



Horse Body Temperature & how to measure it

All horses that are attending an event must have their rectal temperature taken once daily for 3 days prior to the ride and recorded in the temperature log table on the Horse Health Declaration (HHD) form. You then present the completed form to the Ride desk when you register on the day.

How do I take a horse's temperature?

The best way to take the horse's temperature is rectally. Keep a plastic digital thermometer in your medical kit. They are safe, easy to use, inexpensive and available at most pharmacies and are operated by pressing a button to turn them on. Simply lubricate with petroleum jelly (Vaseline) and insert the thermometer into the horse's rectum. Always clean the thermometer well before returning it to its case...and especially if used on an ill horse, to prevent the spreading of an illness. It may take one to three minutes for an accurate reading, although many digital thermometers take readings quickly and beep when they are done. Simply read the digital display for the horse's temperature. (Note: So you don't lose the thermometer in your horse, attach a piece of string to the handle end along with an alligator clip. When the thermometer is inserted, fasten the alligator clip to tail hairs, thus securing it!) Normal body temperature is 37.5 – 38.5° C, but environmental factors can affect the readings by 0.5-1° C.

There are also plenty of videos on YouTube on how to take your horse's temperature, for example: https://www.youtube.com/watch?v=8sJhww3_hfo