

# COOLING

*Cool first, recover faster*



To help your horse recover after a ride and bring their heart rate down, cooling is essential.

Sloshing with water is one of the most effective ways to cool your horse. Use a bucket and sponge all over the body, and have prepared bottles of water ready to pour on. Many riders use 2-litre milk bottles or wide-neck fabric conditioner bottles, and some also use portable camping showers.

The key is to keep applying water continuously and do not scrape the water off – the evaporation helps cool your horse effectively. If you struggle to cool your horse down, or if it's a particularly hot day, you can add ice cubes to your water buckets to help (be sure to keep the buckets in the shade until you need them!)

Sloshes can also be carried by your crew who can meet you at various points throughout the ride. Whether you use milk bottles or large fabric conditioner bottles with handles for your sloshes, there's no right or wrong answer:

- Milk bottles are popular because they are slower pourers and easy to replace
- Fabric conditioner bottles with handles are often easier to hold and pour, especially when hands are cold, wet, or tired

The best choice is simply what works for you on the day – practical, easy to use, and suited to the conditions.

Good cooling can make a big difference to your horse's recovery and comfort