



# Hoofing Around



Spring 2016—Issue Number 2

## Chairman's Comment

Well ... the weather has changed a bit since our last newsletter!

The feedback I get from most people is that the ground is the wettest in memory and I think that this is due to the lack of a proper cold dry spell to take some of the moisture out of the soil. Let's hope for an early spring.

Everyone I speak with is looking forward to taking off their flippers, mud becoming a distant memory and enjoying our four legged friends in the spring sunshine.

**Now** is the time of year to plan how best to enjoy your horse in 2016 – so please set your goals and let EMRC help you along the way. The clinics over the winter have been great fun with terrific feedback from our members and we will start gathering pace as the spring arrives with additional outdoor clinics, hacks, events and competitions – so watch this space!

I look forward to seeing you all soon.

**Sam**

## CLINICS, EVENTS AND SOCIALS!

**Sunday 14th February**  
Collective Equestrian Open Day

**Friday 11th March**  
Pilates Taster Session with Claire Hoddinott  
Doulting Village Hall—7.30pm—£8 per head



**Saturday 19th March**  
Tack Sale with MBBA  
Coleford Royal British Legion Hall—Details to follow

**Saturday 9th April**  
Flatwork Clinic - Kingfisher Equestrian  
With Fiona Skipper

**Saturday 23rd April**  
Show Jumping Clinic - Kingfisher Equestrian  
With Kim Pitman



### Website

Our website is up and running and will have all the details of our events and clinics. There is a For Sale/Wanted page which is free to members to advertise on. If you have anything you want to add to the page please email Jo on [eastmendipridingclub@gmail.com](mailto:eastmendipridingclub@gmail.com).

### Facebook

Our Facebook page is regularly updated with details of clinics and events as well as with other horsey information which we think you will find of interest. Please go to our page and "like" us and "share" us with your friends!!

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## Endurance Riding

***Our member Maxine Golledge has been riding endurance competitions for some years and has written us an article on why she loves it.***

Eighteen years ago I answered a tiny add in the local paper about a 14.2 Arab for sale. He was 7 and for sale as he wouldn't jump high enough for his 5'10" owner.

I bought him and took him home. The following year I decided I would try endurance riding with him with absolutely no idea what to expect. I turned up at our first endurance ride on Salisbury plain with my husband as crew, my small son and our Labrador dog! I had ancient tack, a grooming kit and a hay net, but we completed our first ride within the time allowed and became totally hooked.

Over the next 18 years I met so many friendly people and completed many rides over many fantastic countryside in Somerset, Wiltshire, Dorset and the Welsh hills. There is a competitive edge to some but the majority of riders are just people like me who like to ride over some outstanding riding country, mainly off road —and just enjoy their horses!

The rides range from 32 kms novice level to 160 kms but there are also pleasure rides of 25 kms.

Endurance is open to all breeds, ages and sizes of horse and I would thoroughly recommend anyone wanting to find out more to take a look at the [endurancegb website \(www.endurancegb.co.uk\)](http://www.endurancegb.co.uk) where there are a list of rides, then enter and have a go!

If anyone would like any more information on how to get started then I would be delighted to help—please contact me through the Club.



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## VET SPOT



**Each Newsletter we are going to ask a local vet to give their thoughts on a seasonal topic and to give us some tips. This quarter we have asked *Kate Rapley* of *Garston Vets, Frome* to give us some help on Laminitis.**

New Year is the time many of us try to make a fresh start for the year ahead, planning a “New Year, New Me” campaign, usually involving shedding the pounds gained over Christmas, kicking bad habits and taking more exercise! Whilst our horses tend not to suffer much less with the effects of excessive intake of Christmas food, they do suffer laminitis especially in the Springtime, unless their management is carefully planned and executed. A little time and thought put into your plan for weight management now could save a huge amount of suffering if your horse gets laminitis in a few months time.

Laminitis has a number of very different causes, but the two major ones in the equine population in the UK would be Equine Metabolic Syndrome (EMS) and Cushings disease (Pars Pituitary Inter-media Dysfunction PPID). They are similar in their effects on the insulin regulation of the horse and both result in laminitis. EMS generally occurs due to a build up of body fat and is not age dependent. Therefore EMS can be deemed the equine version of “lifestyle” disease in humans, such as Type 2 diabetes and is in many cases avoided or massively improved by alteration in lifestyle and body condition—or in the case of the horse, their owner completely reviewing their feeding, exercise and overall management!

Prevention is always better than cure and laminitis should be seen as a very likely outcome, should your horse become overweight. However, by avoiding spring weight gain the risk of laminitis in your horse will be minimal—and you will have a healthier, fitter and generally happier horse!

Laminitis is a very serious disease and causes immense pain whether it is a sudden bout or a recurrence in a longer term sufferer. In an ideal world, no horse would suffer from it - the pain, long term damage to the foot and sometimes premature death caused are something once experienced, no owner would ever want to see again.

### **Top Tips for a successful Spring and Summer without laminitis are:**

Weight management—it’s all about the balance of calories in (food) versus calories out (exercise) - simples! To achieve weight loss reduce the feed your horse is given, or increase the exercise your horse is doing. It’s much easier to do this in winter/early spring when the spring grass is not so freely available in his paddock!

Get a weight tape and use it weekly—it will indicate when weight gain is starting to occur long before you notice a change in body shape. If your horse is a bit tubby now—get a diet started and increase the exercise before the spring grass comes.

Plan—for the time when the grass does come through—it will come all at once and you need to consider strip grazing, muzzles, using thinner horses to eat it off before putting the fatter ones out, or maybe getting some sheep to co-graze.

Consider getting your horse testing for Cushings (PPID)—even a thin horse can get laminitis due to PPID. A FREE testing scheme is usually in operation in spring and summer months—ask your vet.

Finally, with all the opportunities with this fantastic new riding club exercising your horse has never been easier—so get signed up now for those training sessions and start the year as you mean to go on!

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## *How new hat guidelines will affect you—Anne Pearce*

Members are reminded about new hat standards which will apply from 1 January 2016. At first glance these can look a bit complicated and it is all too easy to think “these will not affect me” and — “the last thing I want to do is buy another hat”.

Whilst I have always worn the correct hat when competing— I have to confess to being a “serious hat sinner” in the past. This includes not wearing a hat at all (!! ) in the 1970’s, hunting in a hat without harness in the 1990’s and jumping in a hat with a fixed peak in the 2000’s. Well—what has changed my views? It has to be high profile head injuries, the deaths of riders and a fall I had last Spring when I was wearing a hat with a fixed peak when my horse fell jumping a hedge. Thankfully the ground was soft but I landed face first—a couple of weeks later I noticed I had pins and needles in my back and was convinced I had shingles. I consulted my doctor and also mentioned I had recently had a fairly heavy fall and he informed me I had nerve damage. To this day I think that the fixed peak on my hat probably caused this. So I decided to embrace new hat standards and purchased a new hat which is also much more comfortable and supportive than previous standard hats. A bit of time looking for a smart or wacky hat cover really does mean that you can achieve that great look!

So it’s time to get your hat out, check the standard and make sure that you are as safe as possible to enjoy your horse.

So here is brief synopsis of the new regulations as they affect British Riding Clubs. For more detail please consult the BRC rule book.

In order to ride at any BRC competition hats must...

Hats which are marked EN1384 (1998 or 2011) or BSEN1384 (1197 OR 2012) and PAS 015 (1998 or 2011) alone are not permitted. If they are also marked with the BSI Kite mark they are acceptable.

- Hats marked AASTM F1163 (2004a or 04a) must also have the SEI mark to be permitted.
- Hats marked SNELL E20-01 must also be marked with the official SNELL label and number.
- Australian and New Zealand hats AS/NZS 38383 (2006) must also have the SAI global mark.
- No hats with a peak of any description will be permitted for the XC phase of any BRC competition. Hat covers and silks are permitted.
- If riding at a BRC qualifier or championship hats must be tagged with an Orange BRC tag.

So please do not remove any labels from your hat. Now is a good time to check your hat, not just to ensure it meets current standards but also to check for any damage, that the harness is correctly adjusted and that it really does still provide a good fit.

If you need to change your hat, look upon the purchase as an investment in your safety and take some time trying on some of the luxurious, comfortable and stylish hats now



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## Helping Hands and Hooves!!

Don't forget our Helping Hands and Hooves initiative to help you whenever you need a bit of help or support.

All you need to do is email the club asking for help including letting us know the type of help, date, time and duration and we will try to find your helper. Please always ensure that your helpers safety is of prime concern.

All we ask is that you give the helper a gift—maybe wine or chocolates (or both!) and make a donation to the club—maybe £5/£10—as you see fit.

Helping is great fun—not having to ride still being part of a horsey event is great socially and means that other people can also realise their dreams. Also, you never know when you will need some help yourself.

## Newsletters

If you have any ideas for articles, any pictures of you and your horse you want us to put in or can offer to do any write ups for us we would love to hear from you.

If you have any ideas of events/demonstrations etc you would like us to look into putting on—let us know. This is your riding club, we really want and need your input to make it work.

## Contact Us:

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