

Title:

Horse And Rider Safety

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Summary:

There is no beating around the bush - horse riding is a risk sport. Apart from the obvious dan

Riding need not be any more dangerous than any other risk sport, as long as certain precaution

Safety fo...

Keywords:

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Article Body:

There is no beating around the bush - horse riding is a risk sport. Apart from the obvious dan

Riding need not be any more dangerous than any other risk sport, as long as certain precaution

Safety for Visitors on the Yard

Horses are large prey animals and have been designed through evolution to protect themselves f

Riding Hats

Riding hats or helmets MUST be worn at all times when riding, and are paramount to horse rider

The most important thing about a riding hat is that it much be fitted correctly ideally by som

If the hat suffers a severe impact, either as a result of a fall or a drop onto a hard surface

Hats do not last forever as the protective padding gradually compresses with use, and the hat

Riding Hats and the Law

It is a legal requirement that children under the age of 14 MUST wear a riding hat which conf

Body Protectors

Horse rider safety can be helped by a body protector which can give protection to the chest an

There are three standards of protection, and each has a different coloured label in the shops

Level 1 Black label

Protectors providing a lower level of protection that is only considered appropriate for licences jockeys.

Level 2 Brown label

Protectors providing a lower than normal level of protection that is only considered appropriate for use in low risk situations. These DO NOT include riding on roads or

Level 3 Purple label

Protectors providing a level of protection that is considered appropriate for normal horse rid
Prevent minor bruising that would have produced stiffness and pain.
Reduce significant soft tissue injuries to the level of bruising.
Prevent a limited number of rib fractures.

When first using a body protector it will feel very strange and restrictive. Most protectors m
Body protectors cost from £60 up - a good investment for something that may save your life!

Body Protector Fit

Fitting is of paramount importance and a visit to a properly trained retailer is recommended,
Ensure that you are wearing the correct size of body protector and that it is adjusted to give
The body protector should be tried on over light clothing. Check that is comfortable to wear i

Footwear

It is essential that you ride in appropriate footwear. Serious injuries can be caused if you f
It is not appropriate to ride in trainers as they have no heel and can be dangerous.

Safe Tack

You are now equipped with riding hat and body protector, and proper footwear. Now it is time t
The object of riding and of horse rider safety is to stay on top of your horse - your riding a
Tack needs to be checked regularly so you can spot a problem before it occurs.

Leather tack needs to be kept clean and well conditioned so that it remains supple - stitching
Tack can be repaired, but don't skimp here. If it is in bad condition, replace it! If your gir

Buy the right tack for your riding discipline. Also make sure the tack fits your horse properl

Finally it is good if you can develop a relationship with your tack supplier - for example, ha

Visibility on the Road

Wearing hi viz protective clothing when riding on the road can make you more visible to a car

It is not always in poor or dark conditions that hi viz equipment is necessary - on a bright s

Slogans on tabards, such as 'Pass wide and slow' also help remind drivers of the need to take

Equestrian Road safety also includes thanking drivers who show consideration for horses and th

At any time in your horse riding career you may part company with your mount when you least ex

Horses weight half a ton or more ~ they must be respected!

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