

NEWMARKET EQUESTRIAN CENTRE AND RIDING SCHOOL

OCTOBER 2014

www.facebook.co.za—newmarketstables

STABLE MANAGER

Dean Griffith has been appointed as the Newmarket Stable Manager. Dean has along history with Newmarket and he is very enthusiastic with new ideas for the growth improvement of the yard. Dean we are happy to have you on board and wish you many hard working years with Newmarket and our horses.



NEWMARKETS FAMOUS XMAS SHOW— 7TH DECEMBER 2014

Newmarket Stables is holding their annual Christmas Jumping and Dressage Show on Sunday the 7th of December. This show is going to be a fun filled day with an added class called MINI Cross Country. Entries close on 29th of November, so get your entries in soon. Limited entries for riding school. We look forward to having you ride in our fun filled show.

WELCOME TO NEW LIVERIES AND NEW RIDERS

In the riding school we welcome Hayat and Iqra Ahmed, Mathew Van Straten and Danni Clark. We wish you many happy hours of learning and riding with us at Newmarket. Some, hopefully all, of you will go on to become great equestrians. The road is sometimes hard, the falls are sometimes sore, but the journey, we promise you, is worth it and the lessons you learn from these special riding school ponies will be invaluable to you as you grow older.

We also welcome to the yard our new livery Murray Grindrod and family and there equine partner Quiver. Murray we wish you and your family many happy years with the yard. The committee and Members look forward to making a new and lasting friendship with you and your family. Murray and family participate in a discipline Polo or Pollo Cross. I know that there is a difference but I am not sure what it is so Murray we are going to call upon you to educate us and maybe even give us a display,

Notices

Schools close on the 12th of December and this will be when we close riding school. We are planning a riding school social on the afternoon of the 12th at the stables with a small prize giving. Please diaries the date.

PONY CLUB B and B+ - KZN Pony club is planning on running B Level course and testing from 15 to 19 December. Please notify Saadia Varachia if you are going to do your B levels. Remember you have to have your C+ before you can do your B Levels

Message from Amigo



RIDING SCHOOL PARENTS.

Please can we ask you to remind your children that they must wait at the office after lessons until they are fetched and they not to run around the stables or leave the office area without notifying one of the coaches. Parents are also asked to collect the children by 5.00pm and if they are going to be late to notify one of the coaches.

WHAT DO OUR HORSES GET UP TO WHEN THEY THINK WE ARE NOT LOOKING



RIDERS CORNER

LEG AIDS - PART Five (Keep Moving)



As you become a better rider, you will discover that the legs have so many messages to communicate other than “go”. Over the next few months we will talk about the various uses of leg aids:

5. Keep Moving

Two legs used at the same time mean “keep doing what you were doing”. This understanding is essential for movement such as the back-up, where the reins should be the last factor in the movement, and the legs (and seat) the first. Ideally, the horse should continue backing up *without* increased rein pressure until your legs soften and your seat asks for a halt.

EQUUS INFO

EMERGENCY FIRST AID

CHOKER

This is quite dramatic as the horse tries to swallow and saliva pours out of his mouth. Call the vet immediately. If you can – inject IV 1ml ACP (this is to keep the horse as calm as possible). Remove all food and hay..

EYE INJURIES

Call the vet immediately. Put the horse in a stable. Cover with an eye patch if you have one to prevent further dirt getting into the area, make sure you wash the eye patch with hibiscrub first.

SEVERE BLEEDING

Take gamgee, a piece of clothing, anything you have close by and immediately apply pressure to stop or slow the bleeding. Phone the vet immediately.

PUNCTURE WOUNDS

These must be kept closed – if the puncture wound is in the chest – you must plug it to prevent negative air pressure otherwise the lungs could collapse. Phone your vet immediately.

AZOTURIA

Do not try and walk the horse. Call the Vet. Keep the horse as warm as possible, blanket, massage, warm water bottles. Run a tap, put clean shavings in the stable and try and encour-

age him to pass urine, this might be reddish-black and have a strange smell.

If you have an anti-inflammatory— such as Ryimadel give 7ml on a horse and about 5ml on a pony, this can be given orally or IV – never IM. Check with the vet first when you phone him if you can administer it.

LYMPHANGITIS

Ice boot and ice for 10 mins. If you can ice, hose the leg with cold water for at least 20 minutes.

Call the vet – the horse will probably need an antibiotic and anti-inflammatory.

LAMINITIS

Call the vet immediately. Get the hoofs into ice immediately and leave them in ice until the vet arrives.

HOT AND COLD TREATMENTS—BASIC RULE

Use cold for acute pain or a new swollen/inflamed injury. Generally, ice is used to help fresh injuries. When your body is injured, the damaged tissue becomes inflamed. This can cause pain, swelling, or redness. Swelling is your body’s natural response to injury. Unfortunately, local swelling tends to compress nearby tissue leading to pain.

Ice numbs the injury. The cold narrows blood vessels and slows down blood flow. This can reduce fluid buildup in the affected area.

Ice is believed to aid in control of inflammation and swelling. It relieves pain, but does not treat the underlying cause.

Cold is best for acute pain caused by recent tissue damage (acute inflammation). Ice is used when the injury is recent, red, inflamed, or sensitive. Cold therapy can also help relieve any inflammation or pain that occurs after exercise; this is a form of acute inflammation. However, unlike heat, you should apply ice *after* going for a run. Cold treatment can reduce post-exercise inflammation.

Cold should only be applied locally. It should never be used for more than 20 minutes at a time. You can apply cold using:

- an ice pack
- an ice towel—a damp towel that has been sealed in plastic and placed in the freezer for about 15 minutes
- an ice massage
- a cold gel pack
- a bag of frozen vegetables

Use heat for chronic pain or an injury that is a day or more old. Heat increases blood supply. It stimulates the elimination of toxins. It also relaxes soreness and stiffness to bring relief. Which why it is good for stiffness and sore muscles. Overworked muscles become sore because of a chemical called lactic acid. Lactic acid accumulates when the muscles are put under stress and deprived of oxygen. When there is decreased blood flow to a damaged area, the lactic acid gets stuck. This build-up creates painful muscle ache. Heat increases the blood flow back to the damaged muscles and speeds up the removal of lactic acid.

Heat can be applied by hot water bottle, heating pad, moist heat (hot, damp towel) or heat wraps.