

# Riders Round Up December 2024



## NEW ZEALAND RIDING CLUBS & Bridleways

**Mission Statement:** To promote, educate, support and encourage equine enthusiasts 17 years and over to participate in equestrian activities in a friendly atmosphere and safe environment.



Denise, Heather and Shirley manned the stand at Equifest in October. We were in the same Marquee as last year and again shared with NZEAN (Equestrian Advocacy Network). Our Bridleways section of NZRC neatly dovetails with NZEAN work.

**Look who found us!!**

Looking good Bev.



We were very busy for all 3 days—we think this was because of the high public profile generated by the recent PWAS (= Pass Wide And Slow) rides and the VRU (Vulnerable Road User) petition to parliament. Many people stopped to chat—whereas last year many just walked on by.

Having a stand at Equifest is a good way to promote our organisation to the horse riding public. We met many members, explained and promoted affiliation to members of non-affiliated clubs and helped start (hopefully) a new riding club.

The gift basket draw was won by an active member from Taranaki.

### DEMO & DABBLE at WEC

ESNZ held this special weekend event in November.

Over the 2 days, riders got to watch, learn and try out different horse sports—Dressage, Show-jumping, Eventing and Competitive Trail Riding /Endurance.

Several HORSE Club members were involved as demo riders, trainers and having a go.

The weekend was enjoyed by all who participated, but was poorly subscribed with not nearly enough riders joining in.

Noeline Jeffries and I manned a stand / table to distribute info about HORSE Club and NZ Riding Clubs.



Merry Xmas Everyone,

This is a short newsletter to close the year.

I plan a "souvenir" NITE RRUp in January.

I've been busy with shows through spring—riding Side Saddle at Waikato and Te Kauwhata (a Royal Event) - for Champion at both.

Photo is of the Musical Equitation Class at Waikato—an individual version of a Quadrille (freestyle workout to music in fancy dress)—as the Queen Trooping the Colour.

Please contact me with any queries / contributions / Club News and activities / suggestions for Riders Round Up.

Otherwise, I trawl Facebook and pinch your photos !!!

Email me at [nzrcrru@gmail.com](mailto:nzrcrru@gmail.com)

Shirley Collie—Riders Round Up Editor



### COASTAL ADULT RIDING CLUB



Hosting major regional competitions and serving a diverse equestrian membership has seen the Coastal Adult Riding Club thrive. The club hosted the North Island Teams Event this year, a major success which included strong competition while encouraging sportsmanship and camaraderie over an action-packed weekend. The club serves a membership ranging in age from their 20s to their 90s. The club provides a supportive environment for all members, whether they are riding or not, the club provides a supportive environment where they can stay active, form lasting friendships, and find a sense of purpose. By offering regular lessons, clinics, and social events the club promotes physical fitness and overall health, strengthened by a shared love for horses and community.

Our club was nominated for club of the year at the Sport Taranaki Awards  
We were 1 of 6 finalists  
Awards were on 22nd November



### Waimakariri Riding Club

#### (Inc) update...

We are a club based in North Canterbury with a membership of 58, with members spread across Selwyn, Hurunui and Christchurch. We are in our second year of operation.

The committee in the first year set us up nicely with some events and funds to get started. However, we want to offer coaching particularly for the many adults returning to riding that we have so more events and more fundraising in 2024-25.

We loved being part of the promotion of safety for horse riders on

roads, The Vulnerable Road User group and its valuable sidekick the Pass Wide and Slow Ride. 15 riders and walkers took part in this super event. The net effect was some education for our own riders as well as a driver who decided to drive dangerously. He got reported and subsequently has had his license endorsed and has a 3 month holiday from riding. Many thanks to NZEAN for our two vests. The club also invested in some vests so riders have safety vests with our logo on as well.

The club offers monthly coaching in a horse-riding discipline. To date this has caused much fun at the introduction to Western riding, poles, flatwork and dressage with a jumping day in November.

We also offer a monthly speaker and dinner date. Speakers have included the local dental vet, a rider with amazing experiences from her CTR and Endurance days, a horse nutritionist and a racehorse trainer.

We also offer a monthly hacknix. These are small groups of riders led by someone who is an experienced trail rider from venues we think are interesting.



### SITE NEWS

Waimakariri Riding Club are working on hosting a version of SITE around Labour Weekend 2025 .  
Venue TBC. WATCH THIS SPACE

*With another hot Summer ahead, it's important to make sure you're up to date on the latest, evidence-based advice on prevention of dehydration, heat stress and heat exhaustion and tips to keep your cool and coping in the heat.*

Horses can naturally tolerate much higher body temperature than we can and they sweat faster than any other animal.

Their ability to sweat a lot means that horses are at risk of dehydration.

Long periods of warm weather present less of a health risk to horses than sudden changes of temperature – they are tolerant of temperatures between 5°C and 25°C. Horses get hot when it is over 25°C.

### **Shade**

Lucky owners of stables and covered yards find their horses are better off stabled for the hottest part of the day, and turned out morning and evening, or overnight. However, this will **ONLY** help if the conditions and temperature inside the stable or shelter are cooler than under the shade of a tree in the horse's paddock.

Grass is cooler than sand to stand on. **How hot is it in your stable / yard on a hot summer day?**

### **Rugging / Covering**

Anything black absorbs more heat and heats up more than anything white. Cotton is cooler than synthetic fabrics (polyester) - so if you must cover your horse in summer use a **WHITE** lightweight cotton. **On a very hot day you CAN wet your horse and rug to cool it. Use a hose or bucket and sponge and cold water-** it will take about an hour to dry out and heat up.

### **Never Withhold Water / Don't restrict water intake**

Your horse may drink considerably more in hot weather - **a horse can drink 60 Litres on a hot day !!!**

Allow your horse water right up until the time you are going to compete. You can also allow them to drink after warming-up and before competing. After exercise, they will have a strong urge to drink – let them drink!

There are many myths about water and exercise. Cold water (0°C- 5°C) does not cause muscle cramps or tying-up.

In fact—warm water (20°C) is far less effective for cooling down a hot horse. You do NOT need to scrape off water.

### **Electrolytes**

With increased sweating, there is increased loss of electrolytes.

**Sodium – from ordinary salt is the electrolyte that is needed most.**

Most horses do not balance their sodium needs correctly from salt blocks alone in the summer heat – so add some table salt to the diet.

Feeding electrolytes daily will help keep your horse hydrated and reduce the risk of tying-up, colic and respiratory disease.

### **Energy, Exercise & Competition**

**Hot weather increases how much energy horses use**, even at rest - to try and control their body temperature (thermoregulation)- your horse may lose some weight in hot weather.

**Even if your horse is 'acclimatised' to the heat, they will not be able to perform as well in hot weather and will tire earlier than expected.**

Horses, like people, can acclimatise to heat – especially by both living and exercising in it. This heat acclimatisation process takes place in around 2-3 weeks with daily exercise. Horses can fail to cope with warm weather when training is done in the cooler parts of the day (i.e. early morning and evening), but you compete during the hottest part of the day.

**So - if you want to compete in the heat, then you DO need to train in the heat.**

**Competing whilst not acclimatised, such as during a sudden heat wave, is a major health risk.**

If you will not be competing or in the heat, then riding early morning or late evening will reduce the risks of heat-related illness.

Clipping your horse will keep him cooler.

### **Warming Up**

In hot weather, **soft tissues** (muscles, tendon, ligaments, etc.) **need less time to warm-up**, so aim to reduce your warm-up time by 50%. When you are standing around waiting to compete, find shade to stand under, and cool your horse with water and ice.

**Reducing your horse's body temperature does not counteract the physiological effects of warming-up.**

There is also no reason why you cannot go into competition with a horse that has been wetted. Covering the horse with water means he doesn't have to use as much of his own sweat to cool down during the competition.

### **Cooling Down**

The most effective way to cool a horse is pouring **cold water** (15°C or less and ideally 5°C) all over the body's surface, particularly in front of and behind the saddle if you are riding, or all over if you have finished and removed the gear. If ice is available, use it to cool down the water. It doesn't matter how you get the water on! Buckets and hoses are best. Sponges are okay.

Remember, **warm water is no good for cooling down horses.**

### **Recognise and Treat Heat Exhaustion / Heat Stroke**

If you think your horse may be suffering heat-related illness, move them into the shade and start to cool them by pouring large amounts of water all over the body. If a hose is available, then use that. If ice is available, use it to cool the water further. Do not worry about scraping the water off, just apply more cool water.

If your horse has developed heat exhaustion or heat stroke, you may need to cool continuously for 10-15 minutes before you start to see an effect. You are unlikely to do any harm and your horse is at much greater risk from not being cooled.

If your horse is steady on their feet, move into any nearby shade whilst continuing to cool.



**Sensible management in hot weather can help reduce the risk of heat-related problems.**

Learning to identify the signs of heat-related illness, knowing how to cool horses effectively and when to call for veterinary help can save lives.

### **Electrolytes- Do's and Don't's**

-DO provide the correct amount of a balanced electrolyte regularly to your horse

-You can provide electrolytes dry in the feed, in a paste or in water. There is no difference in speed of uptake

-If you provide electrolytes in water, give your horse the option to drink plain water as well. (e.g. offer the electrolyte water first and, if refused, offer the plain water). Aim for a ratio of 5-6g per litre of water.

-DO NOT try to suddenly load in large amounts of electrolytes (e.g. 100-200g) if you haven't been feeding them on a regular basis. It will not replace any bodily deficits, and may cause gastrointestinal upset and feed refusal. Instead—start feeding up to 50g split between two meals per day a couple of weeks earlier.

— **ADD table salt to the diet in hot weather -**

As a general guide:

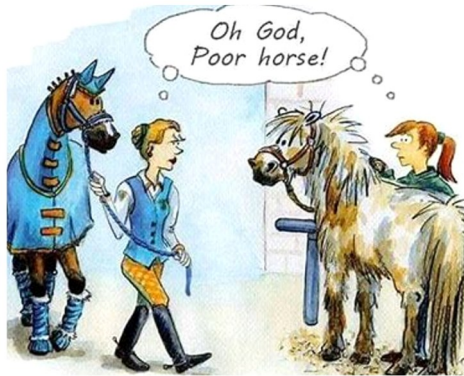
horses not in work - ½-1 25ml scoop per day

= ½ to 1 Tbs (tablespoon)

horses in medium work - 1-2 25ml scoops per day

horses in hard work - 2-3 25ml scoops per day





## A Paradigm Shift: From Care to Welfare

Our social licence is critical for the longevity of our sport of horse riding.  
Are all horse owners and riders aware that the public are scrutinising  
our every move ?

As horse owners, we aim to provide the best welfare for our horses—  
but, what is good horse welfare?

How can you determine or measure if a horse has good or bad welfare?  
These and many other questions have kept animal welfare scientists  
busy for many decades. Horses are not merely commodities -they are  
sentient animals -this is recognised in NZ law .

From an animal welfare point of view, the principle is that it is okay to use animals for our purposes with 2 provisos:

- that the purpose is acceptable and - that the ways horses are used are humane.

Public perception / acceptance is directly influenced by whether and how a horse's welfare is compromised or  
enhanced by what we are doing – this is SOCIAL LICENCE.

So – the future sustainability of the horse sector is fundamentally linked to horse welfare.

Or put more bluntly – if we want to own and ride horses in the future , we MUST look after them now.

We must ensure we are exceeding acceptable animal welfare standards.

## NITE NEWS

**It`s all go for NITE 2025 at Foxton - January 10 -12**

**Hosted by Kapiti Riding Club**

New Plymouth & Districts Riding Club are helping by organizing the  
Quadrille Phase.

The Top Score Show jumping phase is now being organized by  
Heather Cooper , as no club has stepped forward to help with it.

**We will need physical help with setting up the jumps.**

At our last committee meeting , we discussed the need for clubs to  
step up and help out the host club.

**NITE cannot happen unless we all help organize and run it.**

Happy Hour & Nibbles to the value of \$500 will be shouted by NZRC



## SEE YOU ALL AT NITE

**2024/25 Committee New Zealand Riding Clubs and Bridleways Inc**

**President :** Denise Brown: [ddsmash50@gmail.com](mailto:ddsmash50@gmail.com)

**NI Vice President & Website Manager :**

Heather Cooper: [nzrcibrarian@gmail.com](mailto:nzrcibrarian@gmail.com)

**SI Vice President & Facebook Convener & Bridleways**

Rosemary Lee-Oldfield: [lee-oldfield@xtra.co.nz](mailto:lee-oldfield@xtra.co.nz)

**Bridleways Assistant :** Gabrielle Berkett : [geellcee@hotmail.com](mailto:geellcee@hotmail.com)

**Secretary/Treasurer:** Sonya Williams: [nzridingclubs@hotmail.co.nz](mailto:nzridingclubs@hotmail.co.nz)

**Riders Round Up Editor:** Shirley Collie: [nzrcrru@gmail.com](mailto:nzrcrru@gmail.com)

**NZRC General Committee :** Glenda Schumacher / Maree Collins / Sonja Mors

**Patrons - North Island :** Evelyn Cooper: **South Island :** Jennifer Howard

**NZRC Website:** <http://nzridingclubsbridleways.nz/>

**Facebook:** [facebook.com/New-Zealand-Riding-Clubs-317891868298428](https://www.facebook.com/New-Zealand-Riding-Clubs-317891868298428)

**SITE and NITE Facebook:** <https://www.facebook.com/groups/129449541010359>

MERRY  
CHRISTMAS



You are receiving this email because you are contact person for an affiliated member club of  
NZ Riding Clubs and Bridleways Inc.— **please distribute to ALL club members**

NZRC Secretary , 136 Cracroft Street ,Waitara, Taranaki ,4320

Email Secretary [nzridingclubs@hotmail.co.nz](mailto:nzridingclubs@hotmail.co.nz)

New Zealand Riding Clubs and Bridleways Inc.

Riders Round Up Newsletter [nzrcrru@gmail.com](mailto:nzrcrru@gmail.com)

Copyright (C) 2024

All rights reserved

NEW ZEALAND  
RIDING CLUBS  
& Bridleways