

## Horseback Riding Activity-Specific Plan

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Camp Name:  Date:   
Prepared by:  Title:   
Phone number:  Email:   
Signature:

Complete the following plan for each Horseback riding activity that campers participate in. Submit the completed plan to the [local health department or State District Office](#) that has jurisdiction in the county where the camp is located for review.

A copy of the approved plan must be maintained at the camp and reviewed by the activity leader prior to overseeing the activity.

### For Health Department Use Only

Approved:  Yes  No

Reviewer:  Date:  Comments:

## EQUESTRIAN ACTIVITIES

Riding a horse involves teamwork and, when necessary, requires the rider to exert control and influence over a powerful and potentially unpredictable animal; maturity, experience, coordination, timing and physical ability are all components required to achieve safe riding skills.

Few injuries are reported for equestrian activities; however, when injuries do occur, they are frequently serious (concussions and fractures represent most injuries, and injuries to the head and neck are the most serious). Falls, collisions, being dragged with a foot caught in a stirrup, being crushed between the horse and the ground, and being trampled, kicked or bitten account for most injuries. Equipment problems are also associated with injuries and include: improper boot-stirrup or helmet fit; broken reins, bridles or stirrup straps; and malfunctions of the stirrup-release mechanism.

Based on this information, it is recommended you carefully select experienced and trained/certified staff for this activity and to aid you in developing a safe equestrian program for your camp. First aid and cardiopulmonary resuscitation certifications are strongly recommended for all equestrian staff.

1. Are horseback riding activities conducted on-site or during camp trips? (check all that apply)

- On-site       During camp trips (also complete the Activity-Specific Plan for Camp Trips)

2. What types of riding activities are conducted? (Check all that apply)

- Arena       Riding ring       Trail       Other (specify): Enter text here.

For horseback riding activities, the activity leader must be at least 18-years-old and a competent riding instructor who is knowledgeable in horse behavior and control, able to match horses with rider's demonstrate proper riding techniques.

A minimum of one activity leader and one staff member must supervise horseback riding activities that occur at locations where additional camp staff assistance is not readily available (within five minutes).

When horseback riding is conducted at a location where the camp staff certified in first aid and CPR are not readily available, the activity leader must possess or be accompanied by staff who possesses current first aid and CPR certification in an approved course. NYSDOH Fact Sheets listing approved CPR and First aid certifications are available at [www.health.ny.gov/environmental/outdoors/camps](http://www.health.ny.gov/environmental/outdoors/camps) or by contacting your local health department.

For camp-trip horseback riding, complete the Camp Trip Activity-Specific Plan for the trip leader qualifications and other trip requirements.

3. List the required prerequisites for the activity leader (e.g. training, skills, experience, certification):

- Minimum age:     18 years-old       21 years-old       Other (specify): Enter text here.
- Experience (specify in number of weeks or other quantifiable time period): Enter text here.
- Certification(s) (specify): Enter text here.

Training (specify): Enter text here.

Other Skill or knowledge required (specify): Enter text here.

4. Does the activity leader need to possess or be accompanied by staff who possesses current first aid and CPR certifications for this activity?  Yes  No

5. What ratio of counselors to campers will be maintained for horseback riding activities?

1:6 for campers 5-years-old and younger

1:8 for campers 6-years-old and older

Other (specify): Enter text here.

6. Supervision – describe any specific duties of the activity, counselors, and other specialty staff (if any) for this activity:

Enter text here.

7. List participant prerequisites (e.g. training, skills, experience, age). Check all that apply.

Campers and participating staff must complete a safety training that includes:

- Behavior around horses
- Control of the horse (e.g., appropriate techniques to stop, turn the horse, and perform an emergency or rapid dismount)
- What to do if the horse becomes frightened or misbehaves
- What to do for emergencies, such as a runaway horse
- Other (specify): Enter text here.

Must be a minimum of Enter text here. years old (specify)

Other (specify): Enter text here.

### **EQUESTRIAN HELMETS**

Helmet use has reduced the number and seriousness of head injuries sustained in horse rider falls. Helmets lessen the risk of serious head injury by redistributing and reducing the potentially harmful forces caused at impact. Helmets must fit snugly (staying in place when the chinstrap is unfastened), must be secured snugly with the chinstrap, and must not obscure the wearer's vision.

The SSC requires horseback riders at children's camps to wear protective headgear containing a permanent label stating that it meets or exceeds the American Society for Testing and Materials (ASTM) standard ASTM F1163.

*What types of helmets are acceptable?*

Do not substitute bicycle or other types of helmets for equestrian helmets; protection may not be adequate. Helmet design standards are developed to protect the wearer from the types of injuries to

the head/neck sustained in the specific activity; the amount of coverage the helmet provides to the head/neck, the protective shell and padding, and the retention system are designed for the activity.

*How often should helmets be replaced?*

Manufacturers recommended that helmets over five years old, helmets which show signs of wear of their components (i.e., liner/padding, shell, securing strap, etc.) or damaged helmets need replacement. Labels found inside helmets meeting the "ASTM F1163" standard suggest replacement after impact severe enough to cause visible damage to the outer shell and/or causing a significant amount of compression to the liner/padding.

8. What safety equipment/attire will be used? (check all that apply)

- Helmets which meet or exceeds standard ASTM F1163
- Heeled footwear (sneakers are not considered heeled footwear)
- Closed stirrups
- Long pants
- Horse saddle and bridle. Bare-back riding is prohibited.
- Other (specify): Enter text here.

9. Who will make sure that campers are wearing required safety equipment prior to participating in riding activities?

- Activity leader
- Other riding instructors
- Other (specify): Enter text here.

10. Horses must be evaluated for temperament and rider skill level. Who will evaluate horse and the rider's ability and comfort level with horses to ensure an appropriate match?

- Activity leader
- Other riding instructors
- Other (specify): Enter text here.

### **TRAIL RIDING**

Safety procedures should be outlined specifically for trail riding, including procedures for trail hazards and emergency communication/response. Higher level skill requirements should be considered for camper's participating in trail riding activities.

11. Are trail rides conducted?  Yes  No If "yes", complete questions 11-16 in this section.

12. What are the procedures for trail riding?

- 1) A minimum of one experienced instructor will be assigned for every 10 riders.
- 2) A minimum of two staff persons shall accompany each trail ride.
- 3) One counselor will lead the group and one will bring up the rear. Additional staff will be

evenly distributed throughout the riders. The lead counselor will set a pace appropriate for the trail and skill level of the riders.

4) At all times visual and/or verbal communication will be maintained between counselors and campers.

5) A horse's length will be maintained between riders.

Check to indicate agreement with the above procedure. Specify additional procedures in the space provided below.

Enter text here.

Alternative procedures (when the above procedure is not utilized, a comprehensive alternative must be provided):

Enter text here.

**13.** What skills must campers demonstrate to be allowed to participate in trail rides?

(specify): Enter text here.

**14.** Are trails marked for riding ability?  Yes  No

If "no", describe how it is determined what riders will be allowed on what trails.

Enter text here.

**15.** When uncorrected, are trail hazards (e.g. narrow trail, steep hill) posted and discussed in advance?

Yes  No hazards on trails used  Other procedure (specify): Enter text here.

**16.** Who will inspect and maintain equipment and trails, and care for the horses? (check all that apply:)

Activity Leader  Stable Staff  Maintenance Staff  Other (specify): Enter text here.

**17.** What provisions will be made for emergency communications and response for a rider injured on a trail ride?

Two-way radio  Cell phone  Other (specify): Enter text here.