

SOUTH AFRICAN PONY CLUB



Equipment Safety Achievement Badge Workbook



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| <u>Objectives:</u> | To be able to assess the suitability for use of riding hats, body protectors, rider footwear and tack. |
| <u>Key points:</u> | <p>Riding hats & body protectors</p> <ul style="list-style-type: none">• Know what to look for in a correctly fitting riding hat & body protector• To understand the importance of correctly adjusting both the throat/jaw and back straps of riding hats• To be aware of the safety standards for riding hats & body protectors• To know when riding hats & body protectors should be replaced• To know how to care for riding hats & body protectors <p>Tack and footwear safety</p> <ul style="list-style-type: none">• To know how to check tack for required repairs and safety(N.B. this is tack maintenance and not fitting)• To identify and understand the requirements of safe footwear for the rider• To know how to correctly size a stirrup for use |
| <u>Additional reading:</u> | <ol style="list-style-type: none">1. The Manual of Horsemanship2. www.beta-uk.org3. The Care and repair of Saddlery by Robert H Steinke4. Safety by Toni Webber No 14 of Threshold Picture guides |

NAME _____

BRANCH _____

Riding hats & body protectors

Hats

Why is a correctly fitted hat important? It all comes down to safety!

- They offer protection from a fall
- The rider needs to be able to see & hear clearly
- Comfort – if your hat is too big or too small, it will be very uncomfortable

Correct fit for your hat

The hat shell:

- Close fit – not uncomfortably tight
- Sitting level – clear of top of ears and eyebrows
- Only a small space at the temples
- No rocking from front to back and side to side

The harness:

- Jaw strap fastened 1 finger's width from face
- Back strap fastened adequately to prevent hat tipping forwards



Under the pictures below, comment on whether the hat fits well or not and say why!

Key words: harness, done up correctly, too small, straps loose, too big

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Riding hat safety standards

All hats must have a safety harness, and hats must, at the minimum, conform to European Standard **EN1384**.

IF A HAT SUFFERS A SEVERE IMPACT – THROW IT AWAY AND REPLACE IT

BODY PROTECTORS

The following pictures show old fashioned body protectors that are **no longer regarded as safe**:



| Outdated Beta labels: | This is still regarded as safe | Revised labels to look out for: |
|-----------------------|--------------------------------|---------------------------------|
| | | |


Correctly fitted body protector

- A body protector should have a close, firm fit without being uncomfortably tight
- Appropriate overlap of garment at sides
- At least 25mm below ribcage (mid chest)
- Neat, close fit over shoulders
- Just reaches top of sternum (breastplate)
- At the back – minimum gap between garment bottom edge and saddle – at least 7 cm
- Covers prominent bone at base of spine (C7)
- The bottom of your body protector must not touch the back of your saddle - if too long it will hit the saddle and unseat you!
- Fit the body protector over light clothing only
- Make sure there is no red showing on the Velcro fastenings





Does this Body protector fit perfectly? Say why

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Replacing your body protector

A body protector needs to be replaced when:

- It has been cut or altered by someone other than the manufacturer
- If you have had a bad fall and the body protector is dented (check within 30 minutes of the fall, otherwise the foam will “puff” out again and you might not see the damage)
- Replace every 3-5 years depending on use
- If it is a class 1 (green), class 2 (orange) or class 3 (purple) it will need to be replaced as it would be 5-12 years old

Care of hats and body protectors

- Check stitching & elastics (if any) regularly
- Avoid temperature extremes
- Clean often
- Pack away neatly – don’t leave them lying around
- Hang the body protector up on a hanger & do up all the zips and close the Velcro to retain the shape

Tack & footwear safety

Safe footwear

Any shoe worn when riding must have smooth soles and the heels must be of a sensible depth. Trainers or takkies and other soft shoes, or those without heels, can slip through the stirrup and can therefore cause serious accidents. Wellington boots and any shoe with a large tread can also be dangerous because they can become wedged in the stirrup.

Put ticks next to pictures of boots suitable for riding and crosses through the ones that are not



Correctly fitting a stirrup

- Allow about 7mm at each side of the foot (about a pinkie finger width)
- The measurement must be taken at the widest part of the shoe

Too wide



Too narrow



Perfect!



Repairs & safety checks for tack

Generally the best time to check your tack for any repairs that need fixing or for safety issues is when you are cleaning your tack.

- Check stitching is in good order
- Leather must be in good condition
- Check the saddle tree is not broken after a fall off your horse or if it has been dropped
- Check that your bit does not have any rust or breaks
- There must be no breaks on your bridle or saddle – check your reins and stirrup leathers in particular
- The stirrup bars must be OPEN
- All straps should be tucked into keepers
- Check that the stuffing on your saddle is even and not lumpy



Self-assessment

1. Choose the best words from the blocks to fit the sentences below:

| | | | |
|--------|----------|------------|------------|
| hat | stored | hair clips | hair style |
| slides | activity | harness | cared for |

- A. Choose the correct _____ for the appropriate _____.
- B. Remove all _____ and _____ under the hat.
- C. Your _____ e.g. pony tail, will affect the fitting of a hat.
- D. The _____ of the hat should be correctly adjusted.
- E. Your hat should be _____ and _____ correctly.

2. Tick the two endings that are the most correct to complete this sentence:

You should throw your hat away...

- when it does not match your numnah
- at least every 5 years
- at least every 10 years
- when it is dirty
- after a fall or banging it

3. Use these words to write a few sentences about the care and replacement of the body protector:

sunlight, hanger, outgrown, fall, damaged, 3 – 5 years

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4. Say why this is a GOOD picture of a boot in a stirrup:

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5. Why are wellington boots not suitable for riding?

6. Unscramble the letters to find the words which will complete these sentences on:

ASSESSING A BRIDLE FOR SAFETY:

- A. Pay attention to the condition of the (taelreh) _____
- B. Take bridle apart when (ningclae) _____ for closer inspection
- C. Make sure (nseir) _____ are not too long

7. And now do the same with these sentences about the saddle:

- A. Check the (itf) _____ regularly
- B. Check (rhtgi) _____ straps and stirrup leathers for wear and tear
- C. Check that (sruptri) _____ bars are open