

The logo for Full Moon Farm is a light blue circle containing the words "FULL", "MOON", and "FARM" in a bold, blue, sans-serif font, stacked vertically. Overlaid on this circle is the word "Equestrian" in a white, cursive script font.

Equestrian Safety

Reduce Risks, Protect Yourself and Your Horse

FULL MOON FARM

Be Properly Prepared



Appropriate Apparel

"Long pants and closed toe heeled boots" required

Worst: Jeans and Sneakers**

**short shoes like sneakers are dangerous and not allowed. Boots must cover the top of ankle.

Better: Leggings and rainboots

Best: Riding pants and riding boots





Worst



Better

BEST! ---->



Often Overlooked...

- Loose hair

Hair should be tied back in a ponytail or tucked into a hairnet

- Long shirts/oversize jackets

Clothes should be form fitting to prevent snags and allow instructor to see your body position.

- Cowboy boots do not allow the ankle to flex so they do not work well for english style riding.



***Closed Toe shoes are needed by any person who comes up to the barn area, including siblings and parents, no matter how hot it is outside!



On Your Head

Helmets should:

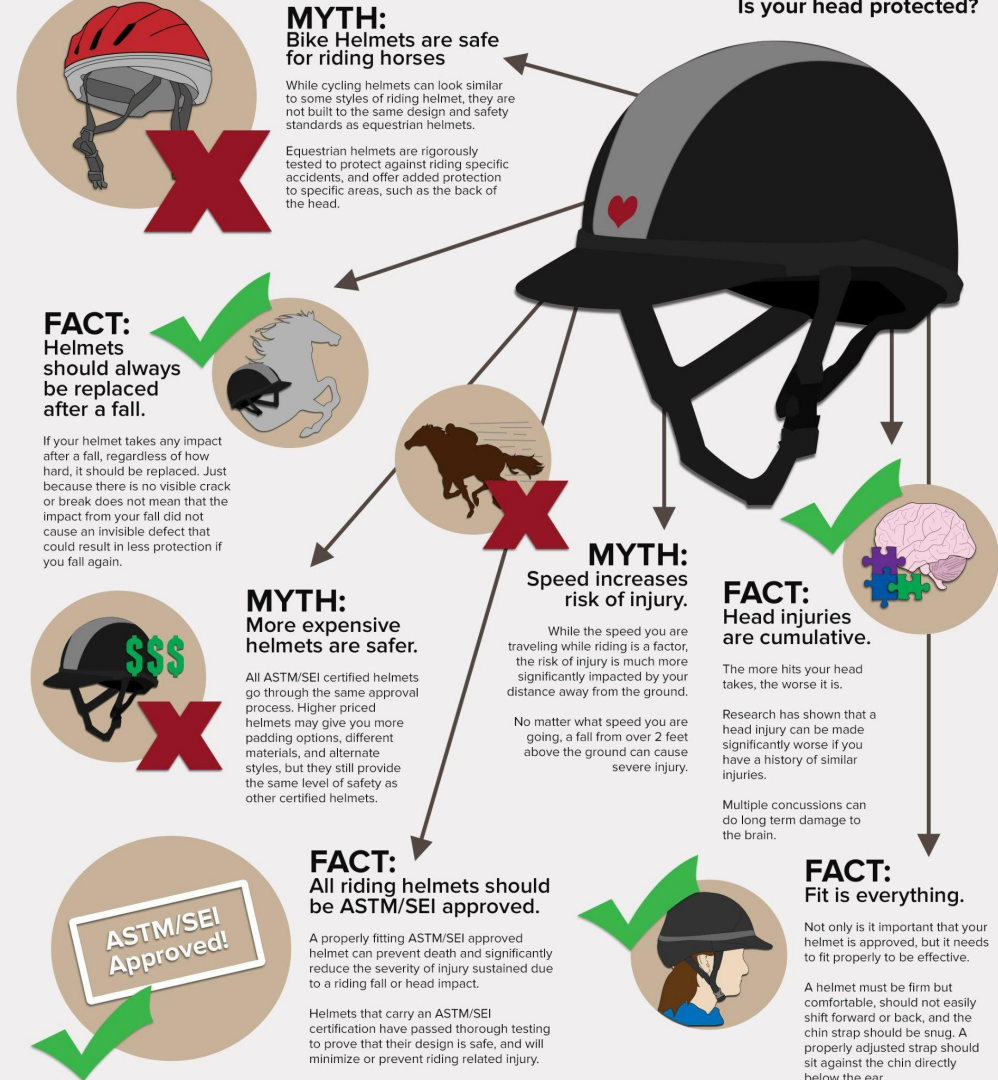
Fit snugly

Sit 1" above brow line

Mimic shape of the skull

Helmets should NOT: Fit loosely, move around with your movements, sit on top of your head like a mushroom cap, be old or be damaged.

MUST BE REPLACED AFTER A FALL!!!



Safety Vests

Safety Vests are designed to protect a rider's ribcage, spine and internal organs in case of a fall. They can also reduce the severity of cuts and bruises.

(Horse Illustrated article on vests)

Most vests are made of impact foam designed to spread out the force of contact when you hit the ground or a jump, or the horse steps on you.

A safety vest will not prevent accidents or injuries, but they can substantially lessen the severity of injury in the event of a fall.



Who needs a vest?

Required:

Cross Country phase

Recommended:

Riding out of the ring

Cantering and jumping in lessons

Schooling a green or young horse



Tipperary Ride Lite Youth XS



Tipperary Eventer Youth XXS(24)

The safest equipment
is that which you
OWN, that has been
properly fitted to both
you and your horse!



Saddles and other tack



As your riding advances so should your tack collection!

Required by 4th lesson:

Saddle pad, grooming kit, helmet, crop

Suggested by 4th lesson:

Riding pants and paddock boots and half chaps

When do I need a saddle?

Special equipment: cross country



FULL

MOON

FARM

Barn Rules and Conduct

Stay Safe around Horses

Make sure you and all your stuff is ready BEFORE you get a horse out! And put your horse away before tack!

Never leave the horse unattended out of stall.

Clean up! Clutter is dangerous!

Calm and Quiet around horses.

NO RUNNING EVER.

Be careful with treats!

Ask Questions!!!



REMEMBER:

If you are not in a position of authority (like an instructor or coach) be careful advising others.

If you are not 100% confident, it is best to ask someone who is! Even working students are **LEARNING!**

It can be **DANGEROUS** to accidentally give someone who needs help **WRONG ADVICE** or **INCORRECT INFORMATION.**

Ask for Help!
Don't assume you know everything!

Remember...

Horses are flight animals

Horses are big and can
injure you by accident

Parents are responsible for
their child's conduct

You are here to learn,
ALWAYS ask for help!





Safe Handling Practices

Handling Horses

Lead from the left

Talk to your horse or pat them as you move around

Do not stand directly behind OR directly in front of a horse

Do not sneak up on a horse

Pay attention to body language

Move slowly and calmly and tack gently checking for their comfort



Pinned ears
Flared nostrils
Tense neck
Braced body

Remember:

Our horses take good care of us while we ride them. They do need some space to vent their frustrated or uncomfortable feelings. Be considerate and give them space to be grumpy so you don't get hurt!!!

Safe Riding Practices



Riding Safety

You take a risk every time you get on a horse and ride.

Focus during lessons. Try hard during exercises. It is time to learn not time to talk. Watch other riders to learn.

Trust your instructor when it comes to trying new things or jumping higher. It is our job to keep you safe. Mistakes are safer for horse and rider at the lower levels.

There are horses that are a better fit for you at certain times in your riding career. You don't have to like them to learn lots from them!



Dress for Success:
Make sure you are properly prepared with all necessary safety equipment and be early! It's better to wait around fully prepared than it is to rush, be late and still have forgotten something important!

The most important thing you need to bring with you is a **good attitude.**
A know-it-all is a danger to themselves and others!

Reducing Risks*

In your lessons, pay attention to your instructor and other riders. Pass left hand to left hand and communicate with other riders by calling "inside" etc.

At shows and events, you should enter and ride at a level below what you are schooling at home in lessons. Free ride below your lesson level, practicing skills you are confident in.

Have appropriate safety equipment on and ready before you ride and make sure someone always knows where you are.

Ask for help!!



*Participate in the in person safety and health clinic to practice skills!!!

Fitness and Safety

A fit and strong rider is less of a burden on their horse.

The more strong you are, the easier it will be to balance. The better your balance is, the easier it will be to "save" yourself while you are riding and prevent potential falls.

Fitness does not have a "size"- you can be stronger with better balance no matter how big or little you are. Your horse should be appropriately sized for you, and you should continue to work on your health and fitness.

Your instructor can give you exercises to do at home, or you can look into many resources available online for rider fitness. Yoga, gymnastics and pilates are some great strength building activities.

Someone who rides multiple days per week will be stronger and more fit than someone who rides just once.



Courtney Sendak & Will'Ya Love Me

"It was hard, because he's so small and he tries so hard. I have to be 100 percent perfect in order for him to jump those jumps," Sendak said. "Everything matters on him. Me gaining the freshman 15 [pounds] was really bad, because it threw my balance off, which threw him off, which makes him stop. It's stuff like that that you wouldn't normally think about, but I make sure to work out every day and eat healthy. The details really matter."

Nicola Wilson at the Equi-Trek Bramham Horse Trials in 2018 riding One Two Many in the CCI3*.



Recognizing when something is wrong...

Many serious health concerns can be treated if caught early enough.

It is helpful to know your horse's baseline for vitals since every horse is slightly different in temp and respiration etc. It is also important to know typical water intake and ways to encourage your horse to drink more during heat or exercise.

Colic is deadly and can be treated if caught early. Any horse pacing, nipping at sides, sweating or shivering uncontrollably, refusing food and rolling over and over needs immediate attention!

More in depth coverage of health will be covered in the in person clinic so be on the lookout for dates for that!

Temperature

normal adult average at rest
99-101.5 degrees Fahrenheit
call your veterinarian if temperature is more than **102°F**

How to take a horse's temperature:
The most accurate way to take a horse's temperature is rectally. Always secure a string to the end of the thermometer so it doesn't get lost.

Pulse

normal adult
35-40 beats/minute

How to take a pulse: The facial artery can be found at the bottom side of the jaw where it crosses over the bone. Count the beats for 15 seconds and multiply by four to achieve beats per minute.

Respiration

normal adult at rest
8-15 breaths/minute

Respiration rate increases with hot or humid weather, exercise, fever or pain. **Rapid breathing at rest should receive veterinary attention.**

How to take the respiration rate:
Watch or feel horse's ribcage/belly for one minute. Be sure to count one inhale and one exhale as one breath (not as two). Each breath is fairly slow.

Gut Sounds

normal **3-4** gurgling sounds per minute
NO SOUNDS contact your veterinarian

How to check for gut sounds: To check for gut sounds, press a stethoscope or your ear up against your horse's barrel just behind its last rib. Be sure to check gut sounds from both sides.

Dehydration

Pinch Test: skin flattens back in **less than 1 second**

How to perform a pinch test: Pinch the skin on your horse's neck. It is normal if the skin flattens back into place in less than one second when you let go. If it doesn't flatten out that quickly, that means your horse isn't drinking enough water and may be dehydrated.

Horses drink a minimum of **5 gallons** of water per day. Horses drink more water in hot weather and when there is excessive loss of water in the horse's body due to strenuous exercise.

Capillary Refill Time

normal refill time
1-2 seconds

How to check capillary refill time: Lift your horse's upper lip up and firmly press your thumb against its gums for two seconds to create a white mark. This white mark should return to the normal pink color within one to two seconds after you release the pressure. This is another indication of hydration.

Mucous Membranes

normal healthy gums
moist, pale pink

How to check mucous membranes:
Lift your horse's upper lip up and observe its gums.

Gum colors that indicate health concerns:
very pale . . . fever, blood loss or anemia
bright red . . . toxicity or mild shock
gray severe shock, depression and illness
yellow liver problems

In-person Health and Safety Clinic COMING SOON! Dates TBA!

How can I tell if my horse is healthy?

What do I do if I fall off?

What should I do if someone falls off their horse?

What illnesses and injuries are emergencies?

What are the signs of colic?

How do I adjust and fit all my safety equipment and tack to myself and my horse?

What can I do for an injured horse?

How can I stop a runaway horse?

How do I ride safely with others?



Horses are more fun when everyone is safe!

When we ensure that we are properly prepared, with a healthy horse and well adjusted tack and safety equipment, we can take careful risks. This is how we improve as riders. By reducing unnecessary risk, we can avoid preventable injuries to ourselves and our horses and set ourselves up for success.

We should strive to be coachable, strong and knowledgeable.