

## ***2023 Horse Project Record Book***

***DUE MAY 1ST***

Score \_\_\_\_\_

Everyone complete

Exhibitors Name: \_\_\_\_\_

Club Name: \_\_\_\_\_

Number of years in horse project area? \_\_\_\_\_

Age \_\_\_\_\_ ( as of Jan 1<sup>st</sup> 2023)

Name of project  
animal \_\_\_\_\_

Please print the above information.

Attach Project Photo Here

### **Circle One Age Division**

This is your 4-h age as of  
January 1, 2023

**Age = 8**

**Age =9-10**

**Age= 11-12**

**Age =13-14**

**Age=15-16**

**Age=17 and over**

Members Signature: \_\_\_\_\_

Parents Signature: \_\_\_\_\_

OR

Leaders Signature \_\_\_\_\_

Resources to be used to complete this record book include: "4-h Horses and horsemanship", "Horse Science", "Horseless Horse", "State 4-h Horse and Pony Show Rules and Regulations", "SCC4-h and Youth Fair Book", "4-h Miniature Horse Show Guidelines" and other resources provided in this project record book

\_\_\_\_\_/9 Points

### Project record book point sheet

All pages below will need to be completed to be graded. Project record book is a requirement for the Horse project. If not completed exhibitor will NOT BE ALLOWED TO PARTICAPTE IN ANY GRAND AND RESEVE CLASSES.

This Year all exhibitors of all ages will complete the whole book.

<u>Name of pages</u>	<u>Points Available</u>	<u>Your score</u>
Front Cover	9	_____
Record book requirements	2	_____
Horse name and Info	13	_____
Project photo	8	_____
Horse Descriptions	11	_____
Mini Horse	14	_____
What is that Disease	4	_____
Nutrition	13	_____
Horse science	15	_____
Horse terms	71	_____
Saddle up	25	_____
Western saddle parts	18	_____
Horse Maze	1	_____
Helmet	8	_____
Color page	1	_____

*End coloring page will be used for a coloring contest with awards in each age group given out at fair.*

**Your total score** \_\_\_\_\_ **Rating** \_\_\_\_\_

## Horse Project Record Book Requirements

4-H Horse Project Members may elect to participate in 4-H Winter Achievement with a Horse Science Project (See WA event catalog for details) **INSTEAD** of completing the required Project Record Book.

1. Resources to be used to complete this record book and **SCORE**: "4-H Horse and Horsemanship", "Horse Science", "Horseless Horse", "State 4-H Horse Show Rules and Regulations", "SCC 4-H & Youth Fair Book", "SCC Miniature Horse Show Guidelines 2019" and the other resources directly provided in record book **ONLY**.
2. All books must be signed by exhibitor and parent or leader.
3. **ALL PAGES** that are listed as required for your division **MUST BE COMPLETED** regardless of incorrect answers. **DO NOT LEAVE ANY BLANK ANSWERS**. If the line does not apply to you please put N/A.
4. **INCOMPLETE** books will **NOT BE SCORED** and will automatically received "C" rating. All books not scored for requirement violations will receive a "C" rating.
5. Books which contain obvious adult contribution or inappropriate content will not be scored.
6. Creativity, effort, correctness and completeness will all be used in judging this record book.
7. Coloring is allowed and encouraged.
8. **ALL PROJECT RECORD BOOKS MUST BE TURNED "IN" IN THE FOLDER PROVIDED OR 25 POINTS WILL BE TAKEN OFF YOUR TOTAL SCORE.**
9. Please **NO OTHER BINDERS, NO PUFF PAINT OR PUFFY STICKERS and NO SHEET PROTECTORS.**
10. This project record book **MUST** be completed and turned in **MAY 1**.
11. **Incomplete or late book will not be eligible for championship classes during fair. This book is part of your 4-H Project.**
12. Books will be judged and the top 10 scores in each division will receive placing awards, with Grand & Reserve awarded if warranted.
13. You are welcome to complete pages from other age divisions, no extra credit points will be given. Points will be earned in your appropriate age division only. "However", extra pages could be used to determine top awards if needed.

Lets get started! Start Date of Book \_\_\_\_/\_\_\_\_/\_\_\_\_

Goal for this project year? \_\_\_\_\_

\_\_\_\_\_/2 points

Horses Name: \_\_\_\_\_

Breed \_\_\_\_\_ AGE \_\_\_\_\_

SIZE \_\_\_\_\_ HH. Color \_\_\_\_\_

Horses' markings: \_\_\_\_\_

Do you own your horse? \_\_\_\_\_

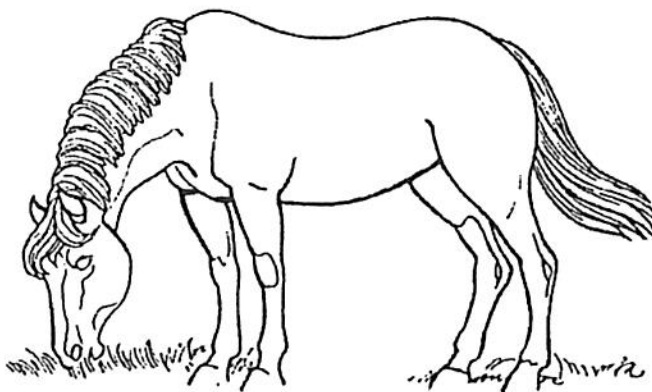
Who takes care of your horse? \_\_\_\_\_

What is something special about your horse? \_\_\_\_\_

What goals have you set for you and your horse? \_\_\_\_\_

What is your favorite class at fair? \_\_\_\_\_

What would you like to see new at fair? And why? \_\_\_\_\_



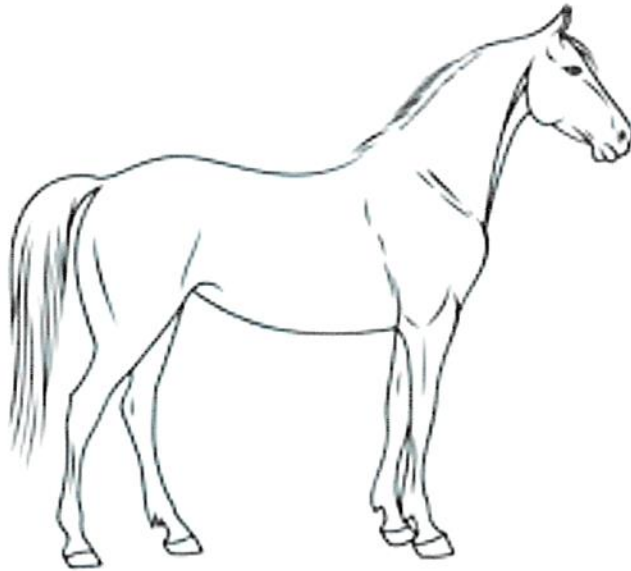
\_\_\_\_\_/13 Points

### ***Project Photo Page***

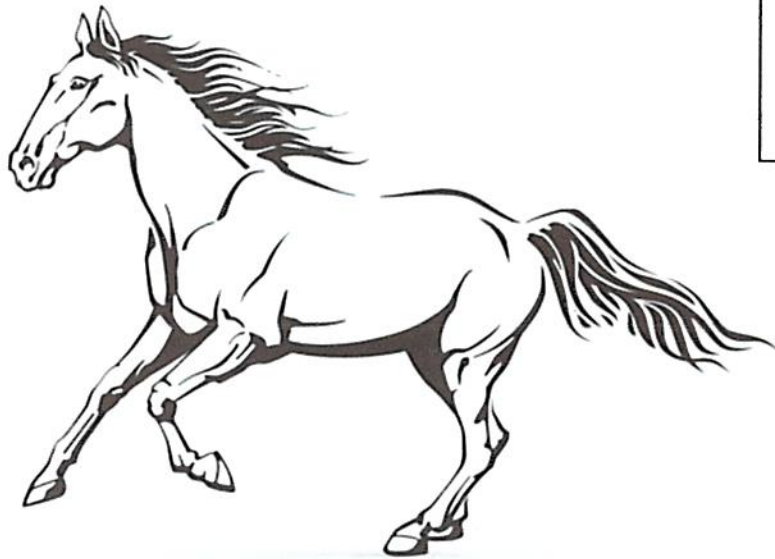
***Below attach at least 4 pictures with captions that reflect what you do with your horse and/or how you take care of them.***

\_\_\_\_\_/8 Points

Below are 3 horses read the descriptions? Then color each horse to match the description.



I am a black and white paint. My main and tail are all black. I have a heart shaped spot on my shoulder. All 4 hoofs are brown in color.



I am BAY horse. With 2 front white socks. I have a Brand with the letter S on my hindquarters



I am a Dun. I have a star and a snip on my face.

\_\_\_\_\_/11 points





## The Miniature Horse

Miniature horses are friendly and interact well with people. For this reason they are often kept as family pets, though they still retain natural horse behavior, including a natural fight or flight instinct, and must be treated like an equine, even if they primarily serve as a companion animal. They are also trained as service animals, akin to assistance dogs for people with disabilities. Miniature horses are also trained for driving, equine agility and other competitive horse show type events.

There are two registries in the United States for Miniature Horses, the American Miniature Horse Association (AMHA) and the American Miniature Horse Registry (AMHR). The AMHA was founded in 1978 and was dedicated to establishing the Miniature horse as a distinct breed of horse. Many of the international organizations are associated with the AMHA, including clubs throughout Canada and in several European countries. The AMHR is a division of the American Shetland Pony Club and was established as a separate registry in 1972.

In the AMHR, Miniatures cannot exceed 38 inches at the withers (which the AMHR defines as located at the last hair of the mane). There are two divisions in AMHR - the "A" division for horses 34 inches and under, and the "B" division for horses 34 to 38 inches. The AMHA requires that horses stand under 34 inches. Horses of any eye or coat color, and any form of white markings, are allowed to be registered. The AMHA standard suggests that if a person were to see a photograph of a miniature horse, without any size reference, it would be identical in characteristics, conformation, and proportion to a full-sized horse. According to the AMHR, a "Miniature should be a small, sound, well-balanced horse and should give the impression of strength, agility and alertness. A Miniature should be eager and friendly but not skittish in disposition."

They are generally quite hardy, often living longer on average than some full-sized horse breeds; the average lifespan of miniature horses is from 25 to 35 years. However, there are also some health issues that are more frequently found in miniature horses than their full-sized relatives. Overfeeding is a common problem in miniature horses, leading to obesity; this is especially true when owners are used to owning full-sized horses. Dental issues, including crowding, brachygnathism (overbites) and prognathism (underbites) are frequently seen, due to having the same number of teeth in a much smaller mouth. They can also experience retention of deciduous teeth (baby teeth) and sinus problems from overcrowding. The combination of a propensity for overeating and dental problems can lead to an increased occurrence of colic. A major metabolic problem seen more frequently in miniature horses is hyperlipemia, where an appetite-reducing stressor can cause the body to break down significant amounts of fat, overwhelming the liver and potentially leading to liver failure. Reproduction is also more difficult in miniature horses, with a higher incidence of difficult births and a greater potential for eclampsia. The majority of the health problems seen more frequently in miniature horses are easily rectified with proper feeding and maintenance.

Information taken from [https://en.wikipedia.org/wiki/Miniature\\_horse](https://en.wikipedia.org/wiki/Miniature_horse)



## The Miniature Horse Questions

**TRUE OR FALSE** (Use information from page 9 to complete this page)

\_\_\_\_\_ Overfeeding is a common problem in miniature horses, leading to obesity; this is especially true when owners are used to owning full-sized horses.

\_\_\_\_\_ The AMHR is a division of the American Hackney Pony Club and was established as a separate registry in 1972.

\_\_\_\_\_ There are two divisions in AMHR - the "A" division for horses 34 to 38 inches, and the "B" division for horses 34 inches and under.

\_\_\_\_\_ Miniature Horses are trained as service animals, akin to assistance dogs for people with disabilities.

\_\_\_\_\_ Dental issues, including crowding, brachygnathism (overbites) and prognathism (underbites) are frequently seen in miniature Horses, due to having the same number of teeth in a much smaller mouth.

### Fill in the blank

1. Miniature horses are friendly and interact well with people. For this reason they are often kept as family pets, though they still retain natural horse behavior, including a natural \_\_\_\_\_ instinct, and must be treated like an equine, even if they primarily serve as a companion animal.
2. The combination of a propensity for \_\_\_\_\_ problems can lead to an increased occurrence of colic in Miniature horses.
3. \_\_\_\_\_ is also more difficult in miniature horses, with a higher incidence of difficult births and a greater potential for eclampsia .
4. "Miniature should be a small, sound, \_\_\_\_\_ horse and should give the impression of strength, agility and alertness. A Miniature should be eager and friendly but not \_\_\_\_\_ in disposition."
5. Miniature horses are also trained for \_\_\_\_\_ and other \_\_\_\_\_ horse show type events.





### **What is that disease?**

Just as we humans receive vaccinations for untreatable and life threatening diseases. Horses have similar needs when it comes to this topic. We all try and keep our tetanus shots updated. Our children are given vaccinations for numerous childhood disease. Why should your horse get anything less? They are just as prone to certain equine diseases that are just as life threatening and untreatable. Most horse owner understands this and they maintain a vaccination schedule. However many of us understand very little of the diseases and behind these vaccinations. Answer the questions below to the best of your knowledge. If you don't know or your horse is unvaccinated use your 4h books to help you. Each must be filled in to receive points. N/A is not an answer and will be marked wrong.

1. List the vaccinations your horse has received in the last year. \_\_\_\_\_

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2. Now the tricky part! List which disease each vaccination is for \_\_\_\_\_

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3. What are some things you can do to lower your horses chances of picky up diseases? \_\_\_\_\_

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4. Pick one of the diseases that horses can be vaccinated for and describe the symptoms. \_\_\_\_\_

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\_\_\_\_\_/4 points

## **Nutrition**

Horses require 5 types of nutrition. What are they?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Fill in the blanks

6. A non-working horse requires \_\_\_\_\_ gallons of water daily.
7. A horse in gestation requires \_\_\_\_\_ gallons of water daily.
8. A horse in peak location requires \_\_\_\_\_ gallons of water daily.
9. A moderately working horse requires \_\_\_\_\_ gallons of water daily.
10. A heavily working horse requires \_\_\_\_\_ gallons of water daily

Matching

Below are 3 examples match them to the words.

Chemical substances used in the treatment of infectious diseases \_\_\_\_\_

Compounds of carbon hydrogen and oxygen which supply energy \_\_\_\_\_

A plant pigment that is the precursor of vitamin A \_\_\_\_\_

A. carotene

B. antibiotic

C. carbohydrates

\_\_\_\_\_/13 points

Answers located throughout "Horse Science" book

1. \_\_\_\_\_: standing with a front leg extended more than normal, a sign of lameness.
2. \_\_\_\_\_: the fore part of a horse; the forelegs, head, and shoulders.
3. \_\_\_\_\_: inflammation of the feet causing lameness.
4. \_\_\_\_\_: rear teeth or grinding teeth of the horse generally not used to determine the age, used for grinding feed.
5. \_\_\_\_\_: the female parent of a horse.
6. \_\_\_\_\_: the male parent of a horse.
7. \_\_\_\_\_: colt or filly under one year old.
8. \_\_\_\_\_: a female foal up to 3 years old.
9. \_\_\_\_\_: a feed constituent that aids in the support of life.
10. \_\_\_\_\_: the part of the ration that is a concentrated form of one or more of the essential nutrients.
11. \_\_\_\_\_: drugs that cause contraction of infected areas, such as tannic acid, alum and zinc oxide or sulphate.
12. \_\_\_\_\_: one who is trained and skilled in the treating of diseases and injuries of animals.
13. \_\_\_\_\_: a reduction in the hemoglobin of red blood cells with a deficiency of oxygen in the blood.
14. \_\_\_\_\_: an acute abdominal pain; may be caused by a great variety of disorders.
15. \_\_\_\_\_: a plant or an animal, living in, on, or with another living organism (it's host), at whose expense it obtains food and shelter.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Horse Terms

S Y E A R L I N G N Q H H K H M F R O G C C G C  
 T C H O O F U C H E E K O N A U T A Q M P O U H  
 I Z W Q H A N D S R B V R I Y Z S O L E K L C E  
 R B D A G E L D I N G Y S L B Z J O W L A T H D  
 R G A S K I N L E A T H E R S L X A H I J W A D  
 U F E N D E R F O R E A R M Z E S A D D L E N A  
 P X P O N Y B R I D L E C A N T E R M A N E C R  
 T R A I L E R E Q U I N E M U L E L W I U W E G  
 E B A R S L E A D R O P E X E M U M A R E H A A  
 C N A F O A L K Q U B R U S H T R O T H O C K L  
 K S C J C R O U P K M J P V E L L A T I G O F L  
 F C A Z Q S W E L L N K C A N N O N U N L E E O  
 A O N D Q F G H A R W I T H E R S C J L M B T P  
 K O T J T O I Z Z O M M N S V D R I N G N R L Q  
 N B L O H R R E O P X F E Y D O N K E Y U O O A  
 E Y E C R E T A K E J F I L L Y H D F J X W C K  
 E N U K O L H G U L L E T B U B I T A W U B K N  
 R A U E A O K Y Z S T I F L E E F F R P Y A Y E  
 O S P Y T C H Y C F H S H O U L D E R A I N B E  
 L H V V L K A S B A R R E L P O L E I S G D B R  
 L O T D A Q L K U C H E S T N U T Y E T R K V O  
 Y E A M T W T I W Y V B L A N K E T R E A O W L  
 D S C N C M E R A S W H I T E L I N E R I J U L  
 R I K Z H J R T P S T A L L I O N Q B N N N E P

Barrel	Bars	Bit	Blanket	Bridle	Brow band	Brush	Cannon
Canter	Cantle	Chance	Cheddar	Cheek	Chestnut	Colt	Croup
D ring	Donkey	Equine	Farrier	Fender	Fetlock	Filly	Foal
Forearm	Forelock	Frog	Gallop	Gaskin	Gelding	Girth	Grain
Gullet	Halter	Hands	Hay	Hock	Hoof	Horse	Jockey
Jowl	Knee roll	Kneeroll	Latigo	Lead rope	Leathers	Mane	Mare
Mule	Muzzle	Pastern	Pole	Pony	Rope	Saddle	Scooby
Shoes	Shoulder	Skirt	Sole	Stallion	Stifle	Stirrup	Swell
Tack	Throat latch	Trailer	Trot	White line	Withers	Yearling	

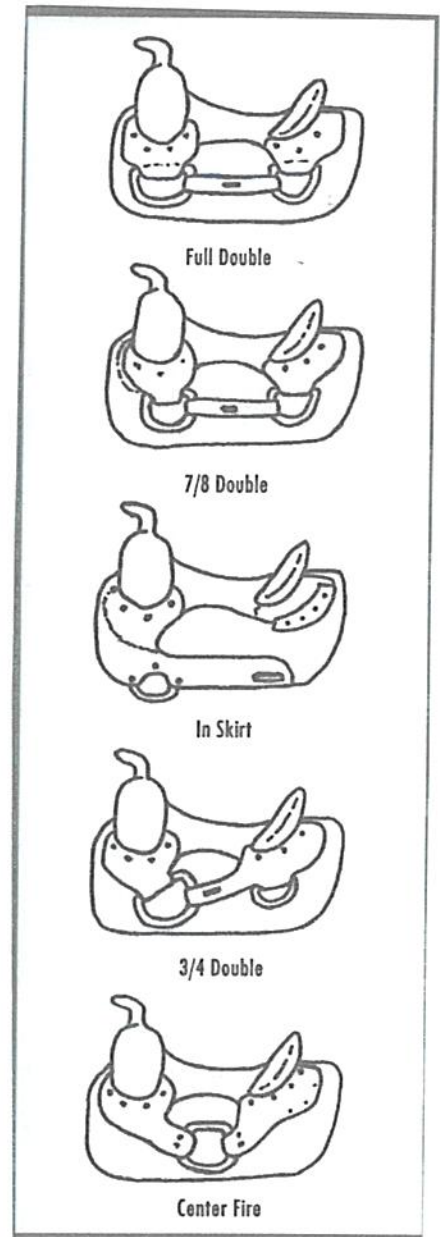
\_\_\_\_\_/71 points



# Saddle Up

## Fill in the blanks below:

1. The saddle must \_\_\_\_\_ the horse.
2. The \_\_\_\_\_ should \_\_\_\_\_ interfere with the ability of the \_\_\_\_\_ to perform.
3. The saddle must be appropriate for the riding \_\_\_\_\_ and \_\_\_\_\_ associated with that riding style.
4. The saddle should fit the \_\_\_\_\_.
5. The \_\_\_\_\_ is the basic \_\_\_\_\_ of the saddle.
6. \_\_\_\_\_ saddles were developed for \_\_\_\_\_ work and have a \_\_\_\_\_.
7. \_\_\_\_\_, western saddles are used for \_\_\_\_\_, Show, \_\_\_\_\_ riding, ranch type work and \_\_\_\_\_ events.
8. Western saddles need a \_\_\_\_\_ or saddle \_\_\_\_\_ between the saddle and the horse's \_\_\_\_\_.

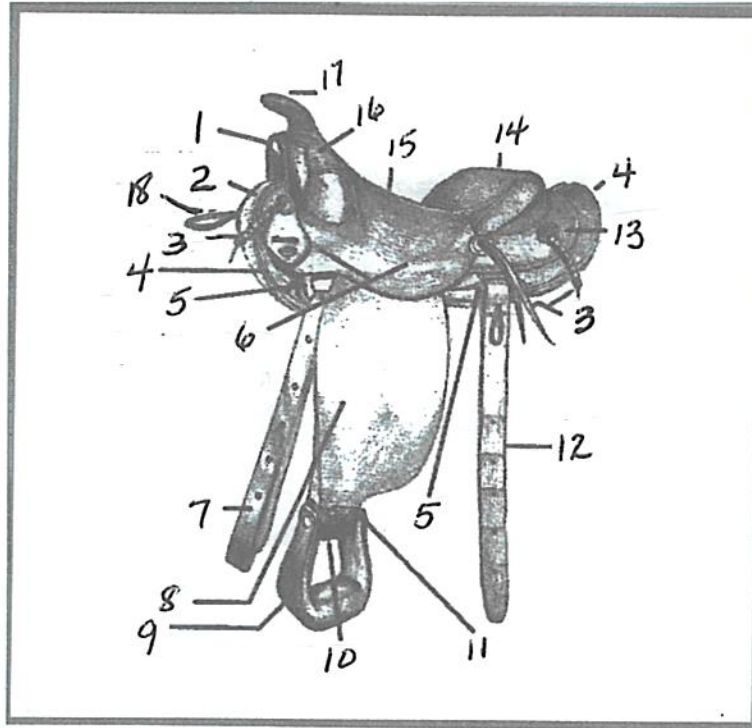


9. Using the illustration on the right, list what the 5 Riggings shown would be used for below:

- a) Full Double - \_\_\_\_\_
- b) 7/8 Double- \_\_\_\_\_
- c) In Skirt- \_\_\_\_\_
- d) ¾ Double- \_\_\_\_\_
- e) Center Fire- \_\_\_\_\_

## Parts of a Western Saddle

Please place corresponding number from the picture next to the appropriate saddle part below.



1. \_\_\_\_\_ Lace Strings

2. \_\_\_\_\_ Skirt

3. \_\_\_\_\_ Stirrup

4. \_\_\_\_\_ Wool Lining

5. \_\_\_\_\_ Pommel

6. \_\_\_\_\_ Fender

7. \_\_\_\_\_ Dee Ring

8. \_\_\_\_\_ Stirrup Leather

9. \_\_\_\_\_ Rope Strap

10. \_\_\_\_\_ Seat

11. \_\_\_\_\_ Horn

12. \_\_\_\_\_ Cantle

13. \_\_\_\_\_ Stirrup Leather Keeper

14. \_\_\_\_\_ Fork

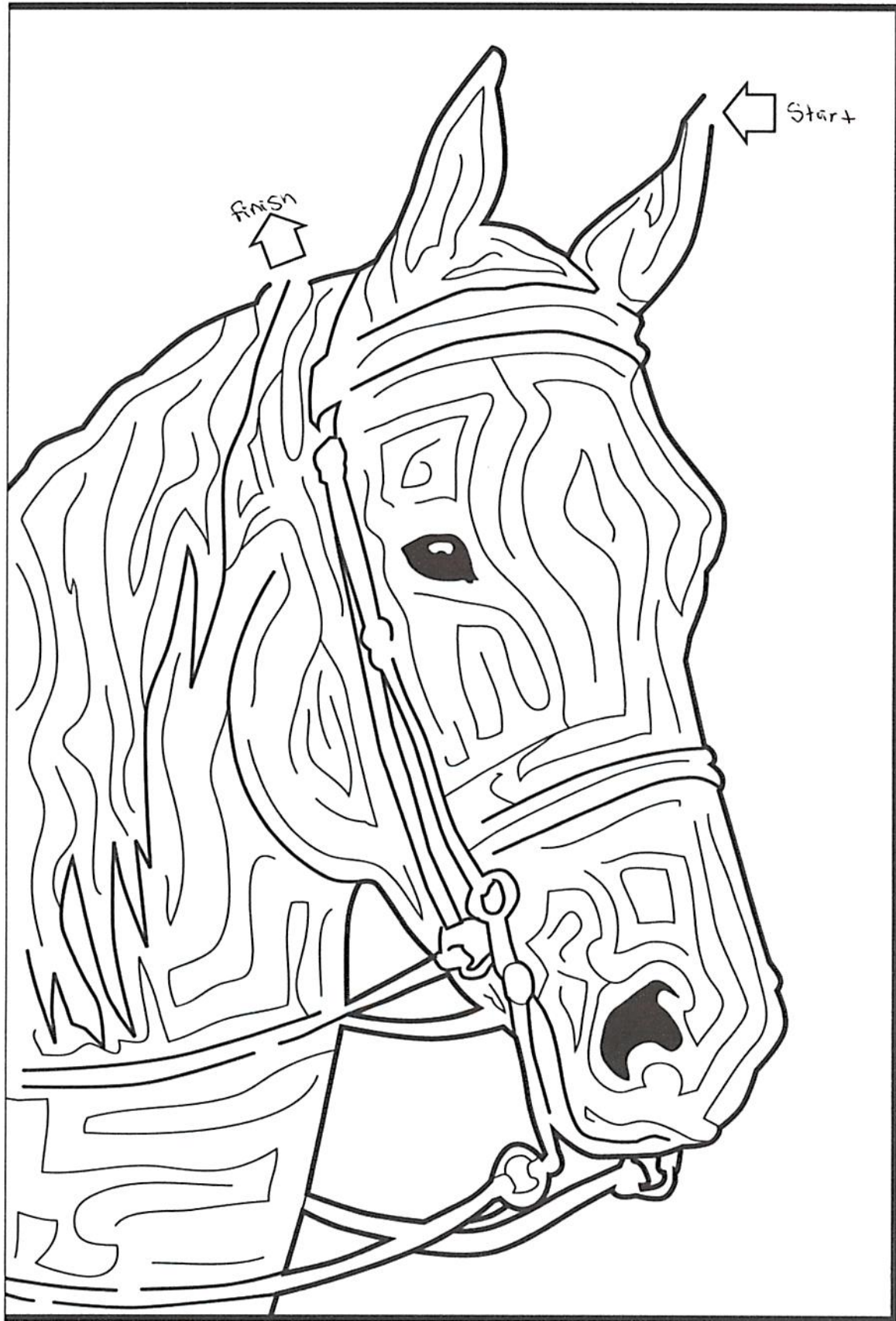
15. \_\_\_\_\_ Back Housing or Back Jockey

16. \_\_\_\_\_ Front Tie Strap or Cinch Strap

17. \_\_\_\_\_ Leather Flank Girth Billet

18. \_\_\_\_\_ Front Jockey & Seat Jockey

\_\_\_\_\_/ 18 points





## **Importance Of Wearing A Horse Riding Helmet**

Riding helmets can be quite a controversial subject sometimes with people frequently arguing over whether you should or shouldn't wear them. Everybody's got their own opinion on whether they should be worn or not and with it being a legal requirement in some countries but not in others this only makes the argument more controversial. I know that not everybody enjoys wearing them but when you consider the safety benefits of wearing one it's a compelling argument.

How does a riding helmet protect your head?

Riding helmets reduce the risk of serious head and brain injury by limiting the impact of a collision on the head. They do this by acting as a barrier between the skull and whatever's causing the impact. It then disperses the force of the impact over a wider area, preventing a concentrated impact in one area. At the same time, the helmet is absorbing the energy of the impact and therefore reducing the force that the skull and brain feel.

At the same time as absorbing the impact, riding helmets are also designed to reduce the risk of penetration by a sharp object. They have a hard outer shell that protects the head from sharp objects. This outer shell covers an expanded polystyrene lining that absorbs and disperses the impact. To work properly in a fall you must also make sure that they fit properly and that the chin strap is fastened securely.

Do riding helmets really work?

If you're not sure whether wearing a helmet is a good idea or not you might want to consider that the most frequent cause of death or serious injury amongst horse activities (both mounted and dismounted) are head injuries with 60% of them resulting in death. That's a scary thought and when you consider that most deaths from a head injury can be prevented by wearing a riding helmet that conforms to the current standards it's shocking that only 20% of riders wear a helmet every time they ride.

How long is a riding helmet good for?

Just like any item of clothing riding helmets don't last forever and do need to be replaced from time to time. There's no hard and fast rule as to when you should replace them but most people will say that they should be replaced every five years. You might think that if you've not had a fall it doesn't matter how long you keep your helmet for but there are a number of reasons why you should replace it regularly. Things such as sweat, temperature, rain and even UV rays can all help to reduce the effectiveness of your helmet over time. To make the most out of your helmet make sure you follow the care instructions that came with it

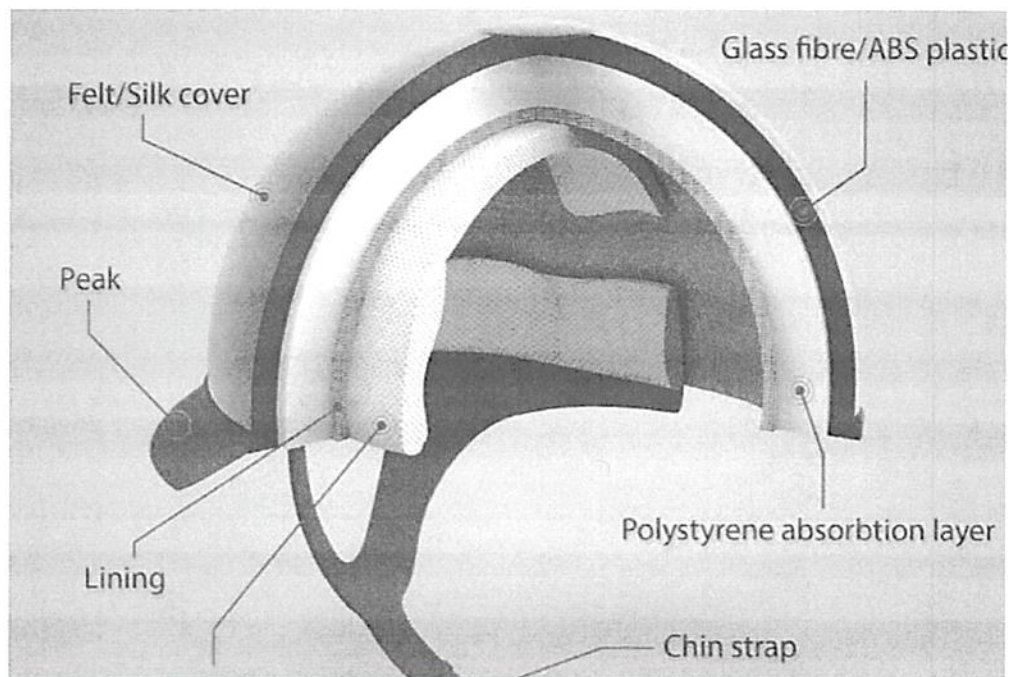
Do I need to replace my riding helmet if I have a fall?

Absolutely yes!! Even if you can't see any marks or cracks in your helmet you should replace it straight away. Each helmet is made up of multiple layers that aren't all visible so a crack, no matter how small, in any of them will prevent your helmet from giving you proper protection.



What is a horse riding helmet made of?

While the original riding helmets were made of little more than felt and cork today's hats are far more sophisticated and much more lightweight. The outer casing of the helmet is usually made from glass fiber or ABS (Acrylonitrile butadiene styrene) plastic while the absorbing inner layer is made from polystyrene. The reason polystyrene is used is because its construction has lots of air pockets that burst on impact and therefore protect the rider's head. The polystyrene is then covered in a foam pad to provide extra comfort to the rider.



## How do I choose a riding helmet?

In order to get the right helmet for you the most important thing is to measure your head, while most tack shops and saddleries will do this for you it doesn't hurt to know what size helmet you need beforehand. To measure your head use a dressmakers tape around the widest part of your head (approximately an inch above your eyebrows), this will give you a size that you can use to compare against the manufacturer's size chart. Each manufacturer will have their own size chart and there will be some variations between them, not just with some giving their measurements in cms and others in inches.

Once you know what size helmet you need you can then begin to try them on, a correctly fixed helmet should sit snugly, cover your entire skull and have even pressure all around. There shouldn't be any gaps and the helmet shouldn't ride up or fall down and the brim of the helmet should be around two fingers above the eyebrows.

If you're happy that the helmet fits properly it's time to adjust the chin strap, it should fit comfortably under your chin and hold the helmet in place. If you do it too tight then it'll become uncomfortable against your throat pretty quickly. Some riding helmets also allow you to adjust the harness so that it fits comfortably around your ears.

## Can I borrow a friend's helmet?

In theory yes you can use a friend's helmet if their head measurements are exactly the same as yours although I personally wouldn't. Not because there's anything wrong with borrowing a hat that fits you, I just like to know exactly how my helmet has been treated. If I only wear my own I know that it hasn't suffered any impacts and that it has been well looked after.

## Can you wear a cycling helmet for horse riding?

While they may look like they offer a similar level of protection they both conform to very different standards. When horse riding you're considerably higher off of the ground than you are on a bike and it's this height that can make all of the difference, then there's the speed as well. A cycling helmet will protect your head from an impact but a riding helmet will also protect the back of the head and can also withstand being punctured by sharp objects.

Different helmets are designed and tested for different purposes so it's important to make sure you're using the right helmet for the sport you're participating in.

### St Clair County 4H Fair Rules

**Protective headgear**—All participants in all hunter (over fences, on the flat, and bareback), dressage, bareback, saddle seat, and gymkhana classes are required to wear properly secured protective riding helmets whenever they are mounted. The helmets must meet the specifications of the American Society for Testing and Materials (ASTM), must be manufactured and distributed by a participant in the certification program of the Safety Equipment Institute (SEI), and must bear the SEI certification label (SEI F1163 or above). The exhibitor (or their parent or legal guardian if the exhibitor is a minor)—not the local show officials or judge—is solely responsible for complying with the headgear rule. Show officials reserve the right to spot-check helmets at any time to verify compliance with this rule. It is highly recommended that all 4-H members participating in horse shows, practice events and any other riding activity wear protective headgear. There will be no discrimination against protective headgear, even if the style does not match the style of riding. Harnesses must be secured and must properly fit the head. A well fitted helmet should stay on the rider's head when the rider bends over at the waist and shakes their head from side to side.

## Helmets

Use the above information to answer the questions.

1. Is it a good idea to borrow a friend's helmet? WHY? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. Should you use a cycling helmet for horse riding? Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. If you fall do you need to replace your helmet? Why ? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. Why is polystyrene used in horse helmets? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. Now tell me why it is important to wear a helmet? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_/8 points





Date Completed \_\_\_\_\_