

Are you the Correct WEIGHT?

Current Welfare Guidelines state you should be 15% to 20% of your horse/pony's weight.

CHECK you are the correct weight

WHY?

Excessive weight can

- Cause pain to the horse/pony
- Affect the PERFORMANCE of the horse/pony
- Affect's it's gait
- Cause long term damage
- You will find it harder to balance and ride
- Overall impression will look unbalanced and not in harmony

How do I CHECK if I am the Correct Weight?

- Weigh yourself with your saddle & showing attire
- Weigh your horse using a weight tape or scales
- Calculate if your 15 to 20% of the horses weight
- Keep proof of your weight & the horses (photos of you on scales, weight tape) so you can prove your not too heavy if asked
- Weigh yourself & the pony regularly (3 months)

