


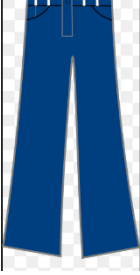




Horse riding safety






Horses are large powerful animals that are capable of tremendous speed and power. Injuries from horses can occur on the ground (e.g. from being stepped on or kicked by the horse) as well as while riding (e.g. when thrown from a horse). To ensure that horseback riding is a fun and safe activity for customers, the following safety measures need to be considered:

Safety through proper equipment and attire: It is important that all customers have proper equipment and appropriate rider attire. No exceptions made.

				
<p>Make sure all customers are fitted for proper <i>saddles</i>. If the saddle is the improper size, the customer could be more likely to slip out of it and fall.</p>	<p>A properly fitted <i>helmet</i> should be worn by all customers at all times to prevent possible head injuries.</p>	<p><i>Shoes</i> need to be closed toe to help protect foot in case a horse steps on it. Shoes should also have a heel to prevent the foot from sliding through the stirrup and getting caught.</p>	<p><i>Long pants</i> should always be worn. Jeans are perfectly acceptable. Shirt should be tucked in.</p>	<p><i>Gloves</i> are also recommended to prevent the reins from slipping if hands become sweaty.</p>

Safety through proper on the ground instruction: Before any customer gets on a horse, customers should be introduced to the following safety measures.

	<p><i>Prevention to spook a horse</i> Horses are easily spooked and this is when the majority of injuries occur. Customers should avoid sudden or unexpected movements; loud, sudden noises (alarms, whistles, bells, cell phones, screams, etc.); camera flashes</p>
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	<p><i>Approaching a horse</i></p> <ul style="list-style-type: none"> ○ Always speak to a horse to alert him of your presence before walking near; this avoids provoking his startle reflex. ○ Approach from the side, to avoid his "blind" spots (directly in front of and behind him). ○ When introduced to your horse offer the back of your hand to him to smell. That is called a “horseman’s handshake” and it is the proper way to introduce yourself to the horse. ○ To walk behind a horse, go far enough away to be well out of kicking range. ○ Be mindful of a horse's feet, they are often careless about where they step.
	<p><i>Leading a horse</i></p> <ul style="list-style-type: none"> ○ Always use a lead rope attached to the horse's halter, rather than grasping the halter itself, which provides no options if the horse were to startle. ○ Don't coil the end of the lead rope around your hand, where the loops could tighten; instead, fold it back and forth and grasp the middle of the folds. ○ To avoid being pulled over and dragged, never wrap a lead rope or any other line attached to a horse around any part of your body.
	<p><i>Feeding treats</i></p> <p>The safest way to feed a horse a treat is to put the goodie into a bucket first. In case of hand-feeding, chunks should be fed from the palm of a flattened hand to avoid being accidentally nipped.</p>
	<p><i>Mounting</i></p> <ul style="list-style-type: none"> ○ Important to follow proper technique (a instructor should show how) and maintain contact with the reins before swinging aboard. ○ The horse should stand still for mounting and should be held by a staff until the customer is securely in the saddle
	<p><i>Paying attention</i></p> <p>Staying calm, focused, and alert in the saddle at all times is a key safeguard.</p>

Inspect riding areas: areas where riding occurs should be routinely checked to make sure there is no dangerous terrain.

Customers always need to be watched to make sure they are comfortable on the horse, obeying all the rules, and ride safely. Horses always need to be observed for signs of discomfort or strange behaviour.

Sources

<https://cultureofsafety.thesilverlining.com/wilderness/horseback-riding-safety/>

https://horseandrider.com/health-and-advice/safety_rules_kids_052908-20083