

# Surviving Winter

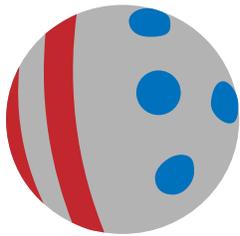
From Issue No. 7, Horse Health & Quick Tips for Surviving Winter

For anyone who lives in a northern climate, snow and ice is an unpleasant and inescapable fact of life. When you and your horse can't escape to the south for the winter, here are a few tips to help.

## BEAT THE DEEP FREEZE:

### THE FROZEN WATER BLUES

Got frozen buckets on the brain? Beat the bucket blues with these simple DIY tricks to keep your horse watered even when you don't have heated buckets. They won't completely stop ice in its tracks, but they'll slow down the build up.



#### Simple Bucket Float

You'll need:

- A medium size soft plastic/rubber children's toy ball

To make:

- Toss the ball in the top of bucket
- Movement in the water will slow down the speed it freezes over



#### Easy Ice Removal

You'll need:

- A plastic kitty litter scoop

To Use:

- Use the handle to break up thin layers of ice at the top of a bucket
- Use the scoop to lift out ice chunks while keeping your hands dry



#### DIY Bucket Insulation

You'll need:

- A water bucket
- Bubble Wrap
- Duct Tape

To make:

- Wrap your bucket with a thick layer of bubble wrap
- Secure the bubble wrap with a layer of duct tape (cover completely so your horse can't chew off either)

## GET FRIENDLY WITH GROUND WORK

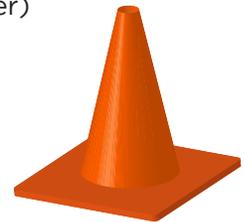
Let's face it, sometimes it's just too cold to ride. Don't let plummeting temperatures get you down - use these exercises to stay active and engage your horse's mind through the winter months.

### Lunging & Lead Work

- Lunging is a great constructive training activity to engage your horse's mind, while also building muscle, correct movement, and responsiveness to vocal aids
- Not safe to lunge? Work on manners on the lead, including personal space, responsiveness to cues, and not pulling on the lead

### Desensitizing

- Build confidence by exposing your horse to everyday "scary" objects
- Pick a sheltered area with level footing, and start small
- Reward good behaviour - pressure and release
- Empty feed bags and floral jump boxes are two great barn items most horses find scary



### Touch / Target Training

- A great activity to engage your horse's mind, and teach them a fun new trick
- Pick a target object - pylons and brushes work great - to start
- Show your horse, and encourage him to touch it with his nose (but don't force it in his face)
- Reward at the exact moment he does what you want (touch it)
- Repeat and increase the challenge as you go!

## DON'T BE FEELING CHILLED

Remember, when working with your horse in the winter, a good cool-out regime is ESSENTIAL to ensure your horse stay happy, healthy, and warm after a ride or training exercise.



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