't

Good timing to a fence is all about focusing on what's coming up—not what's behind you as I'm demonstrating here on the Danish Warmblood Likely V. In the middle of a line, we're both looking and thinking, "Forward!" My soft contact and straight line from elbow to hand to bit allow his forward motion to continue all the way to the jump.



#### About Geoff Teall

One of the country's leading hunt-seat trainers, **Geoff Teall** builds the success of his horses and riders on a foundation of confidence and careful preparation. Based in Wellington, Florida, he travels extensively to teach, judge and compete. An R-rated USEF judge, he has officiated at many top shows, including the Pessoa/USEF Medal Finals, the USEF Pony Finals and the Washington International and National Horse Shows. He is a co-founder of the American Hunter-Jumper Foundation and a former member of the U.S. Hunter Jumper Association board of directors.

work. What *does* work is systematically cultivating a discipline for riding the right line and pace for every situation. As that discipline develops, the distances simply appear. In this article, I'll share the system that I've used successfully with many students.

#### **Have Faith**

The first building block of this system is learning to believe in yourself. You *can* develop a great eye! In the meantime, understand that even if you don't see a distance, it will not be the end of the world. If you can keep your pace and track—whether that's on a straight line or a curve—exactly the same in an approach to a jump, the worst distance you can arrive at will be a half-stride off. The vast majority of horses can make up for that half-stride and still jump the fence safely.

To take your timing to the next level, you need to convince yourself that it's possible. Here's a great exercise for doing that: Ask yourself, "Who do I know who is most clearly an example of a confident rider?" The next time you ride, try to imitate that person. You'll be surprised by what a difference this makes. Do it in the show ring, too. Especially if you tend to be really nervous, pretend that you're that extremely confident person. I've tried this method with countless students-and it works amazingly well!

As you focus your mind on this essential building block, gradually start to develop your sense of line and pace, as well, with the following exercises:

#### **Exercise 1: Invisible Jumps**

Build a normal course with only jump standards—no jump cups, poles or other materials (flower boxes, etc.). Then pick a pace and ride the entire "course," cantering through the middle of each pair of standards and making straight lines and smooth turns just as if the jumps were there. Use your eyes to plan your track; as you approach the end of each line, look ahead to the next one. Meanwhile, try not to let the pace slow down or speed up even for a moment. This is harder than it sounds. If you struggle to keep the same pace throughout the ride, don't worry. Just keep practicing riding invisible courses (over many sessions) until your pace control feels perfect.

This exercise removes the issue of timing completely, so you can zero in on your track and pace. It's also a great opportunity for checking in on your position, making sure that you're

#### Exercise I: Ride Invisible Jumps



Set up a course of jumps and remove the poles and cups from all of them. Then ride the lines and "jumps" just as if you were on a real course, maintaining a steady rhythm, staying straight in the lines and going forward smoothly through the turns. Make up several different courses to practice these "jumps."



In the approach to the first imaginary jump, I ride forward around the turn and stay soft in my hands and arms while looking ahead to where I want to go. This allows us to arrive on a perfectly straight line that is exactly in the middle of the two jump standards, thus achieving accuracy without sacrificing that essential forward feeling.



As we canter through the second set of jump standards, I keep my position exactly the same, still thinking about what's coming next. You can tell by Likely's slightly cocked ear that he's noticing the standards and thinking about his own job. keeping your body still in between the jumps. As you practice it, remember that we can do only one thing at a time. So pay attention to each skill—track, pace or position—individually until it feels right. Eventually, these fundamental skills will feel like second nature, so you can clear your mind for other challenges.

This exercise also benefits quick or nervous horses who anticipate the jumps (often because they're worried about what their *riders* might do in the approaches). As your horse learns to trust that you won't interfere with him—by pulling on the reins or changing your position dramatically in the saddle—he'll begin to relax.

I don't advise using poles on the ground for this particular exercise because they add back in the element of timing. You'll worry about your distances to them, so you won't be able to focus 100 percent on your track, pace and position.

When you feel confident riding these invisible courses, gradually add the jumps back in. Mix single jumps with invisible lines—and even within lines. For example, make the jump into a line over a normal fence, then make the jump out invisible or vice versa.

Periodically revisit this exercise, even as your confidence over real fences improves. You'll find that refreshing your discipline for pace and track will help to keep you from slipping back into bad habits. It's also a great way to cope with nerves at shows. I often have students practice over a "missing" jump in the warmup, pretending that it's set up right next to one of the actual warm-up fences. They organize their pace and line and then ride forward to it, just as if it's a real jump.

#### **Exercise 2: Five-Stride Invisible Line**

Next, we're going to get you in the habit of riding forward to be straight. Most people who think they're doing this already are actually riding backward—pulling on the reins—to get straight. Like the first exercise, this one eliminates the issue of timing, so you can focus exclusively on your track and pace.

Set up two pairs of standards five strides (72 feet) apart. Exactly in the middle of the first pair, build a chute by placing two ground poles parallel to one another and to your track. Space them about 9 feet apart initially. Do the same for the second set of standards.

Canter to this "line" just as you would to a real line on course. Come forward off the turn, ride forward and straight through both chutes, then plan a smooth turn afterward. When this feels easy, roll each pair of poles slightly closer together (though never closer than about 6 feet). This will require you to increase your accuracy—without, of course, making any changes to your pace.

#### **Exercise 3: Jump on a Circle**

Now it's time to transfer your track and pace skills to a single fence. We'll start on a circle to keep the track very straightforward. Build a small (2- to 3-foot) vertical in an area large enough

#### Exercise 2: Ride an Invisible Five-Stride Line



Place two sets of standards five strides apart (72 feet) without cups or poles. Create a chute between each set of standards by placing a pair of poles on the ground exactly in the middle of the space between the standards, parallel to the track and to one another, 6 feet to 9 feet apart.



As we continue straight, I maintain the same balanced, forward position and soft contact while looking ahead to the next chute. This helps Likely stay in a nice balance on the same line and pace.



This exercise's added demand for accuracy makes it all the more important for me to ride forward through the turn, resisting any temptation to "ride backward" (pull on the reins). In this moment, Likely and I are focused on the same job: going confidently and positively forward to the first "jump."



As we approach the second "jump," I'm already looking ahead to the turn, trusting that my good preparation and consistent line and pace will carry us nicely through the middle of the chute.

to incorporate it into a circle 36 to 40 feet in diameter. Place ground lines on either side of the jump.

Unlike cantering over a ground pole—which many horses won't jump over with care—this vertical should be big enough to get your horse's attention, which means he'll make an effort to help you arrive at the correct distance. However, don't make it so tall that you'll be overly concerned about jumping it.

Practice cantering your 36- to 40-foot circle next to the jump, working to stay "straight" on the track—not drifting off your line to the right or left—by correcting your horse every time he tries to bulge out or cut in. Use your eyes by looking across the circle as you approach the area of the jump. When you feel as if you can do that at a consistent pace, widen the circle just big enough to incorporate the jump into it. Again, use your eyes. As you come around to the jump, think, "no bulge, no cut, no bulge, no cut," while also correcting the pace every time it changes. Don't try to "find" the distance. Just keep focusing on your line and pace all the way to the center of the jump, trying not to change anything at all.

As you approach the jump, there may come a moment

when you feel something in the pit of your stomach telling you to move up to it, settle back or simply maintain the same pace. This is your unconscious sense of timing. It's most likely to reveal itself if you're *consciously* controlling your line and pace. When those elements are truly consistent, the jump will say, "Here I am! Jump me!"

As soon as you get just a glimmer of that feeling, make any necessary minor adjustment forward or back, then lift your eyes up and across the inside of the circle, planning the line you want to ride after the jump.

Don't worry if you *don't* get a sense of the distance in the beginning. Just focus on your line and pace and trust that you will arrive at a safe enough distance—and that your horse will figure out the rest. On takeoff, lift your eyes up and across the circle.

When you land from the fence, balance your horse, organize your reins and then adjust your line and pace as necessary to get back on the circular track. Then look across the circle toward the jump again. Resist the urge to do anything else. Just wait to see if that feeling emerges.

Practice this several times in both directions. Stop when it

#### Exercise 3: Jump on a Circle

Setup: Place a vertical, 2–3 feet high with ground lines on both sides, where you have enough room to incorporate it into a 40-foot circle.



I cantered on the circle, tracking to just inside the vertical (not shown). I focused on the track and used my reins and legs to prevent Likely from bulging to the outside or cutting to the inside. Now, I've widened the circle to include the jump, thinking, "no cut, no bulge, stay forward!" I turn my head to focus on the jump.



At this point, because I've focused on the fence and tuned in to my natural feel, I've gotten a sense for how the distance is going to work. I raise my eyes to look over the jump toward my continuing circular track, allowing my instincts to take over and make any necessary adjustment to arrive at a comfortable takeoff spot.



In the air, I concentrate on maintaining the same curved line, rather than worry about what lead Likely will land on. This sets him up to make a balanced landing, from which he's most likely to choose the correct lead.



We continue on the circle after the jump, focused on all the qualities we practiced over the imaginary jumps: going forward with light contact, maintaining the line and looking ahead to what's next. You can tell by Likely's positive, alert expression that he understands this job perfectly.

feels good. If it *doesn't* feel good after multiple attempts both ways, don't drive yourself crazy. Let it go for now and try it another day.

As your eye develops, you'll still find this exercise useful, especially in stressful situations, like a championship. If you're really nervous and feel like a deer in the headlights, practicing it over a small jump in the corner of the warm-up arena will help you regroup and relax. You're far better off going into the ring after jumping several low fences confidently than you would be potentially mucking up a 3-foot-9 oxer just before hearing you're on deck.

#### Exercise 4: Five-Stride Line With Jumps

When you begin to get a feeling for distances on the circle, the next step is to develop a sense for what pace works in different situations. This exercise will help you do this while teaching your horse to balance and come back to you on landing.

Set up a five-stride (72-foot) line again, this time with two small verticals with ground lines on both sides of each one. Pick up the canter and make a circle at the end of the arena to establish the pace you'd use in the show ring—what I call your "homebase pace." Then canter forward around the turn and through the line. Afterward, bring your horse to a halt on a straight line before entering the next turn. Then process how the ride went. Do you think you could have used more or less pace? Repeat the exercise making that slight adjustment. Then turn around and ride the line in the opposite direction.

Continue doing this, alternating directions frequently until you can reliably produce a nice jump in and nice jump out without having to change your pace midway through the line.

#### **Exercise 5: Triple Combination**

This exercise is only for advanced riders. It gives a more nuanced sense for how different paces work in different situations.

Set up a line of three verticals or square oxers at distances of 36 feet (two strides) from one another, all with ground lines on both sides. Ride it just as you did in the previous exercise, finding your home-base pace in the intro circle, then riding through the combination and stopping on a straight line afterward. Again, process how the jumps rode. Did you have to hit the gas midway through? If so, approach the combination with more pace next time. If the distances felt tight, approach it with a little less pace. Then repeat the exercise in the other direction.

Practice this a few times—again, alternating direction frequently–until you get a sense of what pace works best.

As you methodically assemble these building blocks, your eye will gradually improve. All the while, remember to believe in yourself! **2** 

#### **Exercise 4: Five-Stride Line**



Instead of thinking "turn and then straighten," which often disrupts a rider's flow, I canter forward around the turn, looking ahead to the first jump, just as I did in the approach to the imaginary jumps. I maintain the same balance and contact to the fence, allowing Likely to continue forward to the takeoff spot.



In the air, his ears show that he's concentrating on the jump, just as he did on the imaginary jumps in Exercise 1. While I maintain the correct balance and position over the fence, in my mind I'm already focused on my next job: riding the line to the second jump.



Because Likely jumped a little quietly over the first jump and landed a tiny bit shallow, I immediately close my legs and follow more with my hands to ask him to open up his stride while still focusing on my straight line to the next jump.



This produces five even strides, bringing him to a balanced takeoff. Once again, while he focuses on his job over the jump, I'm already thinking and looking ahead to what's next.

### The Horse Microbiome's Role in Healing

The skin is the largest organ in the body. It separates and protects our internal structures from the outside world. So it may come as a surprise that microorganisms — bacteria, fungi and viruses — decide to make a home there and have an important job to do. Scientists refer to this harmonic coexistence as the skin's "microbiome."

Skin in nature is not sterile. It's supposed to have microorganisms co-mingling day in and day out. And while the effects of the skin's microbiome are still being researched, human studies show its balance is critical to the overall health of the person. In fact, dysfunction in the microbiome is associated with autoimmune diseases and infection in humans.

Research conducted in equine healing shows that equine skin microbiota or microbiome creates a rich and stable environment that is disturbed by wounding. However, it springs back to its previous balanced state of microorganisms upon full healing of the wound.

Studies continue to explore the impact of the skin's microbiome in terms of wound repair.



In the presence of tissue injury, loss of microbial diversity (or a disrupted skin microbiome) often results in prolonged inflammation, which can delay wound healing. Both equine and human research has shown that a balanced microbiome shortens the time it takes for wounds to heal. Applying wound care products that deter harmful infection-inducing bacteria while protecting the skin's normal and healthy microorganism populations is a way to improve wound healing outcomes.

Silver Honey Rapid Wound Repair uses the natural healing properties of both Manuka Honey and MicroSilver BG<sup>™</sup> to do just that.

Find out how Silver Honey can help speed your animal's healing by fighting harmful bacteria while protecting the skin's natural microbiome.





©2020 W.F. Young, Inc.

# EQUINE FIRSO-AID ESSENTIALS

Be prepared to manage a minor injury or stabilize a serious wound with a well-stocked and accessible emergency first-aid kit.

#### **By Leslie Threlkeld**



A portable, weather-resistant equine first-aid kit is a must-have for any horse owner. Make sure your kit is neatly organized and stocked with all of the essential supplies you'll need to tend to your horse during an emergency situation or to treat a minor injury.

f there is something horses can get into, they absolutely will," jokes Samantha Burton Henley, the facility manager at Sandy River Equestrian Center in Axton, Virginia. Indeed, horses tend to be accident-prone and keep their caretakers in a constant state of worry. While you cannot house your horse in a padded room or blanket him in bubble wrap, you can be prepared to stabilize any injuries he incurs until your veterinarian can get there by maintaining a conveniently located equine first-aid kit.

One reason for designating a specific well-stocked container for first aid is because in an emergency with your horse, time is critical and you don't want to waste a lot of it hunting around for a thermometer, sterile wraps or other necessities. This is especially important because "There are going to be a lot of times when it's going to take a little while for the veterinarian to get there," Samantha explains. And even if you have only one or two horses, you probably have collected various supplies that you store in different places. With a kit that you regularly check and update, you'll know you have what you need when you need it.

The challenge with a kit is making sure it has only the items you need to tend to your horse until your vet arrives. You can store extra products and replacements for your kit in a larger medicine cabinet or chest. It's also a good place to include a human first-aid kit as well, which you can buy ready-made or stock with simple items from a pharmacy, such as band-aids, triple antibiotic ointment, aspirin, hand sanitizer, etc.

Samantha and Sarah Feathers, DVM, of Great Valley Equine Veterinary Services in Bristol, Tennessee, have helped compile a list of items to include in your first-aid kit that will be useful in emergencies.

As you gather the supplies and equipment, consider the type of storage you'll need. An equine first-aid kit must be portable, well organized and ideally divided into various compartments to store and separate all the medical supplies and equipment needed for quick retrieval in an emergency. A compact tool box, large fishing-tackle box or a tight-sealing plastic container is a good option. Whatever you choose, make sure it's clean, airtight and waterproof to ensure the contents stay sterile and ready to use. Keep in mind that during extreme weather conditions, you may need to move your kit to another location to keep its contents from freezing or overheating.

#### Equipment

In any emergency, having the right tools can make a big difference to a successful outcome. Basics to have on hand include: Flashlight (with working batteries) to effectively care for your horse on a dark night or dimly lit stall

■ Rectal thermometer—a plastic digital version is safer around the barn than a typical glass model and gives faster readings ■ Small jar of Vaseline<sup>®</sup> or other lubricant to help insert thermometers

■ Stethoscope to check heart rate and listen to gut sounds

■ Box of surgical latex gloves to help prevent wound contamination and keep your hands clean

■ Roll of duct tape—convenient to wrap a hoof because it is waterproof and durable

Bandage scissors with rounded ends to avoid cutting your horse when removing a bandage

■ Hemostats or tweezers—handy to help remove a splinter or tick

■ Wire cutters to free a horse from a fence

■ Sharp pocket knife to use if a horse is tied but down in the trailer, tangled in the cross-ties or has a foot stuck in a hay net

■ Cold pack to reduce swelling from an injury. A chemical pack that creates an "instant cold" is handy when ice or cold hosing isn't available (you can wrap it around the injured area, if possible), though you can also invest in an ice wrap or boot designed for horses.

■ Clean bucket to soak bruised or abscessed hooves or wash a wound

■ Clean bath-size towel to use as a large wound compression or to spread out as a sanitary field for small items

Twitch

Chain shank/extra lead rope/extra halter

First-aid booklet

■ 60-cc dose syringes with a catheter tip for administering oral medications as well as

10-cc syringes and hypodermic needles for injections.

#### **Wound Treatments**

Horses can suffer a variety of wounds, and whether the situation requires an immediate call to your vet or is something you can treat yourself at home, you need supplies to quickly and gently clean and disinfect the wound. They include:

■ 16-ounce bottle of antiseptic scrub such as Betadine (povidone iodine) or Nolvasan<sup>®</sup> (chlorhexidine) for washing/disinfecting the wound

■ 16-ounce bottle of hydrogen peroxide (useful for cleaning dirt or other debris out of a wound)

■ Antiseptic wound cream, powder or spray-on treatment to prevent infection and encourage healing—but after cleaning a wound, always seek veterinary advice before applying a product.

■ 16-ounce bottle of rubbing alcohol to sterilize instruments such as scissors or thermometers

Package of premoistened alcohol swabs to clean small wounds and sites for injections

■ 10-ounce bottle of saline solution (a bottle of contact-lens solution with a nozzle works well) for flushing hardto-reach, delicate wounds, such as near an eye

Small tube of triple-antibiotic eye

#### **Travel Kit**

Emergency situations can happen anywhere, so consider packing a duplicate travel kit that has basically the same contents as your athome kit. You could store it in the tack room of your trailer or another easily accessible area, such as your barn tack room, so you can grab it and put it in your truck before a trip. The kit could be organized into a similar transportable container as your home version or you could even keep everything in a duffle bag as long as it stays in a weatherproof location to keep all the contents clean and dry. Having two complete kits can be pricey to stock, but you'll have a better chance of having all the supplies you need in an emergency.

#### Hoof Emergency

A hoof problem might not always warrant an emergency call to your vet, but you want to have supplies on hand to deal with the situation. It is not uncommon for horses to lose shoes in the field or while being ridden, but in some cases the shoe will become loose or twisted on the foot. If that happens, bring the horse inside and call the farrier to come and remove the shoe. However, if the horse is standing on a clip, it is important to remove the shoe as soon as possible. "The danger of standing on a clip is that it can come in contact with the coffin bone, depending on sole depth and placement. At the very least it usually causes a hoof abscess," says Sarah Feathers, DVM, of Great Valley Equine Veterinary Services.

You need a few farrier's tools in case you have to pull off a shoe and some Epsom salts and poultice for hoof abscesses, though these supplies don't necessarily need to be a part of your emergency firstaid kit.

 Quick-to-apply poultice dressing like Animalintex<sup>®</sup>, used cold to reduce swelling or soreness or used hot to draw out abscesses and infections
 Epsom salts (for soaking an abscessed hoof)

 Hoof packing, a sticky clay-like poultice used to alleviate pain and soreness from the hoof
 Farrier's rasp and nippers to

remove a shoe

■ Hoof pick to remove any objects stuck in a hoof or horseshoe

■ Hoof testers can be used to pinpoint the location of a painful area on a foot. ointment (nonsteroidal) that can be obtained from your veterinarian.

#### Bandages

Once a wound is initially cleaned, you need various bandaging materials to cover it and keep it clean. You also want them on hand to stop bleeding quickly, which, depending on severity, you might need to get under control even before cleaning. Bandaging

#### 6 Things to Do Before an Emergency

Post emergency contact information for your vet and farrier in the barn and save it in your phone.

■ Know how to take your horse's temperature, pulse and respiration and be aware of these typical resting vital signs. "We do resting TPRs for every horse in the barn and those should be posted in every barn or in a notebook," says Samantha Burton Henley, facility manager at Sandy River Equestrian Center.

■ Check your first-aid kit monthly and toss out and replace expired medication.

Replace anything you take out of your first-aid kit as soon as possible.

 Educate yourself. Make sure you know how to use everything in your kit or have your veterinarian show you. Practice wrapping your horse's leg before a stressful emergency situation.
 Keep your horse's health records up to date and handy so you can answer any questions your vet might have about his medical history. items include:

■ Box of 200 nonstick sterile gauze squares (preferably 4-by-4 inch to clean and cover small wounds

■ Two rolls of self-sticking bandages such as Vetrap<sup>™</sup>—used to keep the gauze squares in place

Roll of elastikon (strong, elastic cloth tape with a rubber-based adhesive)

■ 4-inch gauze rolls for padding

■ 2 rolls of cast padding (polyester padding for protection, comfort and to keep the bandaged area dry)

■ 1–2 rolls of absorbent sterile sheet cotton or gamgee (a type of cotton field wrap sandwiched between two gauze sheets). Both of these typically come in 12-inch sizes and can be used as padding under a wrap or as a pressure pad to stop bleeding. Cotton should

not be applied directly to an injury because it will stick. It is also useful to have on hand to help clean a wound.

■ A clean set of pillow wraps and bandages for an outer protective and supportive wrap over an already bandaged wound or, when used in conjunction with poultice, to reduce heat and inflammation in a leg

2 thick sanitary napkins or diapers, useful for padding a wrapped foot.

#### Medications

Depending on your experience and comfort level administering medications, there are some that are good to have in your firstaid kit. Even if you have given the medications previously, always consult with your vet first. If she can get to your horse quickly, she might not want you to administer anything so she has a clearer idea of the extent of the issue. Also, giving an intravenous (directly into the vein) shot can be dangerous if done incorrectly. The good news is many medications for pain or sedation are now available in oral form.

■ Phenylbutazone ("bute") and flunixin meglumine (Banamine®) are nonsteroidal

anti-inflammatory pain relievers. Both are available as an oral paste in

premeasured doses, though

bute also comes in powder form and can be given orally. Confer with your vet to get the correct dosage.

Dormosedan<sup>®</sup> gel is a mild standing sedative that is given

orally. Check the instructions for the correct dosage and wear gloves, as humans are sensitive to the drug and it can be absorbed through the skin.

■ Electrolyte paste for treating dehydration. While this is not a medication, it is an oral supplement proven to be effective to encourage horses to drink.

You may decide there are other supplies you want to include in your first-aid kit. Or you can buy a premade kit and take the stress out of stocking one on your own. Whichever you choose, know that because of the time and effort you spend now, you will be better able to help your horse while waiting for your vet to arrive. **2** 

#### Vet Communication is Key

No matter how extensive your first-aid kit is, it should never replace a call to your veterinarian in an emergency—or even if you're not sure if you have an emergency. Serious symptoms like puffy eyes, sudden lameness or reluctance to walk, profuse bleeding, breathing problems and signs of colic (such as pawing, depression, excessive sweating, etc.) always warrant an immediate phone call.

"My personal preference is always a phone call," says Sarah Feathers, DVM, of Great Valley Equine Veterinary Services. "That doesn't mean the vet has to come out. Just describe the symptoms. If you can handle it, great. If not, I'll be there."





#### Mother Nature's strongest antimicrobials transformed into a wound repair formula unlike any other.

NEW

Silver Honey Rapid Wound Repair is the first and only formula with Manuka Honey plus MicroSilver BG<sup>™</sup> proven to stop 99.9% of bacteria immediately to start healing faster. While tough on bacteria, this revolutionary combination is gentle on skin, moisturizing and protecting the skin's natural biome.

Discover the remarkable science behind the formula at SilverHoney.com.

- Natural, proven ingredients
- Hypochlorous acid free



©2019 W.F. Young, Inc.

- Immediately stops 99.9% of bacteria
- Safe for horses, dogs and all animals



"It's the most dramatic change we've seen in the two years of wound

