

## Rider Injuries Not related To Fall's

It is essential when meeting any rider coming to me for the first time be it as a group or one to one that I carry out a risk assessment. For many reasons this is essential 1, they may brag about their abilities or even not really know their own abilities, 2, they may under guesstimate their weight and thus suitability for a particular horse, 3, they may have pre existing injuries. People often say to be more aware of risk of injury to children but it is no difference really to when we are getting older and our bodies have suffered wear and tear and indeed injuries not related to horse riding.

Whenever I take a phone enquiry I insist on meeting them in person for this reason.

### BHS RIDER REGISTRATION FORM (HAND OUTS)

#### Risk assessment form

| Hazard         | Hazard Details       | Who is at risk | Risk Level  | Remarks    |
|----------------|----------------------|----------------|-------------|------------|
| Riding lesson. | weather, temperament | rider,         | high,       | this rider |
|                | of rider/horse,      | coach.         | medium,     | has ???    |
|                | previous injury.     |                | acceptable, |            |
|                | knee injury.         |                |             |            |

I will use an example here to show how I would manage it.

THINK OF A RELEVANT CLIENT!

The injury is unrelated to horse riding.

The injury is to her left knee.

I must assess the relationship she can have with a horse from start to end. – includes all horse activities

Collecting a horse from or returning it to a field .....could knock into the person leading

Carrying tack .....heavy or difficult to carry or trip over trailing reins

Tacking up ..... reaching up.

Having an eye to the weather if it's a warm day less warm up will be required than on a cold day.

Having an eye to what mood she is in as to whether we can lesson jumping or a blast on the beach  
.....this may lead to row with spouse !