

Half-Halt

The Newsletter for the Southeastern Chapter of the Virginia Dressage Association
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2025 MEMBERSHIP RENEWAL: If you have not already done so, please plan to renew your membership. Membership period is January 1 - December 31. You can renew and pay online:

<https://fs27.formsite.com/vablond25aolcom/form2/index.html>.

2025 Rates:

Senior Member \$57

Youth Member (21 and under) \$47

Farm/Family Membership \$110

(Farm/Family includes two members - additional members can be added at \$50 each-maximum four members)

Members at Large:

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**SVDA MERCH - ORDER DETAILS!
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Visit our online shop for SVDA logo items:

<https://southeastvda.itemorder.com/>

You can place orders directly to the shop, pay, and items will ship right to you.

NEWS FROM VADA:

Great American Insurance Group/USDF Reg 1 Championships and VADA Fall Show
2-5 October 2025
Virginia Horse Center, Lexington, VA

Weekend with Lauren Sprieser
25-26 October 2025
Old Raptor Farm, Louisa, VA

2025 US Dressage Finals presented by Adequan®
30 October – 2 November 2025
World Equestrian Center (WEC) Wilmington, OH



ATTENTION VOLUNTEERS:

SVDA Volunteer of the Day Program

In addition to receiving volunteer hours for volunteering at a show, SVDA is implementing a Volunteer of the Day program at schooling shows. All volunteers' names will be placed in a hat (one time for half day volunteers, two times for whole day volunteers) and one name will be randomly drawn. The winner can select their choice from a variety of gifts and gift cards, each with a \$25 value. Available choices are gift cards from Chick-fil-A, Wawa, Starbucks, SmartPak, Sugar Shack at the Mingle, and a gift bag from Cypress Saddlery. At the first 3 shows, we also have vouchers for free Chick-Fil-A sandwiches for some randomly selected volunteers.

SVDA SCHOLARSHIP PROGRAM:

Each year, SVDA members are eligible to apply for Scholarship and Foundation funds to further their advancement in dressage.

The SVDA Board of Directors votes on the applications received and can award up to two (2) Scholarships in the amount of \$400. If less than two (2) scholarships are given out in one (1) year, or there are additional funds, the Board may vote to give out additional scholarships that year.

See website for eligibility requirements or contact for details:

Whitney Kelso, Scholarship Chair
horsegalwhit@gmail.com
<https://southeastvirginiadressage.org/wpii/scholarship-program/>



ADVERTISE YOUR BUSINESS WITH SVDA
(discount applies to annual agreement)

SIZE	RATES	
	MONTH	YEAR
Full page	\$15	\$150
Half page	\$10	\$100
Quarter page	\$7.50	\$75
Business card	\$ 5	\$50
Classified	\$ 5	\$50

SVDA 2025 SCHOOLING SHOW SCHEDULE:

SHOW DATE	OPEN	CLOSE	LOCATION	JUDGE
8-24-25	7-28-25	8-15-25	Kelly Coyne Dressage	Robyn Nunnally, L Grad with Distinction & USEF WD "R" Judge
9-21-25 <i>*CHAMPIONSHIP*</i>	9-01-25	9-12-25	River Birch Farm	Sandy Toby, L Graduate with Distinction
10-26-25	9-29-25	10-17-25	Wakefield	Jane Kelly, L Grad with Distinction
11-25-25	10-27-15	11-07-25	White Acre Farm	AnnMari Ingersoll, L Grad with Distinction

Locations and Judges to be determined, check website for updates

ENTER ONLINE: <https://fs27.formsite.com/vablond25aolcom/q6gtyzijfb/index.html>

2025 LICENSED SHOW SCHEDULE (partial):

Aug 30-31	Cool Down Dressage - Pinehurst Harness Track - Pinehurst, NC
Sept 6-7	Dressage at Rose Mount Farm - Fredericksburg, VA
Sept 6-7	Whispering Miracles Dressage - Virginia Beach, VA
Sept 27-28	Pinehurst Fall Dressage - Pinehurst Harness Track - Pinehurst, NC
Oct 2- 5	GAIG/Reg 1 Championships and VADA Show Fall, Lexington, VA
See USDF website for full schedule of shows - Region 1 - www.usdf.org/calendar/competitions.asp	

UPCOMING SANCTIONED SHOWS

CRESCENT BAY PONY CLUB SEPTEMBER 28, 2025 SHOW MANAGER/SECRETARY Sharon DeCant E-Mail: Crescentbaypc@gmail.com ENTRY FORM	AIRFIELD 4-H CONFERENCE CENTER AIRFIELD 4-H CONFERENCE CENTER SEPTEMBER 6-7, 2025 SHOW MANAGER/SECRETARY Marie Taylor 23034 Dabney Mill Road	AIRFIELD 4-H CONFERENCE CENTER OCTOBER 3-5, 2025 SHOW MANAGER/SECRETARY Marie Taylor 23034 Dabney Mill Road N. Dinwiddie, VA 23803 804-314-5216 dabneymill@aol.com SHOW ENTRIES LINK	AIRFIELD 4-H CONFERENCE CENTER OCTOBER 25, 2025 SHOW MANAGER/SECRETARY Marie Taylor 23034 Dabney Mill Road N. Dinwiddie, VA 23803 804-314-5216 dabneymill@aol.com SHOW ENTRIES LINK	AIRFIELD 4-H CONFERENCE CENTER NOVEMBER 14-16, 2025 SHOW MANAGER/SECRETARY Marie Taylor 23034 Dabney Mill Road N. Dinwiddie, VA 23803 804-314-5216 dabneymill@aol.com
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Please note: In accordance with Safe Sport guidelines, all Juniors should be accompanied to SVDA events by their parent or legal guardian. In cases where a parent or legal guardian cannot attend, the parent or legal guardian should complete and sign a waiver, which is available at www.southeastvirginiadressage.org

VADA BOARD MEETING MINUTES 7-30-25 VIA ZOOM

Participating: Sheli King (VN); Jessie Ginsburg (NOVA); Alison Douglas (Central); Angie Stanaway (NEVADA); Robyn Nunnally (SVDA); Muffin Smith (SWVADA); Anne Draine (NEVADA); Eleszabeth McNeel (C'ville); Laura Nelson (SWVADA); Nancy Doody (C'ville); Megan Irby (F'burg); Katie Kelly (SWVADA); Rachel Rice (NOVA); Sandy Toby (SVDA); Hannah Bowers (F'burg) and member Dianne Boyd

Minutes: The minutes of the June meeting were unanimously approved.

Treasurer's Report: The combined balances are 207K.

Membership Report: For the year 2025, we have 525 memberships submitted.

VADA Safe Sport Policy Update: We have created a standing rule document that outlines the VADA policy. This leaves two open items, the first being that by October 1 st , all chapters should report back to VADA on how they have not only adopted the VADA policy but also how they have communicated that to their membership. The other item, which the committee is still working on, is the policy and procedure that speaks to safe sport training for those who are not USEF members and come in contact with minors. This will be finalized by the end of the year.

DAL Update: Based on the spreadsheet that Tina put together, it looks like we finally made a small profit on the show. Diane reported that we had 125 horses and ran 5 rings. She gives kudos to the VHC and everyone who helped and supported the show. We did test out a change that will also be used for GAIG and that was to put the warmup for Wylie in the ring behind it. The footing in the warmup and Wylie are now the same. The breed show numbers were up this year, and it seems to work well running it in the East Complex. Jessie would like to see the financials on that separately to see if it makes sense from a financial perspective to continue with the same structure and pricing. The footing in the Anderson will be returned to the sand/clay mixture for all our shows as the sawdust did not work well. Jessie had the suggestion that we note in the prize list that schooling for non-compete horses is limited, and the competitors understand that they are limited to specific areas.

GAIG Update: The show opens August 8 th and closes September 8 th . We are expecting it to be the same size as last year, which means utilizing all 8 rings. The competitors' party will be on Friday night, and the Doggy Costume contest will be on Saturday night. Rachel has sign up for volunteers up online and reminds folks that hotel rooms are a separate sign up.

Year End Award Committee: Nancy Doody has agreed to chair the committee again and Angela Stanaway will do the awards computations. Everyone on the committee from last year was asked to let Sheli and Nancy know if they will continue. Also, if you are interested in joining the committee, please contact Sheli by August 8 th . The date of the banquet is Sunday, February 1 st at the Greencroft Club.

New Business:

Nancy Doody is only getting membership updates from three chapters. It is extremely important for all communications with our members, including year end awards information that the membership chairs are submitting spreadsheets. The first tab of the workbook should have the first and last name of ONLY adult members. The second tab should have the email addresses for parents and guardians of junior members. Jessie suggested that chapters include the year end award emails that are sent in whatever form of communication the chapter uses to contact their members in an additional effort to not miss people accidentally.

Rachel would also like to work with the individual chapter's volunteer coordinators to ensure that the volunteers that think they have state hours vs chapter hours truly do.

Chapter Updates: PLEASE MAKE SURE YOU ARE SENDING INFO TO NANCY DOODY FOR THE WEBSITE. It's free advertising for any shows and clinics you're holding.

Central- The clinic that was scheduled for August 2nd on Horsemanship with Christina Bailey at Glamorgan Farm in Doswell has been postponed until the fall. Clinic with Kathy Rowse Sept 20-21 at Saddlebrook Stables in Powhatan, Clinic with Bruno Greber Nov 8 at Oakdale Equestrian Center in Powhatan

Charlottesville- Lauren Sprieser clinic Oct 24-25 at Old Raptor Farm

Fredericksburg – Licensed show September 6-7 at Rose Mount

NEVADA – Schooling Shows: Sunday August 10 (Judge tbd) Sunday Sept 21 (Judge tbd) Wednesday Oct 1 st at the State Fair (judged by AnnMari Ingersoll) Sunday Oct 19 (Judge tbd) Sunday Nov 2 (Judge tbd)

NOVA – August 23-24 two one day licensed shows, November 1 Schooling show and championship

SVDA- 2025 Schooling Show dates: August 24 at Kelly Coyne Dressage (judged by Robyn Nunnally) Sept

21 at River Birch Farm (judged by Sandy Toby) Oct 26 at the Airfield 4-H Conference Center – this is the Championship Show (judged by Kat Sepka, Elise Enoch & Robyn Nunnally) Nov 23 at White Acre Farm (judged by AnnaMari Ingersoll)

SWVADA- Oct 19 schooling show in conjunction with BREA at Green Hill Equestrian Park

Keeping Horses Cool in the Summer Heat: When is it Too Hot?

Summer is one of the most exciting times of year for many horse owners and riders. Longer daylight hours mean more time spent in the saddle, with young riders off from school and show season in full swing. While summer is a busy time for equestrians, it is crucial to prioritize the well-being and safety of both horse and rider, especially when facing severe heat and extreme weather conditions.

One factor that demands careful consideration is the heat index, a measure that takes into account both temperature and relative humidity to determine how hot it feels outside. Checking the heat index is important when determining whether it is safe to ride your horse or whether any special precautions are required. In this article, we will discuss how to use the heat index to keep your horse safe and share key considerations for the care of your equine partner during hot summer weather.

Understanding the Heat Index

The heat index, also referred to as the “apparent temperature,” measures how hot it feels (perceived heat) by factoring relative humidity into the actual air temperature. This measure provides a better representation of **risk of heat-related illness** because humidity makes it harder for the body to cool itself effectively.

Humidity levels, or the amount of moisture in the air, directly impact the body’s natural cooling process, including sweat which is the horse’s primary mechanism for dissipating body heat. When the air is saturated with moisture, sweat doesn’t evaporate as quickly or efficiently from the skin, making it feel hotter than the actual air temperature and reducing the body’s ability to regulate its temperature.

Equines are more susceptible to overheating than humans due to their higher proportion of active muscle mass, which produces a lot of body heat. Horses also have a lower body surface-to-mass ratio, meaning they have less surface area through which to dissipate heat via sweat. ^{[9][5]}

High heat index values can lead to heat stress and heat-related illnesses for both horse and rider, especially when exercising. Always check the heat index before exercising your horse and modify activities or take precautions accordingly.

How is the Heat Index Calculated?

The heat index is calculated using a combination of air temperature and relative humidity, which measures the amount of moisture present in the air. The formula for calculating the heat index slightly varies across different countries, and it also depends on whether the temperatures are expressed in Fahrenheit (°F) or Celsius (°C).

A commonly used method to compute the heat index in Fahrenheit (°F) is the formula devised by the National Weather Service (NWS) in the United States. ^[13] This formula requires the following inputs:

- Air temperature (T): The ambient temperature in Fahrenheit (°F)
- Relative humidity (R): The percentage of moisture in the air, indicating how saturated the air is with water vapor

Also, remember that the heat index is designed for shady, light wind conditions. Exposure to direct sunlight can increase heat index values by up to 15°F.

NOAA national weather service: heat index

Temperature Relative humidity	80 °F (27 °C)	82 °F (28 °C)	84 °F (29 °C)	86 °F (30 °C)	88 °F (31 °C)	90 °F (32 °C)	92 °F (33 °C)	94 °F (34 °C)	96 °F (36 °C)	98 °F (37 °C)	100 °F (38 °C)	102 °F (39 °C)	104 °F (40 °C)	106 °F (41 °C)	108 °F (42 °C)	110 °F (43 °C)
40%	80 °F (27 °C)	81 °F (27 °C)	83 °F (28 °C)	85 °F (29 °C)	88 °F (31 °C)	91 °F (33 °C)	94 °F (34 °C)	97 °F (36 °C)	101 °F (38 °C)	105 °F (41 °C)	109 °F (43 °C)	114 °F (46 °C)	119 °F (48 °C)	124 °F (51 °C)	130 °F (54 °C)	136 °F (58 °C)
45%	80 °F (27 °C)	82 °F (28 °C)	84 °F (29 °C)	87 °F (31 °C)	89 °F (32 °C)	93 °F (34 °C)	96 °F (36 °C)	100 °F (38 °C)	104 °F (40 °C)	109 °F (43 °C)	114 °F (46 °C)	119 °F (48 °C)	124 °F (51 °C)	130 °F (54 °C)	137 °F (58 °C)	
50%	81 °F (27 °C)	83 °F (28 °C)	85 °F (29 °C)	88 °F (31 °C)	91 °F (33 °C)	95 °F (35 °C)	99 °F (37 °C)	103 °F (39 °C)	108 °F (42 °C)	113 °F (45 °C)	118 °F (48 °C)	124 °F (51 °C)	131 °F (55 °C)	137 °F (58 °C)		
55%	81 °F (27 °C)	84 °F (29 °C)	86 °F (30 °C)	89 °F (32 °C)	93 °F (34 °C)	97 °F (36 °C)	101 °F (38 °C)	106 °F (41 °C)	112 °F (44 °C)	117 °F (47 °C)	124 °F (51 °C)	130 °F (54 °C)	137 °F (58 °C)			
60%	82 °F (28 °C)	84 °F (29 °C)	88 °F (31 °C)	91 °F (33 °C)	95 °F (35 °C)	100 °F (38 °C)	105 °F (41 °C)	110 °F (43 °C)	116 °F (47 °C)	123 °F (51 °C)	129 °F (54 °C)	137 °F (58 °C)				
65%	82 °F (28 °C)	85 °F (29 °C)	89 °F (32 °C)	93 °F (34 °C)	98 °F (37 °C)	103 °F (39 °C)	108 °F (42 °C)	114 °F (46 °C)	121 °F (49 °C)	128 °F (53 °C)	136 °F (58 °C)					
70%	83 °F (30 °C)	86 °F (30 °C)	90 °F (32 °C)	95 °F (35 °C)	100 °F (38 °C)	105 °F (41 °C)	112 °F (44 °C)	119 °F (48 °C)	126 °F (52 °C)	134 °F (57 °C)						
75%	84 °F (29 °C)	88 °F (31 °C)	92 °F (33 °C)	97 °F (36 °C)	103 °F (39 °C)	109 °F (43 °C)	116 °F (47 °C)	124 °F (51 °C)	132 °F (56 °C)							
80%	84 °F (29 °C)	89 °F (32 °C)	94 °F (34 °C)	100 °F (38 °C)	106 °F (41 °C)	113 °F (45 °C)	121 °F (47 °C)	129 °F (54 °C)								
85%	85 °F (29 °C)	90 °F (32 °C)	96 °F (36 °C)	102 °F (39 °C)	110 °F (43 °C)	117 °F (47 °C)	126 °F (52 °C)	135 °F (57 °C)								
90%	86 °F (30 °C)	91 °F (33 °C)	98 °F (37 °C)	105 °F (41 °C)	113 °F (45 °C)	122 °F (50 °C)	131 °F (55 °C)									
95%	86 °F (30 °C)	93 °F (34 °C)	100 °F (38 °C)	108 °F (42 °C)	117 °F (47 °C)	127 °F (53 °C)										
100%	87 °F (31 °C)	95 °F (35 °C)	103 °F (39 °C)	112 °F (44 °C)	121 °F (49 °C)	132 °F (56 °C)										

Key to colors: Caution Extreme caution Danger Extreme danger

Figure 1: National Weather Service Heat Index Chart for Humans in Shady Locations^[13]

Heat Index Chart for Horses	
Little to No Risk	<div style="background-color: #90EE90; border: 1px solid black; padding: 2px; display: inline-block;">< 80°F</div> <p>Enjoy your ride! When the heat index is less than 80°F (27°C), your horse can keep its body cool via natural mechanisms. Your normal post-exercise cool-down routine should be sufficient. Offer fresh water for drinking, perform a quick hosing, and let your horse dry off in a well-ventilated area.</p>
Slight Risk	<div style="background-color: #FFD700; border: 1px solid black; padding: 2px; display: inline-block;">81 – 90°F</div> <p>You can still enjoy your ride! Be aware that your horse’s cooling mechanisms are slightly compromised when the heat index is between 81 – 90°F (27 – 32°C). However, the risk of overheating remains low. Follow a proper post-exercise cool-down routine to ensure your horse’s temperature returns to normal. Offer fresh water for drinking, hose down your horse, and let them dry off in a well-ventilated area.</p>
Elevated Risk	<div style="background-color: #FFA500; border: 1px solid black; padding: 2px; display: inline-block;">91 – 100°F</div> <p>Use caution! When the heat index is between 91 – 100°F (32 – 37°C), your horse’s cooling mechanisms are very compromised and the risk of overheating is moderate. Exercise should be modified and additional cooling measures may be required. After exercise, offer your horse fresh drinking water, hose them down, and let them dry off in a well-ventilated area or under fans until your horse’s vital signs normalize.</p>
Very High Risk	<div style="background-color: #FF4500; border: 1px solid black; padding: 2px; display: inline-block;">101 – 110°F</div> <p>Exercise utmost caution! When the heat index is between 101 – 110°F (38 – 43°C), your horse’s natural cooling mechanisms are ineffective and there is significant risk of overheating. Exercise should be avoided and substantial cooling measures may be required. If your horse must exercise, immediately provide them with fresh drinking water and continuously hose them down in a well-ventilated area until their vital signs return to normal.</p>
Extreme Risk	<div style="background-color: #800080; border: 1px solid black; padding: 2px; display: inline-block;">> 111°F</div> <p>Exercise extreme caution! When the heat index exceeds 111°F (43.5°C), your horse’s cooling mechanisms are ineffective, leading to an extremely high risk of overheating even at rest. All activity should be avoided and vigorous cooling measures are required at all times. Provide your horse with fresh drinking water and keep them sheltered in a well-ventilated area with fans or misters. Consider relocation if a prolonged heatwave is expected. If your horse shows signs of heat stress, continuously hose them down until their vital signs normalize.</p>

Staying Safe When Riding in Hot Weather

In hotter climates or during periods of extreme heat, temperature management, hydration, and proper care are vital to ensure the safety and welfare of both the rider and the horse. Before jumping into the saddle, consider the following: ^[1]

1. Monitor the heat index: Before you head out for a ride, check the heat index for your area. Avoid or modify riding when the heat index reaches potentially dangerous levels, usually above 90°F (32°C).
2. Hydration is key: Ensure that both you and your horse are adequately hydrated before, during, and after riding. Offer your horse water regularly, provide free-choice loose salt and feed electrolytes to replenish those lost in sweat. Take breaks during your ride to allow your horse to rest and drink water.
3. Time your rides appropriately: Plan your rides during the coolest parts of the day, usually early morning or late evening when temperatures are lower and the heat index is more favorable.
4. Adjust the intensity and duration of the ride: When the heat index is high, shorten the duration and reduce the intensity of rides to prevent overexertion and excessive sweating. Listen to your horse and be mindful of any signs of fatigue or distress.
5. Provide shade and ventilation: If possible, choose routes that provide shade, such as wooded trails or areas with buildings. Proper airflow helps horses regulate their body temperature. Ensure that your horse's stable and turnout areas have sufficient ventilation.
6. Watch for signs of heat stress: Be vigilant for signs of heat stress in your horse, including excessive sweating, rapid breathing, elevated heart rate, lethargy (fatigue), stumbling, or muscle weakness. If you notice any of these signs, dismount immediately, find shade, and cool your horse down with water.

By carefully monitoring the heat index, modifying your riding routine, and being attentive to signs of heat stress, you can ensure your horse's comfort and protect them from the risks associated with excessive heat. Ultimately, adopting an informed approach to riding in hot weather will keep both you and your horse safe and healthy.

See full article at: <https://madbarn.com/equine-heat-index/>

Source: **Dr. Fran Rowe, DVM**, July 12, 2023, "Heat Index Guidelines for Horses", <https://madbarn.com/equine-heat-index/>



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