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This time of social distancing and quarantine can feel scary, confusing, and strange – but it's also important to adhere to these measures in order to keep yourself and those that you love and care about safe and healthy.

By self-quarantining, we are able to help protect ourselves and others from the coronavirus, and it allows us to help "flatten the curve" of COVID-19 cases. However, self-quarantining can also lead to a far lesser problem: boredom. It can also present a serious problem for many equestrians facing canceled shows, events, and lessons: significant financial loss.

In order to help combat both of these, we've compiled a list of five ways to help you safely make the most of this time.

Expand your equestrian

knowledge. – While you may not be horse showing or riding with friends for a bit, now is a great time to expand your equestrian knowledge. Check out <u>USEF Network to watch</u> <u>clinics and learn from experts for</u> <u>free</u>, and go to the <u>US Equestrian</u> <u>Learning Center</u> for topics covering everything from horse care and breeding to riding a winning jump-off with Laura Kraut. Activities with low risk of contracting Coronavirus

Order a new equestrian book to learn more about the sport, like the USET Foundation's <u>Riding for the</u> <u>Team</u>, or about horsemanship and riding, like <u>Anne Kursinski's Riding</u> <u>and Jumping Clinic</u>. <u>Check out</u> <u>this great reading list</u>, compiled by eventer Jim Wofford.

(COVID-19)

Hanging with your horse Riding your horse Petting your horse Looking at your horse Grooming your horse Reminding your horse that he/she is a good horse

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BARNMANAGER

Five Ways to Support Your Fellow Equestrians During COVID-19

From competitions being canceled further into the spring to many boarding barns now closing their doors to customers, the non-healthrelated effects of the global coronavirus pandemic continue to increase.

For many within our equestrian industry, that means the loss of their livelihood, and for almost all of us, it means significant changes to our daily lives and less time spent in the saddle or enjoying our horses.

While it's important to remain physically distant from one another, now is a time to figuratively come together as a community.

Here are just five ways that you can support your fellow equestrians during this time.

1. Make purchases from equestrian professionals. – Your trainer has likely had to limit or entirely cancel teaching lessons or clinics; your favorite horse show photographer no longer has spring events to shoot, and your braider is temporarily out of a job (and that's to name just three of the many types of equestrian professionals directly impacted by COVID-19).

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Tip of the Month

Want to go old school on your horse polish? Try rubbing a raw, cut onion onto clean, dry hooves for a show ring shine. The perks? There are no harsh chemicals; the hooves remain their natural color, and they won't pick up any dirt or sand from the ring the way a hoof polished with hoof oil will! (*Tip* submitted by Loller K.)

Find More Tips!

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BarnManager is a cloud-based software solution that provides horse owners and managers with the tools they need to streamline and simplify their daily management responsibilities. The program offers digitized record keeping for the many facets of horse care and has developed intuitive and simple business tools to make small business management accessible and easy.



