

**Guidelines for Performing a Vet Check on Your Horse**

Parameter	Green	Yellow	Red
Eyes	bright, clear	glassy	fixed stare, sunken eyeball
Mucous Membranes	pink, moist	pale, tacky	dry, purple, blue
Capillary Refill	0 - 1 seconds	2 - 3 seconds	4+ seconds
Jugular Refill	1 - 2 seconds	2 - 3 seconds	4+ seconds
Skin Pinch	0 - 1.5 seconds	2 - 3 seconds	4+ seconds
Heart Rate <small>(after strenuous exercise)</small>	<68 in 10 minutes	68 in 10 - 30 minutes	>68 in 30 minutes
Gut Sounds	normal	reduced / increased	absent
Respiratory Rate	relaxed, regular	panting / inversion	laboured / abnormal
Joint / Legs	no heat or swelling	heat, swelling	pain, heat, swelling
Wounds Saddle/Girth	no visible marks	heat, swelling, tender	pain, raw, bleeding
Muscles Back	relaxed	tight, tender	very tight, pain
Anal Tone	tight	slightly loose	loose
Rectal Temperature	<38.6 C pre-ride <39.6 C during ride	39.5 C - 40.5 C during ride	>40.5 C

Impulsion	free, willing	stumble, short stride	stiffness
Attitude	bright, eats, drinks	depressed, lethargic	dull, not interested, absence of thirst / appetite urination / defecation