



# Student Workbook



Dear Adoption Academy Student,

Thank you for joining us on this journey to being the best you can be for the current or future horses in your life. At West Virginia Horse Network, INC. we believe education is key to improving the quality of life for horses in our community. We look forward to going on this journey with you. If you have any questions never hesitate to reach out to a member of our team by emailing [wvhorsenetwork@gmail.com](mailto:wvhorsenetwork@gmail.com). A tremendous thanks to The Right Horse Initiative for the grant that made this program possible and to the many community leaders who are partnering with us to provide the best education possible.



Photo Credit: Jennifer Rollins



Photo Credit: Jennifer Rollins

YOUR NAME:

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YOUR GOALS:

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# Section One

## Costs and Expectations of Equine Ownership





## Average Cost of Horse Ownership

Feed Costs: \_\_\_\_\_

Farrier Costs: \_\_\_\_\_

Annual Vetting (vaccines, coggins, deworming, etc.)  
\_\_\_\_\_

Cost of Boarding or Facility Upkeep:  
\_\_\_\_\_

What are the pros and cons of boarding? \_\_\_\_\_

What are the pros and cons of keeping the horse at home?  
\_\_\_\_\_

# Planning Ahead



Why is it important to have an emergency fund?

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How much should you plan to save?

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How much does equine euthanasia and burial cost? \_\_\_\_\_

What is the average equine lifespan?

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# Selecting the Right Horse



Photo Credit: Jennifer Rollins

List some common horse breeds and their characteristics:

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Which breed do you think would be best for you and your needs?

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# MEASURING A HORSE'S HEIGHT AND WEIGHT



Photo Credit: Nicky Walters

What is a "hand": \_\_\_\_\_

How many "hands" is a pony? \_\_\_\_\_

How many "hands" is a mini? \_\_\_\_\_

Where on the horse's body should you measure  
"hands" \_\_\_\_\_

How can you best estimate a horse's weight?

\_\_\_\_\_



# Section Two

## Equine Handling and Safety



Photo Credit: Nicky Walters



# Haltering and Leading

What are the different types of halters and their uses?

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What is the correct way to approach a horse for haltering?

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Where should the handler be when leading a horse? \_\_\_\_\_

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Photo Credit: Rane Hall

What safety precautions should you follow when tying a horse?

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Draw a safe type of knot:

# Basic Groundwork Skills



Photo Credit: Jennifer Rollins

List some techniques for "backing" a horse: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What does it mean to "lunge" a horse? \_\_\_\_\_

What is the purpose of "lunging" a horse? \_\_\_\_\_

\_\_\_\_\_

Name some things that horses are typically frightened by:

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How can you help a horse overcome his or her fears?

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What are some signs that a horse is frightened?

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What are some signs that a horse is relaxed?

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# DANGER ZONES



Sketch a diagram of a horse's blind spots:

What parts of a horse's body are the most dangerous and what steps can you take to stay safe?

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Where are some common equine "pressure points"? \_\_\_\_\_

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# Training Help



List some common training tools and their uses:

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If you need to hire a trainer what qualities should you look for in the trainer? \_\_\_\_\_

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How much should you expect to pay monthly for training?

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What should you expect to do once the horse returns from the trainer?

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What are some signs that you may need to enlist the help of a trainer?

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What are some options to learn, study and improve your own horsemanship skills?

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# Section Three

## Hoof Care and Grooming Basics



Photo Credit: Nicky Walters



What does a farrier do? \_\_\_\_\_

How often should your horse's  
hooves be trimmed? \_\_\_\_\_

What are some common hoof  
problems? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What are some qualities to look for in  
a good farrier? \_\_\_\_\_

What are some signs of a healthy  
hoof? \_\_\_\_\_

\_\_\_\_\_

What are the pros and cons of having the farrier put shoes on your horse?

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What are the pros and cons of leaving your horse barefoot?

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Describe how to properly pick a horse's hoof?

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How often should you pick the horse's hoof? \_\_\_\_\_

What products can you use to improve the quality of a horse's hoof? \_\_\_\_\_



List some common grooming tools and their uses: \_\_\_\_\_

Describe the steps of giving a horse a bath: \_\_\_\_\_

What areas should you avoid when applying fly spray? \_\_\_\_\_

What are some common grooming products? \_\_\_\_\_

# Section Four

## Facility and Tack Basics



List some types of saddles and their uses:

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Which type of saddle do you prefer?

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How can you determine if your saddle is a good fit for you?

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How can you tell if a saddle properly fits your horse?

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Discuss saddle cost: \_\_\_\_\_

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Describe the purpose of the following items:

Skid Boots \_\_\_\_\_

Bell Boots \_\_\_\_\_

Saddle Pad \_\_\_\_\_

Breast Collar \_\_\_\_\_

Martingale \_\_\_\_\_



Photo Credit: Jennifer Rollins

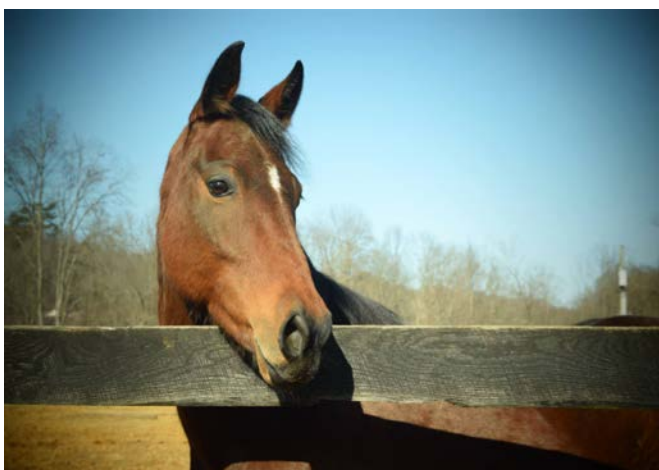
List some types of bridles: \_\_\_\_\_

\_\_\_\_\_

List some types of bits and their  
uses: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



List some popular fencing options and their pros and cons (include safety and cost):

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Discuss some key dangers there may be in a stall: \_\_\_\_\_

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What types of bedding are appropriate for a stall? What should you avoid?

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Where can you get bedding?

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Discuss pros and cons of stall mats:

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How often should you clean a horse's stall? \_\_\_\_\_

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Why is it important to keep the horse's stall clean? \_\_\_\_\_

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Discuss stall cleaning tools: \_\_\_\_\_

\_\_\_\_\_

What are some appropriate ways to dispose of manure?

\_\_\_\_\_

Discuss types of water buckets/troughs and how to safely use them: \_\_\_\_\_

\_\_\_\_\_

Discuss types of feeders: \_\_\_\_\_

\_\_\_\_\_





Photo Credit: Nicky Walters

Discuss stall fan maintenance and safety:

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List some "must have" tools to keep around your barn: \_\_\_\_\_

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Discuss proper footing for an arena:

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Discuss how to construct a round pen and the cost: \_\_\_\_\_

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# Section Five

## Equine Nutrition



Photo Credit: Jennifer Rollins



## All About Hay

List the common types of hay and some information about each: \_\_\_\_\_

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Discuss the difference between square bales and round bales:

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How are the parts of a square bale measured: \_\_\_\_\_

How should you determine how much hay to feed? \_\_\_\_\_

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Why is hay important to a horse's diet? \_\_\_\_\_

What are your options for places to buy hay? \_\_\_\_\_

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How much should you expect hay to cost? \_\_\_\_\_

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When should you buy hay? \_\_\_\_\_

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How much hay should you store? \_\_\_\_\_

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Photo Credit: Jennifer Rollins

Where and how should hay be stored?

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How can you recognize good quality hay?

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What does a "cutting" mean?

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What are some things that may be in or on hay that could be harmful to your horse?

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# All About Grain



What are some of the key things of note on a feed label? \_\_\_\_\_

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Why is the "percentage protein" important? \_\_\_\_\_

When may you need a feed with higher fat? \_\_\_\_\_

When may you need a feed with more fiber? \_\_\_\_\_

What factors about your horse and his daily routine should you consider when selecting the appropriate feed?

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What is the difference between textured and pelleted feeds? \_\_\_\_\_

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How can you determine the appropriate amount of feed you should give your horse?

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How should you measure the feed?

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What price range should you expect to pay for feed? \_\_\_\_\_

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When and where should you feed your horse? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How should grain be stored? \_\_\_\_\_

\_\_\_\_\_

What are some signs that grain is not safe to feed? \_\_\_\_\_

What are the dangers of rodents around feed? \_\_\_\_\_



Photo Credit: Jennifer Rollins



## MORE FEEDING TIPS

List some supplements and when you may need them: \_\_\_\_\_

\_\_\_\_\_

What are some dangers of feeding supplements? \_\_\_\_\_

Discuss minerals (including difference between loose minerals and a block/brick):

\_\_\_\_\_

\_\_\_\_\_

Discuss types of grass that should be in your pasture: \_\_\_\_\_

\_\_\_\_\_

Can horses thrive on pasture alone?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What types of treats are appropriate for a horse? \_\_\_\_\_

\_\_\_\_\_

How many treats can a horse have?

\_\_\_\_\_

List some poisonous plants that are a danger to horses: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Section Six

## Equine Health Part One



Photo Credit: Katie Lockard



# Common Illnesses

List warning signs of colic:

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List causes of colic:

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List signs of an abscess:

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How do you treat an abscess?

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What are some signs of choke?

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What are the causes of choke?

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What should you do if you suspect choke? \_\_\_\_\_

What are some signs that your horse is having an allergic reaction?

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What may cause an allergic reaction?

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What should you do if your horse is having an allergic reaction? \_\_\_\_\_

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# Vaccinations



Photo Credit: Jennifer Rollins

List the types of vaccinations your horse may need: \_\_\_\_\_

\_\_\_\_\_

Do all horses need to be vaccinated?

\_\_\_\_\_

How does geography impact the type of vaccines your horse needs? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Dental Health



Photo Credit: Jennifer Rollins

What is a "float"? \_\_\_\_\_

Why is it important for a horse to get a "float"? \_\_\_\_\_

How much does a "float" typically cost?  
\_\_\_\_\_

How often will your horse need a float?  
\_\_\_\_\_



## Deworming

What are some common equine parasites?

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What are some common active ingredients in dewormers and what do they treat?

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How can you determine how much dewormer to give your horse? \_\_\_\_\_

How often should you deworm your horse?

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What are some deworming options (pellets v/s paste)?

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What are some dangers to look out for?

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# Equine Conditioning



Photo Credit: Jennifer Rollins

What is a "topline" and how can you help your horse improve theirs? \_\_\_\_\_

\_\_\_\_\_

How can you determine your horse's body score? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What body score should you aim for? \_\_\_\_\_

\_\_\_\_\_

What are some physical signs of good health and poor health? \_\_\_\_\_

\_\_\_\_\_

## Other Vetting Information

How much should you expect to pay for a farm call? \_\_\_\_\_

How is the cost of your vet visit determined? \_\_\_\_\_

\_\_\_\_\_

How do you know if a situation is a true emergency? \_\_\_\_\_

\_\_\_\_\_

What can you do if a vet can't come to you? \_\_\_\_\_

\_\_\_\_\_

Discuss etiquette do's and don'ts when dealing with your vet: \_\_\_\_\_

\_\_\_\_\_

# Section Seven

## Equine Health Part Two



Photo Credit: Beth Reed

## Checking Vitals

How do you take a horse's pulse?

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What should the horse's pulse be?

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How do you take a horse's  
temperature? \_\_\_\_\_

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What should the horse's  
temperature be? \_\_\_\_\_

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What do healthy gums look like?

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# Dealing with an Emergency



What should your include in an equine first aid kit? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What would be some good places to keep a first aid kit? \_\_\_\_\_

List some ways to stop bleeding: \_\_\_\_\_  
\_\_\_\_\_

List any additional "first aid" tips: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Common Medications

List some common medications you should keep on hand at the barn at all times, when you should use them and how to determine the dose:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# Laminitis

What is Laminitis? \_\_\_\_\_

\_\_\_\_\_

What causes Laminitis? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are the symptoms of Laminitis?

\_\_\_\_\_

\_\_\_\_\_

What can you do if a horse has symptoms of laminitis (short term and long term)?

\_\_\_\_\_

\_\_\_\_\_





# Section Eight

## Trailers, Body Language and More



# Trailer Basics

List the different types of trailers: \_\_\_\_\_

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What type of vehicle do you need to haul a trailer? \_\_\_\_\_

What do you need before you haul?

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What should you expect to pay for a trailer? \_\_\_\_\_

What should you consider when buying a used trailer? \_\_\_\_\_

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List some trailering dangers? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How should the horse be tied in the trailer? \_\_\_\_\_

What are some things to keep in mind when getting your horse to load? \_\_\_\_\_

\_\_\_\_\_

What type of halter should a horse wear when hauling? \_\_\_\_\_

If hauling just one horse where should the horse be loaded? \_\_\_\_\_

What documents should you bring along when hauling horses? \_\_\_\_\_

\_\_\_\_\_

# Equine Behavior and Body Language



Photo Credit: Nicky Walters

List some signs that a horse is being aggressive: \_\_\_\_\_

\_\_\_\_\_

List some signs that a horse is relaxed: \_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List some signs that a horse is in pain: \_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List some signs that a horse is frustrated or confused: \_\_\_\_\_

\_\_\_\_\_

All horses do not get along equally.  
Discuss how to determine if it is safe for horses to be turned out together.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Herds usually have a pecking order. How can you determine who is the top and the bottom of the pecking order? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Alternative Therapies



Explain and Discuss the following:

PEMF Therapy: \_\_\_\_\_

\_\_\_\_\_

Massage: \_\_\_\_\_

Chiropractic: \_\_\_\_\_

Essential Oils: \_\_\_\_\_

What should you expect to pay for these services: \_\_\_\_\_

\_\_\_\_\_

# CONGRATULATIONS



You now have a great foundation of knowledge that you can build upon to become the horseman you've always wanted to be.

## This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Riding Lesson Log

| Date | Instructor | What You Learned |
|------|------------|------------------|
|------|------------|------------------|

[illegible]

| Date | Location | What You Learned |
|------|----------|------------------|
|------|----------|------------------|

## Location

## What You Learned

[illegible]

# Important Numbers

Mentor: \_\_\_\_\_

Riding Instructor: \_\_\_\_\_

Hay Vendor: \_\_\_\_\_

Rescue Contact: \_\_\_\_\_

Farrier Contact: \_\_\_\_\_

Veterinarian Contact: \_\_\_\_\_

\_\_\_\_\_

Feed Store Contact: \_\_\_\_\_

Trainer Contact: \_\_\_\_\_

Additional Contacts:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Thank You for  
participating in the  
Adoption Academy



*Made possible by a generous grant from  
The Right Horse Initiative*