



HORSEBACK RIDING

Safety Guide

Youth Group

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Key Benefits

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Checklist Items

KEY BENEFITS

Physical Fitness

Promotes physical fitness and coordination through riding activities.

Responsibility

Enhances responsibility and care through horse grooming and maintenance.

Empathy

Fosters empathy and compassion through interaction with animals.

Confidence

Builds confidence and self-esteem through mastering riding skills.

Patience

Encourages patience and perseverance in training and riding.

Therapeutic Benefits

Provides therapeutic benefits through the bond between rider and horse.

KEY HAZARDS & CONTROL MEASURES**Falls & Horse Behavior**

- ✓ Helmets worn by all riders
- ✓ Emergency dismount training
- ✓ Suitable horse-rider matching
- ✓ Experienced instructor supervision

Tack & Equipment

- ✓ Tack checked before each ride
- ✓ Girth tightened correctly
- ✓ Stirrup size appropriate for rider
- ✓ Regular maintenance schedule

Trail & Environment

- ✓ Route assessed beforehand
- ✓ High-vis worn on roads
- ✓ Avoid riding in poor conditions
- ✓ Lead and tail riders assigned

Mounting & Handling

- ✓ Mounting blocks used
- ✓ Appropriate footwear required
- ✓ Safe handling techniques taught
- ✓ Horses held during mounting

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

Pre-Session

- Experience levels assessed
- Horse-rider matching done
- Consent and health info collected
- Weather conditions checked

Equipment

- Helmets fitted correctly
- Tack inspected
- Appropriate footwear checked
- Body protectors available

Horses

- Horses health checked
- Girths tightened
- Saddles fitted correctly
- Suitable horses selected

Safety Briefing

- Mounting procedure explained
- Riding area rules given
- Emergency stop taught
- First aid kit accessible



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