

King River Horse & Pony Club (Inc)
Policy Manual

**King River Horse & Pony Club
Injury Prevention Policy**

The King River Horse & Pony Club (Inc) will encourage all members to adopt practices that seek to prevent injury by:

- Encouraging warm-up, stretching and cool-down as an important component of riding and training for both horse and rider.
- Promoting the use of protective equipment including helmets, back protectors, suitable clothing and footwear.
- Providing safe riding areas, first aid equipment and accredited First Aiders/Sports Trainers at all training sessions and competition events (where practicable).
- Ensuring adequate public liability and rider insurance of all members through the PCAWA.
- Encouraging all riders with a prior or current injury to seek professional advice from a sports medicine professional and be fully rehabilitated before returning to riding.

Action Plans

The King River Horse & Pony Club (Inc) actively promotes helmet use by all equestrians, recognising that head injuries are the leading cause of horse-related deaths.

The King River Horse & Pony Club (Inc), through interaction with other equestrian bodies, has as its objectives to:

- Reduce horse-related injury risks to youth.
- Evaluate efficacy of current safety programs and policies.
- Encourage policies that insure safe practices in-group situations such as stables, camps, and outfitters.
- Work with insurance industry to reduce liability and maximize safety.
- Promote equipment-manufacturing standards that address safe youth participation.
- Provide resources to local communities to approach childhood injury prevention appropriate to needs of local populations.
- Consider creating an equestrian helmet safety display for loan to communities.

The King River Horse & Pony Club (Inc) advocates that all those involved in riding should be especially aware of the following practices:

- Wear a certified standard helmet when riding or working around horses.
- Before riding, inspect all equipment for wear and stretching and be sure it is all securely fastened.
- Encourage parents to choose a mount for their child that matches their ability level.
- Provide children with appropriate supervision and participation in an approved training program by an experienced instructor who has completed an accredited horse-safety course.
- Wear footwear that has a distinct heel and completely covers the ankle.
- Never tie yourself to a horse with a lead rope or reins.
- Leave the stirrup bar in a horizontal position, when possible, to detach if being dragged.

Use safety stirrup irons to prevent dragging if a foot slips through the stirrup.