

# Level 1 Review

Basic Horse Care & Tack Care

Leading and Grooming

Safety Rules

# TYPES OF FEED

Food and water is essential for all living things. Good feeding practices are very important to keep a horse healthy.

The average sized horse will eat about 20 pounds of food daily, and produce about 50 pounds of manure.

# There are 4 types of feed...

- Water



- Roughages



- Concentrates



- Salt/Trace Minerals

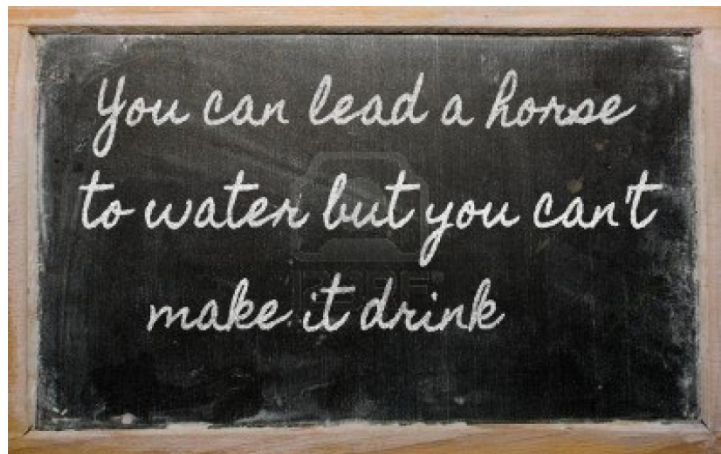


## Water

Water given to horses should be clean and clear. On average a horse will need 8-10 gallons of water per day.

Horses may drink more or less based on weather and work.

Water is given FREE CHOICE (EXCEPT when cooling out a hot horse after riding).



## Roughages

Roughages make up the MAIN part of a horse's diet.

Hay (grass or legume) should be good quality. Hay is measured on average 1-2 pounds per 100 lbs. of body weight daily, split into 2-3 feeding times. Hay should be free of dust and weeds – **NEVER** feed moldy hay.

Pasture should be given FREE CHOICE. Pasture should be free from harmful plants.



## Concentrates...

Concentrates include Grain, Mixed feed, and vitamins.

They are fed based on weight of the horse, in small quantities, and in equal amounts 2-3 times daily. Read the tag on the bag!

Not all horses need concentrates. A horse's need is based on the age and use of the horse.

**ALWAYS** lock up concentrates, if the horse gets in them, they could die of colic!



## Salt/Trace Minerals

Salt and minerals are fed in block or loose form. FREE CHOICE in block form, by weight or need in loose form.

When the block is **WHITE**, means only salt is present.

When the block is **RED**, means minerals are included



# Can You Identify These Concentrates?

Oats

Corn



Bran



Barley

Sweet Feed





## Can You Identify These Roughages?

Legume Hay (alfalfa)



Grass Hay (timothy)



Straw (used for bedding)



# **GROOMING AND TACK**

Daily grooming produces a healthy and shiny coat and helps you build a bond with your horse.

Tack is the equipment used on your horse – take good care of it to make it last. Poorly maintained tack can break and cause a fall or runoff.

## Grooming

Horses should be groomed often, before and after riding.

Store your grooming tools in a container like a caddy or bucket to keep them off the floor, clean and from getting lost.

Occasionally disinfect them by soaking in 10% bleach water for 5 minutes and then rinse them well and air dry.

Groom your horse daily to keep skin and coat healthy and to stimulate the natural skin oil that puts a shine in the horse's coat.

Don't share brushes with other horses to prevent spreading skin diseases.



## Grooming In Order

**Curry Comb:** Rubber or plastic. Used in a circular motion on body from neck to tail (not on face or below knees or hocks). Loosens dirt and hair. Metal ones are only for thick hair or dirt.

**Hard Brush or Dandy Brush:** Hard bristled brush used in flicking motion in the direction the hair grows to remove dirt and loose hair. Use gently on face.

**Soft Brush or Body Brush:** Softer bristled brush used on face and body to remove dust and put a shine on coat. May or may not have a handle on it – judge by the bristles.

**Grooming Cloth or Rag:** Use to wipe ears, eyes, mouth, and under tail. May also remove dust and put shine in coat.

**Mane and Tail Comb or Brush:** To remove tangles in mane, tail, and forelock. To avoid breaking the hair, use on bottom and work gradually higher as hair untangles.

**Hoof Pick:** Hold in your dominant hand (right if right-handed) while holding hoof up with your other hand. Pick dirt out with a heel to toe motion, pick facing away from your body.



# Can You Identify These Grooming Tools?

Curry Comb

Dandy Brush



Soft Brush/Body Brush

Grooming Cloth



Mane and Tail Comb

Hoof Pick



## Caring for Tack

“Tack” is all the equipment used on your horse.

Remember PLACE, CLEAN, DRY, and OIL. Store your tack in a dry, well ventilated place out of the weather and sunlight, where it won't get stepped on or damaged.

Keep all leather clean and oiled. Leather can be cleaned with saddle soap. Nylon tack and saddle pads can be cleaned with mild soapy water and rinsed well, and then air dried. Oil keeps leather conditioned and supple.

Wipe tack off after each use and let wet or sweaty tack air dry in a well-ventilated area to prevent mold or mildew. Inspect all tack before each use for cracks or broken stitching.

Sunlight or water will dry leather out, making it brittle and easy to break. Too much moisture causes mold.



# **LEADING A HORSE**

Leading a horse is the safest place to start training and handling a horse when done properly. Showmanship class evaluates your expertise in leading and controlling your horse from the ground.

## Leading

When leading a horse, walk beside the horse on its left side, your body between head and shoulders of horse.

**NEVER** walk ahead or behind.

Use a long lead rope in both hands, grasping about 8 to 12 inches from the halter.

**NEVER** wrap the lead rope around your hand or body. Don't let the end of the lead drag on the ground. Always turn the horse to the right and walk around the horse.

**DANGER ZONES:** Directly in front of and behind a horse.





# DE-WORMING

“Worms” are internal parasites that sap nutrients from a horse and can cause poor health, even death. Regular de-worming helps keep parasites under control. “An ounce of prevention is worth a pound of cure.”

## De-Worming a Horse

There are three ways to de-worm a horse; **Paste, Powder/Pellets, or Tube.**

Paste de-worming is given by mouth with a syringe and should be done about 4 to 6 times per year.



Daily de-wormers are powdered or pelleted, given daily in the feed.

Tube de-worming is done by a veterinarian – a tube is run through horse's nostril to the stomach and a liquid is poured in.

The amount of de-wormer given is always determined by the horse's weight.



# **GAITS OF THE HORSE**

Gaits are the way a horse moves – each gait has a different footfall pattern. Horses need to exercise daily to stay happy and healthy. Moving helps to stimulate blood flow and digestion.

# Natural Gaits

The six “natural” gaits are :

Walk

Trot/Jog

Canter/Lope

Gallop

Pace

Back



# THE QUICK-RELEASE KNOT

Horses have a strong “flight response” so they can easily panic if they get frightened while tied up and unable to run away. A quick release knot can free a frightened horse before it hurts itself. Never tie a horse to something that moves or can break away.

## Quick-Release

The knot should hold when the horse pulls, and release when the human pulls.

Know how to “horse proof” the knot.

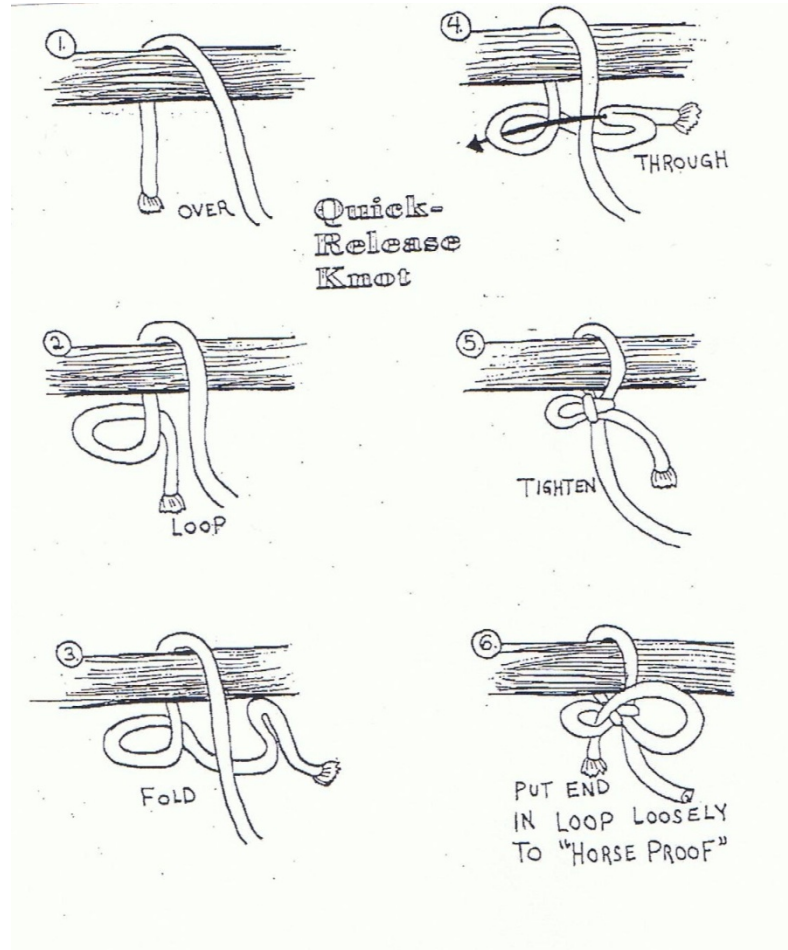
Tie the horse to something that won't break if the horse pulls back, at the height of the horse's head, loose enough so horse can move its head, but tight enough that the horse can't step over the rope and get tangled up.

Think of examples of safe and unsafe places to tie a horse (ex under a tree, near sharp objects...)

When tying a horse, **NEVER** put a finger or other part of your body through a loop in the rope.



# How to Tie a Quick Release Knot



# **DO YOU KNOW TEN SAFETY RULES?**

Never cut corners on safety. Both you and your horse need to be kept as safe as possible. The average horse weighs 1,000 pounds and can cause a lot of damage without meaning to. Horses are prey animals so they are naturally reactive and claustrophobic.



## Safety Rules

**Catching a Horse** – Always approach the horse from the left and front. Speak to warn of your presence.

**Handling a Horse** – Always let the horse know what you are going to do. (Run your hand down the leg before picking up the hoof.) Tie a horse securely with a quick-release safety knot. Stay out of the Danger Zones: directly in front of and directly behind the horse.

**Leading a Horse** – Walk beside the horse, not ahead or behind. (At the left side of horse between head and shoulder.) When turning, turn horse away from you. Hold lead with both hands, right hand close to the halter, and left hand holding the extra length of lead. NEVER wrap the lead around your hand or body.



## Safety Rules

**Bridling a Horse** – Keep your head clear of horse's head in case it tosses its head. Keep reins or lead around horse's neck for control. A finger should only be put in the interdental space at the corner of the mouth if needed to encourage horse to open its mouth.

**Saddling a Horse** – Keep all tack in good repair. Don't bang saddle down on horse's back. Attach the front cinch first on double rigged saddles, and undo it last.

**Mounting a Horse** – Check tightness of girth/cinch before mounting and soon after starting your ride. Hold the reins in your left hand and don't hit the horse with your right foot as you mount.

**Controlling a Horse** – If your horse is frightened of an object, steady your horse and give it time to overcome its fear – don't punish it. If it starts to run, turn it in a circle until it stops.



## Safety Rules

**Riding a Horse** – Ride with the balls of your feet in the stirrups – be ready to slip feet out of stirrups if you or your horse should fall. Wear an ASTM/SEI approved helmet.

**Showing with Courtesy** – Follow judge's/ring steward's instructions. Always keep enough spacing between horses.

**Jumping or General** - Warm up over Cavaletti/ground poles before jumping. Never tease a horse. Lead, bridle, saddle, mount, and dismount on the horse's left side.



Copies of this Review are available at:

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