

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HORSEBACK RIDING (WESTERN AND ENGLISH SADDLE)

The term “equestrian” refers to the skill of riding or driving horses for working purposes (ranching), as well as recreation, or competition.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor trained through Manitoba Horse Council (Equine Canada Hippique Program), the Certified Horsemanship Association, or another appropriate program or is capable of demonstrating competencies required for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks of horseback riding

Safety rules and riding etiquette are learned prior to participation

Skills/movements are learned in proper progression

Students demonstrate competency of skill/fitness prior to longer rides or more difficult tasks

Difficulty of ride is appropriate for student’s development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

On trail rides, the lead rider must be a capable horseperson who can read the terrain and make decisions

Initial instruction is received in a ring

* See camping checklists for safety information when camping overnight.

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<p>Supervision</p> <p>Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.</p> <p>Recommended level of supervision: on-site supervision during instruction and otherwise providing in-the-area supervision</p> <p>Adequate space is maintained between horses</p> <p>On group trail rides one supervisor takes the lead while a second is the sweep</p> <p>Safety rules and procedures are enforced</p> <p>Emergency action plan is in place to deal with accidents/injuries</p>	<p>Facility/Environment</p> <p>Local weather conditions, forecast, humidity, and windchill are checked prior to outdoor session</p> <p>Activity area is free of hazards/debris</p> <p>Activity area is clearly marked</p> <p>Proper lighting and ventilation, when applicable, are provided</p> <p>Safety rules/regulations are posted</p> <p>Instructions for use of facility are posted</p> <p>Emergency exit of indoor facility is clearly marked</p> <p>Trails are selected to match abilities of students and horses</p> <p>Riding along or across roads is avoided</p>
<p>Equipment</p> <p>Equipment to be used is suitable and in good condition</p> <p>Tack is adjusted properly</p> <p>Horse is suitable for size and ability of rider</p> <p>Portable media players (such as an MP3 player) are not permitted</p> <p>First aid kit and phone are available</p>	<p>Clothing/Footwear</p> <p>Appropriate and properly fitted helmet is worn</p> <p>Appropriate clothing (long pants) and footwear (closed toe and 1" heel) are worn</p> <p>Clothing is worn in layers</p> <p>Suitable protection from weather, sun, and insects is used</p>
<p>Other Considerations</p> <p>The student has completed a regular medical checkup and a medical history prior to starting the program</p> <p>The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</p> <p>Registration in an accident insurance plan is encouraged</p> <p>Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional</p> <p>The activity is suitable to the student's age, ability, mental condition, and physical condition</p> <p>The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</p> <p>The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher</p>	