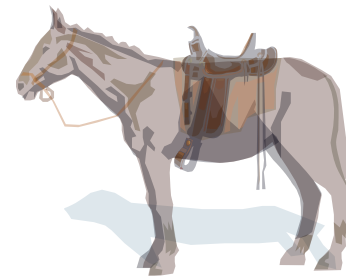


March Riding Safety



Tips for Safe Horseback Riding

- Ask permission from your parent before going riding or handling your horse. Make sure your parents know which horse you are handling or riding and where you will be.
- Don't run or play around your horses. It can frighten them. Let your horse know you are there by speaking to it when you approach.
- Wear appropriate clothing when riding.
- Items that move suddenly can be just as or more problematic than a noise. Know what things are "triggers" to your horse. Some horses can't stand dogs, bicycles, flags, balloons, garbage cans, etc. Always be aware of your surroundings as even things that didn't "spook" your horse yesterday, might tomorrow.
- Ride in a familiar, safe environment and never ride on the road or trail alone.
- Make sure your horse is healthy. Always groom your horse before going out. You will notice any potential bumps, scratches or marks which could be harmful to your animal.
- **Always** wear a helmet when riding, and ensure there is a second person nearby to be a spotter in case anything was to happen.



Riding Safety Equipment

- Riding Helmet
- Proper riding boots with an elevated heel.
- Clean and undamaged tack.
- Appropriate fitting tack for your horse.
- A phone with an emergency contact in case you need help.
- For extended rides, an emergency first-aid kit is good idea, as well as fresh water and food for both you and your animal.

Consider taking riding lessons to learn how to properly and safely ride your horse!

Resources

[B.C. 4-H Horse Project Member Manual](#)

Publication #1010

[Horse Council of British Columbia](#)

www.hcbc.ca

[Equine Canada](#)

www.equinecanada.ca

[BC Farm Animal Care Council](#)

www.bcfacc.ca

Activities

Short Activities

- As a club, brainstorm ideas and create a list of what should be included in an equine first aid kit. Encourage members to make a kit of their own by having everyone bring in an example at a following meeting of what they came up with. Some items that should be included are: bandages, scissors, flashlight, hoof pick, ice packs, rubbing alcohol, sheet or roll cotton, gauze, surgical gloves, wire cutters, antiseptic, and cleaner. For a complete list and more details, visit <http://www.drsfostersmith.com/pic/article.cfm?aid=1644>.
- Review horse handling “Safe Zones”, how to approach your horse, practice tying the various knots used to lead and tie a horse safely. Bring in some ropes and have members practice tying them. For more resources on this, consider showing the following videos:
 - [How to tie a Quick Release Knot \(http://www.youtube.com/watch?v=rdgSDdwhKAI\)](http://www.youtube.com/watch?v=rdgSDdwhKAI)
 - [How to Tie Your Horse Safely and Securely \(http://www.youtube.com/watch?v=lqOEop37d_U\)](http://www.youtube.com/watch?v=lqOEop37d_U)
 - Create a poster showing Horse Danger Zones after watching [this video](#). Use the diagram on the next page as a template. Have members highlight potential dangers in each zone. (<http://www.youtube.com/watch?v=TudeTWXpcOo>)



Long Activities

- Invite a local equine veterinarian to come and speak to your group about any of the following or other suggested topics:
 - Proper use of the supplies in your equine first aid kit.
 - How to groom your animal before riding to monitor health.
 - Health requirements of your animal and safety and welfare considerations before transport.
- Have a parent or leader bring a horse trailer and go through the pre-trip safety checklist for safe towing. [This link](#) has a thorough list of the steps involved in the pre-trip inspection recommended by ICBC. You will find the list in Chapter 3. (http://www.icbc.com/csDelPrd/Satellite?blobcol=urldata&blobheader=application%2Fpdf&blobheader_name1=Content-Disposition&blobheadervalue1=filename%3D%22trailer-full.pdf%22&blobkey=id&blobtable=MungoBlobs&blobwhere=1381377235330&ssbinary=true)

Horse Safety Zones

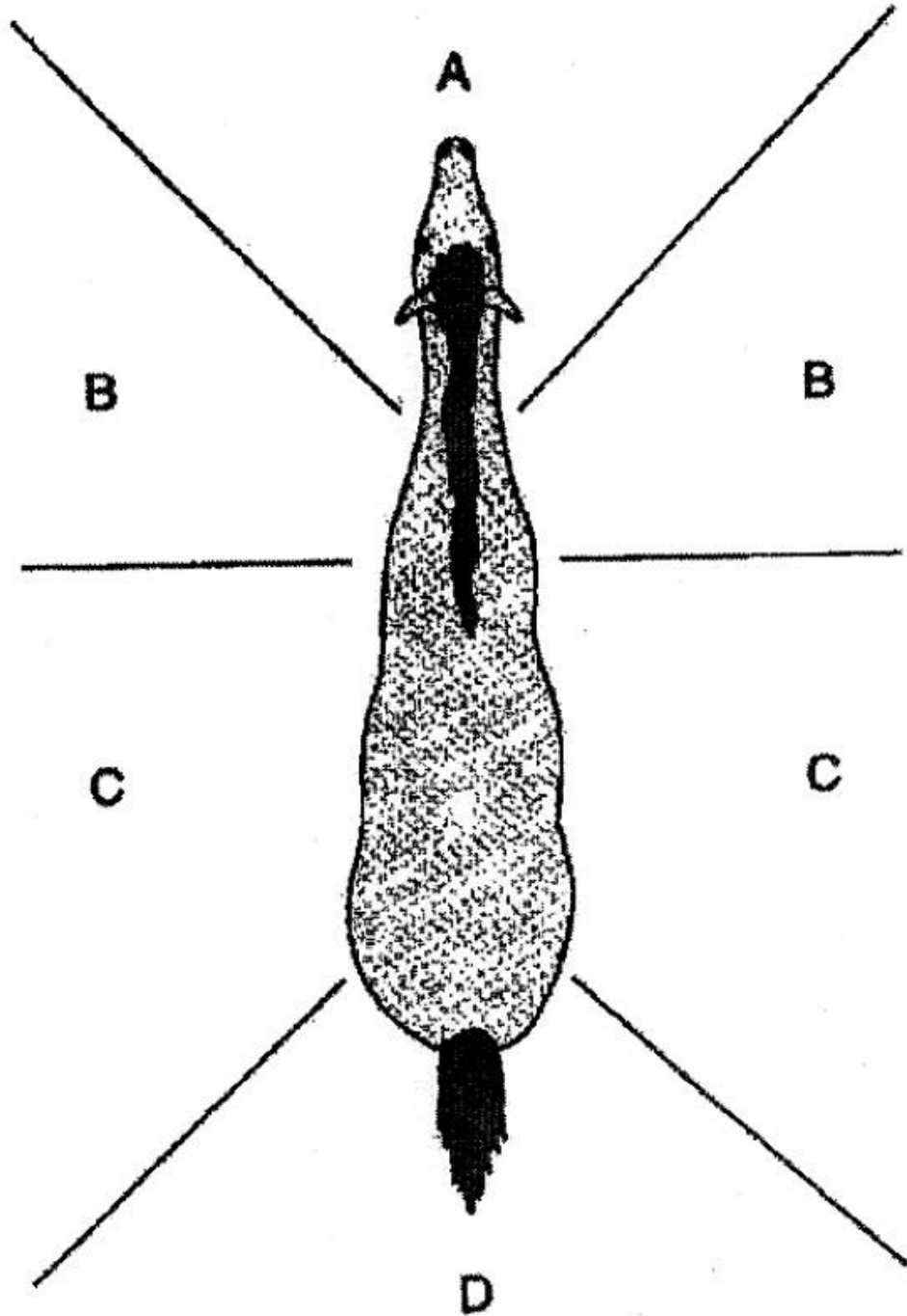


Image from Kentucky 4-H Horse Volunteer Certification Resource Manual.