

ADELAIDE PLAINS EQUESTRIAN CLUB INC POLICIES

Policy number	4	Version	6
Drafted by	AM	Approved by	July 2022
		Committee	
Responsible person	Event Coordinator	Scheduled review date	July 2025

HOT WEATHER POLICY:

The risk of heat illness is increased in hot and humid weather because people and horses may not be able to sweat enough for adequate cooling and high humidity may prevent adequate evaporation of sweat. While the focus of research and these guidelines is aimed at the rider, the welfare of the horse is also of relevance to the Adelaide Plains Equestrian Club ("APEC"). The work level required must be balanced against the heat and humidity and available cooling techniques, as well as the knowledge of their owner/rider/person responsible. If left untreated, heat stress can lead to heat stroke which may be life threatening.

To minimise the risk to riders & horses:

1. During extreme weather, events/activities may be postponed or cancelled at the discretion of the APEC (Adelaide Plains Equestrian Club) committee. Refer to Bureau of Meteorology website (www.bom.gov.au) 24 hrs prior to event with respect to the closest location to the event reported on. If forecast is 34°C or above, event will be cancelled.
2. During hot weather APEC should where possible, endeavour to schedule activities outside the hours of 11 am and 3.00 pm (Daylight Saving Time) when horse & rider are most at risk. The event/activity intensity may be adjusted at the discretion of the APEC committee to match the weather conditions.
3. Members are encouraged to wear clothing that is light-coloured, loose-fitting clothing that provides protection from the sun.
4. Riders should be encouraged to reduce the duration and intensity of any warmup to minimise increase in body temperatures of both themselves & their horse before participating in any event/activity.
5. Encourage adequate water intake of both horse & rider to assist in body temperature control.
6. If any participant has recently experienced feverish temperatures from infection, diarrhoea or vomiting they should NOT take part in strenuous exercise. This also applies to horses at events/activities.
7. People over 65, or who suffer from a variety of medical conditions, or who are taking medication or who are pregnant may experience difficulties exercising in the heat. Examples include asthma, diabetes, heart conditions, epilepsy, or obesity. It is the responsibility of the member to notify the APEC if they have been diagnosed with any medical condition that could potentially affect their ability to participate safely in any APEC event/activity.

APEC may use the table provided by the SA branch of Equestrian Australia, which is amended from time to time, to assist in determining the risk to horses & riders during hot weather.

REVIEW / CONSULTATION

The review of this policy is the responsibility of the Adelaide Plains Equestrian Club Committee. This policy will be reviewed at least every three years.

APPROVED *A.J.Maddison*

DESIGNATION President

DATE August 2022