

You may wonder how hot is too hot for your horse to be ridden. Following are some guidelines passed along from the University of Oklahoma equine research. As always, BE SURE to also consider any particulars for your horse, such as medical conditions or an aged equine. (And don't forget to keep yourself hydrated and sun-screened!)

HOT WEATHER RULES FOR RIDING

With the heat index increasing and the humidity as heavy as it is, be sure to watch your horses.

If your total adds up to 180 or above don't ride,

if it is 130-170 Use caution,

130 or below ride!

Determine: Temperature (F) + relative humidity (%) – wind speed

For example:

Temperature (F) 79

Relative Humidity (%) 58

Wind Speed 4.6 (MPH)

Answer = 132.4

Less than 130: All go—horses can function to cool themselves assuming adequate hydration.

130 – 179: Caution—a horse's cooling mechanisms can only partially function as intended. Some cooling management procedures will need to be performed.

180 or above: Stop—a horse's cooling systems cannot and will not function adequately. All cooling procedures will need to be utilized.

SO IF THE TEMP IS 90 degrees or above and HUMIDITY is 90 or above - DONT GO!