

Expert Tips

from responsible riders

“Try to take as much time to cool down as to warm up. When I ride at home, I do not get off my horse until he has stopped blowing. At an event, I walk my horse in hand until he has stopped blowing and wash him down during that time.”

Lucinda Green - Equestrian legend and Petplan Equine Coach



“Your horse’s muscles need to be conditioned for the job you want them to do in order to reach maximum potential and avoid injury.

Tip: A steady build-up of work and muscle conditioning will help to ensure you and your horse reach your competitive goals. Think of the rabbit and the hare. Slow and steady wins the race!”

Kelly Page - Petplan Equine Claims Assessor

“Minimising dust in your horse’s environment will help to maintain a healthy respiratory system. Try to feed from the floor, steam or soak hay, use dust-extracted bedding and ensure the stable is well ventilated. If you do suspect a respiratory problem, make sure you contact your vet.”

Juliette Edmonds - Petplan Equine Sponsored Rider and equine vet

“Horses are by definition flight animals - their ability to move well was essential to their very survival. If they are not walking well, there is therefore a problem that needs investigation!”

Gil Riley - Petplan Equine Veterinary Expert



“My “dressage” horses have no idea they are dressage horses. They hack as much as they school, which keeps them forward thinking and fresh. Make sure your horses have a fun and varied workload and plan plan plan!”

Lili Brooksby - Petplan Equine Sponsored Rider

“When jumping on grass, before you get on, inspect the ground and make a judgement call as to whether the going is suitable for your horse: too hard and you can jar your horse’s legs, too soft and you could strain their tendons. If your horse is stopping, it’s trying to tell you something.”

Charlotte Edwards - Petplan Equine Sponsored Rider



“Having insurance gives financial peace of mind in the event of an illness or injury. Double check the policy details and make sure you understand the cover before you buy (such as the excess, the activities you’re covered for, the amount you can claim for each condition etc). Always ask if you’re unsure - don’t wait until you need to claim before finding out you haven’t got the cover you need!”

Claire Thompson - Petplan Equine Product Manager

