



# Monitoring your horse's condition using a weighttape



Weighttapes are a simple tool to help you assess the bodyweight of your horse or pony. They will give you a good idea of your horse's approximate weight and are particularly useful for monitoring any changes in bodyweight. Using a weighttape regularly is therefore a good idea if you are hoping your horse will lose weight, gain weight, or if you have a growing youngster.

Body condition scoring can also be used to monitor a horse's condition. For more information on this, please see our Body Condition Scoring leaflet.

## How to Use Your Baileys Weighttape

- Remember that some horses, particularly foals and young horses, can be nervous about their initial encounter with a weighttape.
- Standing on the horse's near side, keep the end of the tape with the Baileys logo in your right hand and pass the rest of the tape over the horse's back behind the withers.
- The tape needs to sit where the girth would normally go, just back from the front legs, and should be pulled snug to depress the flesh very slightly.
- Read the weight by overlapping the tape and reading the measurement at the arrow.
- The top row gives the girth measurement in centimetres and the next rows, the bodyweight in pounds (lbs) and kilograms (kg).
- Take this measurement regularly to monitor losses or gains – every two weeks is ideal. Ensure that you do this at the same time of day for each measurement to improve accuracy. This can be particularly useful in the case of a new horse, as a year's worth of readings can give an indication of seasonal weight gain and loss to help prepare for the following year.
- If you get the opportunity to use a weighbridge, it is a good idea to use your weighttape at the same time. This will give you an idea of the accuracy of your weighttape for your horse and allow you to continue monitoring the gains and losses when a weighbridge.
- For foals or growing youngsters, the bodyweight can be plotted on a Baileys Growth Monitoring Chart to monitor the rate of growth and allow the diet to be adjusted accordingly. Growth Monitoring Charts are available by post or email (see contact details below) or can be downloaded from the Stud Area of the Baileys web site at [www.baileyshorsefeeds.co.uk/studareahome/growthmonitorchart.htm](http://www.baileyshorsefeeds.co.uk/studareahome/growthmonitorchart.htm).

## Other uses

Just like humans, horses do not all deposit fat in the same place. For example, good-doers may often deposit fat in the crest and the neck, so your weighttape can be used here to measure in centimetres and thereby help to identify and monitor weight loss.

The Baileys weighttape can also be used to measure height (in hands). With the horse on a level standing surface, measure from the ground in a straight line up to the top of his withers. You may need to ask a friend to help!



For advice on feeding the poor-doer, good-doer or youngster, contact our team of nutritionists on 01371 850247 (option 2) or [nutrition@baileyshorsefeeds.co.uk](mailto:nutrition@baileyshorsefeeds.co.uk).