



# HORSE RIDING

## Safety Guide

Sports Recreation

6

Key Benefits

40

Control Measures

20

Checklist Items

## KEY BENEFITS

### Balance & Coordination

Enhances balance and coordination through maintaining posture and controlling the horse.

### Core Strength

Improves core strength and stability with consistent riding and maneuvering.

### Mental Focus

Develops mental focus and patience required for effective communication with the horse.

### Flexibility

Boosts flexibility and range of motion through dynamic riding movements and transitions.

### Muscle Endurance

Increases muscle strength and endurance, particularly in the legs and core.

### Emotional Wellbeing

Supports emotional well-being and stress relief through bonding with the horse.

**KEY HAZARDS & CONTROL MEASURES****Falls from the Horse**

- ✓ Ensure helmets and protective gear are worn
- ✓ Match horses to rider skill levels
- ✓ Provide professional training on riding techniques
- ✓ Supervise riding sessions closely

**Horse Bolting or Spooking**

- ✓ Use secure fencing and barriers
- ✓ Educate riders on handling unexpected behavior
- ✓ Train horses to remain calm
- ✓ Implement strict safety protocols

**Horse Rearing or Bucking**

- ✓ Train horses to reduce these behaviors
- ✓ Educate riders on how to respond
- ✓ Ensure tack is well-fitted and comfortable
- ✓ Use padding around barriers

**Horse Kicking or Biting**

- ✓ Train horses to reduce aggressive behaviors
- ✓ Use properly fitted tack
- ✓ Train handlers in safe handling techniques
- ✓ Supervise all interactions

**Uneven or Wet Ground**

- ✓ Inspect and maintain riding areas
- ✓ Educate on safe practices in varying conditions
- ✓ Use non-slip surfaces where possible
- ✓ Provide appropriate footwear guidance

**Poorly Fitted Tack**

- ✓ Conduct regular tack inspections
- ✓ Educate on importance of correct fit
- ✓ Provide fitting sessions for riders
- ✓ Replace damaged equipment promptly

**Improper Mounting/Dismounting**

- ✓ Teach proper mounting/dismounting techniques
- ✓ Supervise closely, especially beginners
- ✓ Use mounting blocks or aids
- ✓ Encourage taking time and maintaining balance

**Collisions with Other Riders**

- ✓ Implement clear riding paths and boundaries
- ✓ Use mirrors in training areas
- ✓ Educate on maintaining awareness
- ✓ Enforce safe riding distances

**Inadequate Supervision**

- ✓ Ensure qualified instructors are present
- ✓ Supervise closely to enforce safety rules
- ✓ Maintain appropriate ratios
- ✓ Provide ongoing staff training

**Unpredictable Reactions**

- ✓ Train horses to remain calm around stimuli
- ✓ Use barriers to shield from disruptions
- ✓ Educate riders on handling reactions
- ✓ Minimize startling stimuli

**PRE-SESSION SAFETY CHECKLIST****Risk Assessment**

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

**Horse & Tack**

- Horse suitable for rider level
- Saddle correctly fitted
- Girth secure
- All tack checked for damage
- Horse health checked
- Bridle in good condition
- Stirrups correct length

**Rider Equipment**

- Helmet fitted correctly
- Appropriate footwear
- Body protector (if jumping)
- Helmet current standard
- No loose clothing

**Session Management**

- Qualified instructor present
- Arena/route inspected
- First aid accessible
- Appropriate ratios maintained
- Weather conditions suitable



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