

Summer Heat Formula — shared by Ruth Mesimer

Notebook: Endurance
Created: 7/2/2015 7:46 PM
Author: maryel777@swbell.net

Summer Heat Formula — shared by Ruth Mesimer

With Summer heating up here is a nice chart to consider if you should ride or not. Every rider is different, but keep an eye on your horse when riding in hot temps. Here is a simple formula to aide you in your decision.

air temperature + relative humidity - wind speed = answer

180 or above: don't ride

130-170: use caution

130 or below: ride!

Today in Canton Ga it is 86 degrees, 44% humidity and wind is 2mph:

The total would be - 128. so ride away. Though it feels pretty warm outside the low humidity would allow for evaporation of sweat, so ride away.

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 - 170: Caution-a horse's cooling mechanisms can only partially function as intended. His body will not be able to cool itself properly and 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 to keep the horse out of serious trouble.