

HEALING HORSES
THERAPEUTIC RIDING CENTER
COACHELLA VALLEY

STABLE
INFORMATION
PACKET

HEALING HORSES

Contents of Packet:

1	DISASTER PREPAREDNESS PLAN.....	2
1.1	EMERGENCIES.....	2
1.1.1	EARTHQUAKE.....	2
1.1.2	FIRE.....	2
1.2	INSPECTION OF AREA.....	3
1.3	SUPPLIES KEPT AND MADE AVAILABLE.....	3
1.4	SAFETY COORDINATOR.....	4
1.5	SAFETY DAYS.....	4
1.5.1	EVACUATION ROUTES.....	4
1.5.2	PURPOSE OF PLAN.....	4
2	EMERGENCY INSTRUCTIONS.....	5
2.1	EARTHQUAKE.....	5
2.2	FIRE.....	5
3	Emergency Care for Horses.....	7
3.1	Guidelines To Follow During Equine Emergencies.....	7
3.2	RECOGNIZING SIGNS OF DISTRESS.....	7
3.3	WHAT'S NORMAL?.....	7
3.4	Other observations you should note:.....	7
3.5	ACTION PLAN.....	8
3.6	FIRST AID KITS.....	8
3.7	EMERGENCY WOUND CARE.....	9
3.8	OTHER EMERGENCIES.....	10
3.9	SUMMARY.....	11
4	HORSE INFORMATION.....	12
5	NATURE AND PHYSICAL CHARACTERISTICS OF HORSES.....	13
6	Release and Emergency Information.....	14
7	RULES.....	16

HEALING HORSES

1 DISASTER PREPAREDNESS PLAN

Earthquakes and fires are the most common disasters in the area where the Stables are located. The following emergency instructions are provided to each person on the premises and are posted on the board at the entrance to the barn:

1.1 EMERGENCIES

The most common disasters in this area are earthquakes and fires.

1.1.1 EARTHQUAKE

- If you are in the barn, secure horse in stall and stand in doorway of the barn.
- If you are in the arena, dismount and leave horse in the arena.
- If barn or arena damaged call the Response Coordinator.

Name

Phone

Directions to location for evacuation

- First Aid kit for the horse should be located within access by the owner. Minimum supplies available at the Stables in the designated emergency supply area.
- First Aid kit for people is kept in the School Horse Tack Room and in the barn aisle way.
- Do not tie horse and leave.

1.1.2 FIRE

- Take off blanket.
- Blindfold your horse and cover nostrils with a wet towel.
- Wet towels over tail, mane, and body of horse if possible. *A supply of towels should be kept with your tack*
- Use leather halter and cotton leads, with permanent nametag.
- Lead one horse away and the others will follow out of the barn for safety.

HEALING HORSES

- Close barn door to prevent horse return. Place horse in an arena.
- Do not sedate horse.
- If wild fire, follow trailer evacuation plan.
- Do not tie horse and leave.
- Water roof of barn, if possible.

Trailer Evacuation Plan - In the event horses need to be evacuated:

- Owners of horse trailers immediately prepare trailers for loading.
- Evacuate horses to trailers.
- Follow routes designated by the Emergency Response Coordinator.
- Do not tie horse and leave.

If you have to leave your horse behind:

- Remove horse from barn and close the door.
- Place horse in coral, latch gate; do not put lock on gate.
- Do not let horse loose to fend for itself. Do not tie horse and leave.
- Leave enough water and food, not grain, for 48 hours.
- Return to horse as soon as emergency workers find area to be safe.
- Do not sedate your horse.

1.2 INSPECTION OF AREA

Routine inspections of the premises for trash and overgrowth of vegetation are conducted. Trash is removed and not allowed to collect, weeds are cut routinely to ground level as needed.

Horse trailers are inspected to determine the general condition of the trailer to evacuate horses during and emergency.

Following a disaster, the area is immediately inspected to identify downed power lines, broken fences, and other dangerous situations. Immediate assistance is sought to restore the area to as safe a condition as possible as soon as possible.

1.3 SUPPLIES KEPT AND MADE AVAILABLE

Supervisors are advised of the locations of supplies. First aid kits for people are kept in the barn aisle and in the School Horse Tack Room. Minimum first aid supplies for horses and tools for fire protection are kept in the emergency supply area in the equipment barn.

Minimum emergency supplies for horses generally include plastic trash barrel with lid, water bucket, leg wraps, fire resistant non nylon-lead and halters, sheet or blanket, first aid items, portable radio and

HEALING HORSES

batteries, flashlight, sharp knife, wire cutters, tarps, and lime or bleach. People are advised to keep a full first aid kit for their use.

A small supply of water is stored on site in the event the public water source is interrupted. Pool water is available on the premises for use in fire protection.

1.4 SAFETY COORDINATOR

The name of the Safety Coordinator is posted on the board at the entrance to the barn.

1.5 SAFETY DAYS

Safety Days will be held to remind and instruct everyone on safety, emergency preparedness and evacuation procedures. Records on horses are updated and placed in two separate locations, on and off site. The location of all exits, shut-off points for water, gas and electricity, stored emergency supplies, fire prevention tools, “safety zones”, procedures for handling horses, and the best routes out of the area will be reviewed and related to the diagram that will remain posted on the boards at the entrance to the barns. An actual evacuation drill may be staged.

1.5.1 EVACUATION ROUTES

The following routes have been identified for evacuation. The Emergency Response Coordinator may designate other routes as open routes.

1.5.2 PURPOSE OF PLAN

This plan is intended to facilitate the on going preparation and education of the staff, students, volunteers, and visitors. The plan generally outlines the provisions for emergency situations and may be modified and updated from time to time, in writing, and in practice.

HEALING HORSES

2 EMERGENCY INSTRUCTIONS

The most common disasters in this area are earthquakes and fires.

2.1 EARTHQUAKE

- If you are in the barn, secure horse in stall - stand in doorway of the barn.
- If you are in the arena, dismount and leave horse in the arena.
- If barn or arena damaged call the Response Coordinator.

Name

Phone

Directions to location for evacuation

- First Aid kit for the horse should be located within the owner's access. Minimum supplies located in the equipment barn.
- First Aid kit for people is kept in the School Horse Tack Room and in the barn aisle way.
- Do not tie horse and leave.

2.2 FIRE

- Take off blanket.
- Blindfold your horse and cover nostrils with a wet towel.
- Wet towels over tail, mane, and body of horse if possible. *A supply of towels should be kept with your tack.*
- Use leather halter and cotton leads, with permanent name tag.
- Lead one horse away and the others will follow out of the barn for safety.
- Close barn door to prevent horse return. Place horse in an arena.
- Do not sedate horse.
- If wild fire, follow trailer evacuation plan.

HEALING HORSES

- Do not tie horse and leave.

Trailer Evacuation Plan-In the event horses need to be evacuated:

- Owners of horse trailers immediately prepare trailers for loading.
- Evacuate horses to trailers.
- Follow routes designated by the Emergency Response Coordinator.
- Do not tie horse and leave.

If you have to leave your horse behind:

- Remove horse from barn and close the door.
- Place horse in arena, latch gate, do not put lock on gate.
- Do not let horse loose to fend for itself. Do not tie horse and leave.
- Leave enough water and food, not grain, for 48 hours.
- Return to horse as soon as emergency workers find area to be safe.
- Do not sedate your horse.

HEALING HORSES

3 Emergency Care for Horses

3.1 Guidelines To Follow During Equine Emergencies

If you own horses long enough, sooner or later you are likely to confront a medical emergency. There are several behavioral traits that make horses especially accident prone: one is their instinctive flight-or-fight response; another is their dominance hierarchy - the need to establish the pecking order within a herd; and a third is their natural curiosity. Such behaviors account for many of the cuts, bruises, and abrasions that horses suffer. In fact, lacerations are probably the most common emergency that horse owners must contend with. There are other types of emergencies as well, such as colic, foaling difficulties, acute lameness, seizures, and illness. As a horse owner, you must know how to recognize serious problems and respond promptly, taking appropriate action while awaiting the arrival of your veterinarian.

3.2 RECOGNIZING SIGNS OF DISTRESS

When a horse is cut or bleeding, it's obvious that there is a problem. But in cases of colic, illness, or a more subtle injury, it may not be as apparent. That's why it's important to know your horse's normal vital signs, including temperature, pulse and respiration (TPR), as well as its normal behavior patterns. You must be a good observer so that you readily recognize signs of ill health.

3.3 WHAT'S NORMAL?

There will be variations in individual temperature, pulse and respiration values. Take several baseline measurements when the horse is healthy, rested, and relaxed. Write them down and keep them within easy reach, perhaps with your first aid kit, so you have them to compare to in case of an emergency. Normal ranges for adult horses are:

- Pulse rate: 30-42 beats per minute.
- Respiratory rate: 12-20 breaths per minute.
- Rectal temperature: 99.5F to 101.5F. If the horse's temperature exceeds 102.5F contact your veterinarian immediately. Temperatures of over 103F. indicate a serious disorder.
- Capillary refill time (time it takes for color to return to gum tissue adjacent to teeth after pressing and releasing with your thumb): 2 seconds.

3.4 Other observations you should note:

- Pinching or folding a flap of neck skin and releasing tests skin pliability. It should immediately snap back into place. Failure to do so is evidence of dehydration.

HEALING HORSES

- Color of the mucous membranes of gums, nostrils, conjunctiva (inner eye tissue), and inner lips of vulva should be pink. Bright red, pale pink to white, or bluish-purple coloring may indicate problems.
- Color, consistency, and volume of feces and urine should be typical of that individual's usual excretions. Straining or failure to excrete should be noted.
- Signs of distress, anxiety or discomfort.
- Lethargy, depression or a horse that's "off-feed."
- Presence or absence of gut sounds,
- Evidence of lameness such as head-bobbing, reluctance to move, odd stance, pain, unwillingness to rise.
- Bleeding, swelling, evidence of pain.
- Seizures, paralysis, or "tying up" (form of muscle cramps that ranges in severity from mild stiffness to life-threatening illness).

3.5 ACTION PLAN

- No matter what emergency you may face in the future, mentally rehearse what steps you will take to avoid letting panic take control. Here are some guidelines to help you prepare:
 - a. Keep your veterinarian's number by each phone, including how the practitioner can be reached after-hours. If you have a speed dial system, key it in, but also keep the number posted.
 - b. Consult with your regular veterinarian regarding back-up or referring veterinarian's number in case you cannot reach your regular veterinarian quickly enough.
 - c. Know in advance the most direct route to an equine surgery center in case you need to transport the horse.
 - d. Post the names and phone numbers of nearby friends and neighbors who can assist you in an emergency while you wait for the veterinarian.
 - e. Prepare a first aid kit and store it in a clean, dry, readily accessible place. Make sure that family members and other barn users know where the kit is.
 - f. Also keep a first aid kit in your horse trailer or towing vehicle, and a pared-down version to carry on the trail.

3.6 FIRST AID KITS

First aid kits can be simple or elaborate, but there are some essential items. Here is a short list to get yours started.

(* Denotes materials that should be sterile.)

- Cotton roll

HEALING HORSES

- Contact bandage
- Cling wrap*
- Gauze pads, assorted sizes*
- Gauze wrap*
- Adhesive wrap and adhesive tape
- Leg wraps
- Sharp scissors
- Hemostats
- Steel cup or container
- Rectal thermometer with string and clip attached
- Surgical scrub and antiseptic solution
- Latex gloves
- Flashlight and spare batteries
- Permanent marker pen
- Pliers (to pull nails)
- 6" diameter PVC tubing cut in half the long way (like a gutter) into lengths of 1-1/2 to 2 feet (for emergency splinting)

3.7 EMERGENCY WOUND CARE

- The sight of blood may unnerve you, but maintaining your presence of mind can save your horse's life. The initial steps you take to treat a wound can prevent further damage and speed healing. How you proceed will depend on your individual circumstances, and you must exercise good judgment. The following should be viewed as guidelines:
 - a. Catch and calm the horse to prevent further injury. Move the horse to a stall or other familiar surroundings if this is possible without causing distress or further injury to the horse. Providing hay or grain can also be a good distraction.
 - b. Get help before attempting to treat or evaluate a wound. It can be difficult and very dangerous to try to inspect or clean the wound without someone to hold the horse. You cannot help your horse if you are seriously injured yourself.
 - c. Evaluate the location, depth, and severity of the wound. Call your veterinarian for a recommendation anytime you feel your horse is in need of emergency care. Here are some examples of situations where your veterinarian should be called:
 - i. There appears to be excessive bleeding.
 - ii. The entire skin thickness has been penetrated.

HEALING HORSES

- iii. The wound occurs near or over a joint.
- iv. Any structures underlying the skin are visible.
 - v. A puncture has occurred.
 - vi. A severe wound has occurred in the lower leg at or below knee or hock level.
 - vii. The wound is severely contaminated.
- d. Consult with your veterinarian regarding a recommendation before you attempt to clean the wound or remove debris or penetrating objects, as you may precipitate uncontrollable bleeding or do further damage to the wound. Large objects should be stabilized to avoid damaging movement if possible. Do not put anything on the wound except a compress or cold water.
- e. Stop the bleeding by covering the wound with a sterile, absorbent pad (not cotton), applying firm, steady, even pressure to the wound.
- f. Do not medicate or tranquilize the horse unless specifically directed by your veterinarian. If the horse has suffered severe blood loss or shock, the administration of certain drugs can be life-threatening.
- g. If the eye is injured, do not attempt to treat. Await your veterinarian.
- h. If a horse steps on a nail or other sharp object and it remains embedded in the hoof, first clean the hoof. Consult with your veterinarian regarding a recommendation before you remove the nail. If your veterinarian advises, carefully remove the nail to prevent the horse from stepping on it and driving it deeper into the hoof cavity. As you remove it, be sure to mark the exact point and depth of entry with tape and/or a marker so the veterinarian can assess the extent of damage. Apply antiseptic to the wound, and wrap to prevent additional contamination.
- i. All horses being treated for lacerations or puncture wounds will require a tetanus booster.

3.8 OTHER EMERGENCIES

- There are far too many types of emergencies from heat stroke to hyperkalemic periodic paralysis, bone fractures to snake bites, foaling difficulties to colic to adequately cover them all in this brochure. However, regardless of the situation, it is important to remember these points:
 - a. Keep the horse as calm as possible. Your own calm behavior will help achieve this.
 - b. Move the animal to a safe area where it is unlikely to be injured should it go down.
 - c. Get someone to help you, and delegate responsibilities, such as calling the veterinarian, retrieving the first aid kit, holding the horse, etc.
 - d. Notify your veterinarian immediately. Be prepared to provide specific information about the horse's condition, as mentioned above, and other data that will help your practitioner assess the immediacy of the danger and instruct you in how to proceed.

HEALING HORSES

- e. Listen closely and follow your equine practitioner's instructions.
- f. Do not administer drugs, especially tranquilizers or sedatives, unless specifically instructed to do so by the veterinarian.

3.9 SUMMARY

Taking the time to evaluate your horse's environment and removing potential hazards can prevent many accidents. Also, assess your management routines to make them safer. Mentally rehearse your emergency action plan. Preparation will help you stay calm in the event of a real emergency. Keep your veterinarian's phone number and your first aid kit handy. In an emergency, time is critical. Do not be concerned with over reacting or annoying your veterinarian. By acting quickly and promptly, you can minimize the consequences of an injury or illness. Your horse's health and well-being depend on it.

The American Association of Equine Practitioners through a grant from Bayer Corporation developed this brochure.

Information from Bayer Corporation, Agriculture Division, Animal Health, Shawnee Mission, Kansas 66201.

HEALING HORSES

4 HORSE INFORMATION

Horses Name

Owners Name

Owners Address

Owners Phone (Home)

(Work)

(Emergency)

(Cell)

(Pager)

(Fax)

Farrier

Veterinarian

Maximum Expenditure Authorized for Emergency (\$)

Surgery Authorized

Location

(e.g. Dr. Vale, Dr. Clark, or your choice)

Insurance Company

Horse's Insured Value (\$)

Special Instructions
(Insurance)

Horses Allergies

Other Information

Owners Signature

You are responsible for keeping all information current.
Please advise us of any changes immediately.

HEALING HORSES

5 NATURE AND PHYSICAL CHARACTERISTICS OF HORSES

While domesticated, well-trained horses are usually obedient, docile and affectionate, it is important to understand their survival instincts, which have allowed the horse to survive from prehistoric times to present day. Horses have minds of their own and may seem unpredictable at times. I am informed of the following:

1. Horses are strong and powerful physically. Horses are heavy, weighting from 600 to 1300 pounds. These characteristics deserve a human being's utmost respect.
2. Horses are somewhat high strung or nervous by nature. When a horse is frightened, angry, under stress or feels threatened, it may instinctively jump forward or sideways or run away from the perceived danger at a trot or gallop at speeds up to 35 miles per hour.
3. If a horse is frightened or feels threatened from behind, it may kick straight back, sideways in either directions, or even forward with either hind leg with tremendous force.
4. If horse is frightened or feels threatened from above, it may hunch its back and buck in a way that could throw a rider to the ground with tremendous force. A fall from a horse will usually be from a height of 3 to 6 feet.
5. If a horse is frightened or feels threatened from the front, it may react by rearing up with its front legs, striking with one or both front legs, biting, throwing its head up or from side to side, or running directly over whatever it fears.
6. A human must always approach a horse calmly, quietly, and cautiously, preferably from near its shoulder or neck, talking soothingly to it.
7. Loud and/or sudden unexpected movements, dropping objects near a horse, approaching vehicles or animals or people, ill-fitting equipment or physical pain can provoke a domesticated horse to react according to his natural protective instincts.
8. The first signs of anger or fear in a horse are frequently the sudden tensing of its muscles, laying its ears flat back against its head or quickly tossing or raising its head, or suddenly snorting through its nostrils.
9. A horse can see independently with each eye, actually looking in one direction with one eye and another direction with the other eye, or it can focus both eyes on one object somewhere in front of it. Usually the ears are pointing where the eyes are looking and consequently upon what the horse is concentrating at that moment.
10. A horse has two blind areas: 1) directly behind it and 2) in front of its mouth. Therefore a horse should be approached toward its shoulder. Never surprise a horse from the rear or reach first for the horse's mouth.
11. While a horse is a very sure-footed animal, it may accidentally step on an object such as a human foot while the horse is balancing itself or turning. A horse ridden or worked on unstable ground or slippery footing could trip or fall down injuring the rider or handler.

Signature _____

HEALING HORSES

6 Release and Emergency Information

I understand the risks and exposures to personal injury and property damage involved through horsemanship activities. I have read and understand the *Nature and Physical Characteristics of Horses as attached*. I hereby release, indemnify, and hold harmless Alex Haagen, individually and his businesses, and its Members, officers, employees, contractors, agents, successors and assigns, Marcia Levine, Pat Zacher, Gabriele Lawrence, Coachella Valley Autistic Society, individually and as businesses, and their Members, officers, employees, contractors, agents, successors, heirs, and assigns, (collectively, Released Parties) from any and all claims, economic or noneconomic, which may occur to me, my child, my equipment, and/or my guests or invitees by reason of my presence or participation in programs on said premises. I hereby consent to any emergency medical and/or dental treatment considered necessary for me or my child.

I agree to wear clothes appropriate for working around and riding horses. I will wear hard-soled, fully enclosed shoes or boots with a defined heel. When riding I will wear a well-fitted hard hat or similar protective helmet fastened securely under the chin.

YOU ARE RESPONSIBLE FOR KEEPING ALL INFORMATION CURRENT

Please advise us of any changes immediately.

PLEASE PRINT

Rider's Name

Address

Telephone (Home)

(Work)

In case of emergency notify

#1 Name

Phone

#2 Name

Phone

Where do you want 911/Ambulance to take you

Name of Medical Facility

City

Doctor's Name

Phone

HEALING HORSES

If you answer Yes to any of the following please list all relevant information
(use the back of the page for additional space)

Are you allergic to any medicines

What medicines are you taking currently

Any other pertinent medical information

Insurance Carrier

Policy #

Printed Name

Signature

Date

If under 18 year of age Parent or Guardian Name

Printed Name

Signature

Date

HEALING HORSES

7 RULES

1. Everyone entering the property must sign the release.
2. Proper riding attire must be worn while riding. Always wear long pants and hard-soled shoes with a heel. Riding Helmets are required.
3. The manager on duty has responsibility and authority to manage the use of the rings. Anyone desiring to jump must first check in with the manager on duty.
4. Riders should not go on the trail alone. Riders must inform the manager on duty where they are going and when they will be back.
5. No smoking or alcohol on the premises.
6. Courtesy, safe conduct, and sportsmanship are always expected.