

Species – Horse

Module – Safety

Targeting Life Skills

Beginner

- Learning to Learn

Intermediate

- Decision making
- Critical Thinking

Seniors

- Critical Thinking
- Communication

Learning Objectives

Beginner

- Recognize horse handling “Safety Zones.”
- Demonstrate how to tie a quick release and bowline knot.
- Demonstrate how to halter a horse safely.
- Demonstrate how to lead and tie a horse safely.
- Perform safe grooming procedures and how to safely and properly pick up feet.
- Demonstrate how to mount and dismount safely.
- Build an equine first aid kit.

Intermediate

- Complete all activities for Beginners.
- Demonstrate how to bridle and saddle a horse safely & correctly.
- Select safe rider clothing and identify unsafe rider clothing.
- Perform basic first aid on a horse.
- Design a Fire Evacuation Plan.
- Describe riding safety etiquette.

Seniors

- Complete all activities for Beginners and Intermediates.
- Describe basic restraints used for horse handling.
- Develop a plan for dealing with natural disasters or accidents.
- Identify horse protection attire needed for horse transportation.
- Identify safety items or procedures to be checked before transporting horses.

For any age, Saddle Up Safely has excellent safety information, videos and publications.

<http://equine.ca.uky.edu/saddleupsafely>

Learning Activities

Age Level	Learning Activities	Materials Needed	Source
Beginner	<ul style="list-style-type: none"> • Make a poster about Horse Safety Zones. • Play a Safety Zone Match Game. • “All Tied Up in Knots” • Safe haltering, leading, & tying • Demonstrate safe grooming and picking up feet. • Demonstrate safe mounting & dismounting on a horse. • Build a first aid kit. 	<ul style="list-style-type: none"> • Poster Board and Markers • Flashcards • Yardsticks, lead ropes • Horse, halter • Horse, grooming equipment, hoof pick • Horses, mounting block, demo riders • Actual first aid kit items and/or pictures of such. Tool box or other container to serve as first aid kit box. 	<p>Alberta Horse Ref Manual, pg 23-28</p> <p>Alberta Horse Ref Manual, pg 224</p> <p>Alberta Horse Ref Manual, pg 219-234</p> <p>Alberta Horse Ref Manual, pg 181-193</p> <p>Alberta Horse Ref Manual, pg 238-241</p> <p>Alberta Horse Ref Manual, pg 129-131</p>
Intermediate	<ul style="list-style-type: none"> • Demonstrate correct bridling & saddling the actual horse. • Do’s & Don’ts of Equestrian Fashion • Invite an Equine Veterinarian to discuss when to use items in the first aid kit. • Design a Fire Escape Plan for the barn and perform a Mock Fire Drill. • Cross word puzzle on Riding Safety Etiquette 	<ul style="list-style-type: none"> • Horses, English & Western tack • Appropriate/inappropriate riding attire • Veterinarian, first aid kit • Poster board, markers • Duplicated copies of crossword puzzle for all 	<p>Alberta Horse Ref Manual, pg 228-229</p> <p>Alberta Horse Ref Manual, pg 131-149</p> <p>KHVCR Manual</p>

Age Level	Learning Activities	Materials Needed	Source
Senior	<ul style="list-style-type: none"> • Teach Beginners safe grooming & feet handling. 	<ul style="list-style-type: none"> • Horse & grooming tools for demo 	Alberta Horse Ref Manual, pp 181-187
	<ul style="list-style-type: none"> • Safely Restraining Horses 	<ul style="list-style-type: none"> • Horse, hobbles, twitch, halter, chain shank 	Alberta Horse Ref Manual, pp 232-234
	<ul style="list-style-type: none"> • Horse Trailer Safety Check 	<ul style="list-style-type: none"> • Horse trailer • Paper & pencils 	Alberta Horse Ref. Manual, pp 15-22
	<ul style="list-style-type: none"> • Transporting Your Horse 	<ul style="list-style-type: none"> • Trailer, horse, Trailer Ties, Shipping boots, Tail Wrap, Poll Protector, Leg Wraps 	Alberta Horse Ref. Manual, pp 15-22
	<ul style="list-style-type: none"> • Natural Disaster Planning 	<ul style="list-style-type: none"> • Computer & Internet 	KHVCR

Time Requirement

30-45 minutes for classroom learning objectives

- 2-3 hours for take-home learning objectives
- ½ day for field trip learning objectives

Best Time to Teach

- As first component taught.

Best Location

- Classroom
- Horse Farm
- Horse arena (farm, club etc.)

Evaluation

Beginner

- Check knots for accuracy in tying.
- Evaluate skills in safety when working around horses.

Intermediate

- Evaluate safety when tacking and untacking horses.
- Evaluate Fire Escape Plan.
- Evaluate crossword puzzle-85% accuracy.

Senior

- Evaluate teaching ability to Beginners in safety.
- Evaluate safe restraining methods.
- Evaluate trailer safety check exercise.
- Evaluate ability to utilize equipment used for transporting horses safely.
- Evaluate natural disaster planning presentation.

References

- Alberta Horse Project: Leader Resource Manual
- Alberta 4-H Horse Project: Horse Reference Manual
- KHVCR Kit
- KHVCR Manual
- Horse Safety Guidelines
- Saddle Up Safely: <http://equine.ca.uky.edu/saddleupsafely>

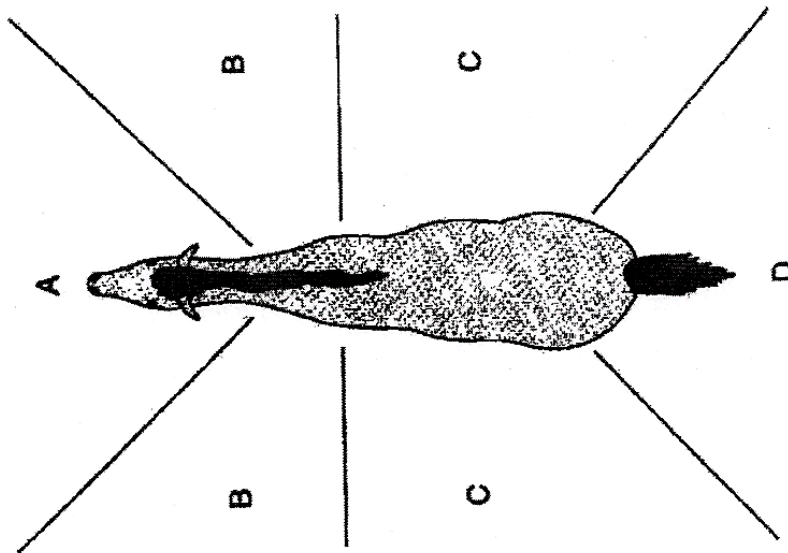
Horse Safety Zones - Beginner Activity

Instructions:

You will be having the youth replicate the horse safety zones on a piece of poster board. Divide your club into groups of 2-4 and give them each a poster board, markers, and a copy of the picture below. They will need to recreate that picture on their poster board and talk about the horse's blind spots.

Materials needed:

- Poster board (1 per group)
- Markers, crayons, etc.
- Copy of the Safety Zones diagram below



Zone A	Basically, you are in front of the horse. In this position, you can be run over, struck by a front foot, bitten or hit by the horse's head.
Zone B	You are at the horse's shoulder. While not completely out of reach, it is more difficult for the horse to hurt you. This position does allow the horse to step on you if you are not careful.
Zone C	In this area, you need to be careful, as the horse could squeeze you against a wall or other solid object. You also need to watch as in this area, it is possible for the horse to kick you. Stay close to the horse so any kick will not be at full force.
Zone D	This area is basically behind the horse. Here, you have the potential to be kicked, and with the full force of the kick. If you need to move through this area, you have two options – move completely out of the horse's kicking range or stay close to the horse so the kick will be more of a push rather than a full force kick.
The ideal position is Zone B. However, this is not practical as you need to work around the horse. Remember, when you move around the horse, stay close and be aware of the potential hazards.	

Horse Safety Match Card Information

Beginner Activity

Print one phrase on each index card without identifying the area. Have youth match the cards to the area.

Phrases for AREA A cards

- Horse may bolt & run over you
- Horse may strike you with front feet
- Horse may rear & land on you
- Horse may bite you
- Horse may hit you by swinging his head around
- Use only if you have no other option

Phrases for AREA B cards

- Horse cannot reach you easily
- Horse can step on your feet

Phrases for AREA C cards

- Horse can crush you against a wall
- Horse can kick you in head if you're bent over working on him
- Horse can lay down on you
- Horse can cow kick you
- Horse can whip you in face with his tail

Phrases for AREA D cards

- Horse can kick you with its greatest power
- Horse can bolt and back over you.
- Horse can step back or sideways and step on you

“All Tied Up In Knots” - Beginner Activity

For this exercise, you will need yard sticks and several lead ropes.

Using the description in the *Horse Safety Guide*, you will be teaching the youth how to safely tie a quick release knot.

- Have the youth break into pairs.
- Each pair should have a yardstick and rope. One partner will hold the stick and the other will tie the knot.
- The youth with the stick should hold it vertically to represent a post.
- The youth with the rope shall do the following:
 - Have the youth hold the clip end in the right hand and the loose end in the left.
 - Wrap the rope around the “post” from right to left (see picture).
 - Holding the left side of the rope (and the ‘post’ partner can hold the right side of the rope to help), wrap the rope over the right side of the rope and then back under.
 - Take the loose end and weave it through the loop created by the 2 pieces of rope (see diagram).
 - Push the knot towards the “post” and you will see that the knot is now tied.
- You can then have the “post” keep a hold of the yard stick and the other partner show how the horse can pull back but the knot will stay tight.
- To untie the knot, you simply pull the free end.
- Have the partners switch places and do the exercise all over again.

Using the description in the *Horse Safety Guide*, you will be teaching the youth how to safely tie a bowline knot.

Each individual youth can do this exercise by themselves. Use the *Horse Safety Guide* to diagram this knot. To tie a bowline knot:

- Make a loop with your rope and feed the loose end through the loop.
- Take the loose end back around and through the bottom of that same loop.
- Pull tight and you will have your knot.
- This can be used to make a quick halter in cases of an emergency.

Safe Haltering, Leading, and Tying Beginner Activity

Materials Needed:

- Quiet, broke horses for youth to practice haltering, leading and tying (depends on size of group as to how many horses you will need).
- Halter
- Lead rope

Instructions:

Follow the lessons in the Alberta 4-H Horse Project Horse Reference Manual on page 219-220.

Have an adult or senior 4-H'er demonstrate the safe way to halter, lead and tie a horse. Demonstrate unsafe methods as well (see examples in Horse Reference Manual).

Grooming and Picking up Feet Safely Beginner Activity

Materials Needed:

- Quiet, broke horses for youth to practice grooming and picking up feet (depends on size of group as to how many horses).
- Grooming supplies: shedding blade, sponge, comb, hoof pick, rubber curry, soft brush, dandy brush

Instructions:

Follow the lessons in the Alberta 4-H Horse Project Horse Reference Manual on pages 181-194

Have an adult or senior 4-H'er demonstrate the safe way to groom and pick up feet safely. Have older members shadow Beginners when they practice these skills.

Mounting and Dismounting Safely

Beginner Activity

Materials Needed:

- Quiet, broke horses for youth to practice mounting and dismounting (depends on size of group as to how many horses).
- English and Western tack, if available.
- Mounting block
- ASTM-SEI Helmets for each participant.

Instructions:

Follow the lessons in the Alberta 4-H Horse Project Horse Reference Manual on pages 238-241.

Have an adult or senior 4-H'er demonstrate the safe way to mount and dismount with an English and Western saddle. Have older members shadow Beginners when they practice these skills.

Building a First Aid Kit

Beginner Activity

Materials Needed:

- Bandages, vet wrap, elastic, knit
- Cool-cast bandages
- Liniment
- Adhesive tape and duct tape
- Cotton balls
- Scissors
- 10, 20 and 60 cc Syringes
- 18 and 20 gauge needles
- Mineral oil
- Clippers
- Cotton gauze
- Antiseptic wound dressing
- Neosporin Ointment
- Epsom salts
- Vaseline
- Sponge
- Bleach
- Rubbing alcohol & Peroxide
- Germicidal soap (betadine)
- Thermometer
- Disinfectant (sterile solution)
- Clean bucket
- Stethoscope
- Tool box or other large container to keep items in
- Phone numbers to local veterinarian

Instructions:

The above materials are all necessary for a basic first aid kit.

Have the youth decorate the box and put the items inside. Decide upon a permanent place to keep the First Aid Kit in your barn.

Bridling and Saddling Safely

Intermediate Activity

Materials Needed:

- Quiet, broke horses for youth to practice mounting and dismounting (depends on size of group as to how many horses).
- English and Western tack, if available.

Instructions:

Follow the lessons in the Alberta 4-H Horse Project Horse Reference Manual on pages 224-229.

Have an adult or senior 4-H'er demonstrate the safe way to bridle and saddle a horse with an English and Western saddle. Have older members shadow Beginners when they practice these skills.

Do's and Don'ts of Equestrian Fashion

Intermediate Activity

Materials Needed:

- “Models”-adult volunteers, parents, senior aged 4-Hers.
- Several examples of inappropriate and appropriate attire.

Instructions:

Senior members of your club (or adult leaders) will put on an Equestrian Fashion Show. There should be several examples of safe and unsafe attire, appropriate and inappropriate attire for riding and the show ring, etc. Have the youth talk about what is right and what is wrong with each person's attire.

Some examples of inappropriate attire:

- Open toed shoes or flip flops
- Shoes without a heel
- Jewelry
- Gum
- Shoe laces untied
- Helmet too small/too big
- Helmet strap too loose
- Mixing of English and Western attire
- Shirt untucked
- Clothing too loose

Some examples of appropriate attire:

- Close toed boots with a heel
- Properly fitted helmet
- English attire:
 - Jodhpurs or breeches
 - Tall riding boots or paddock boots
 - Button down shirt and jacket
- Western attire:
 - Jeans or pants
 - Boots
 - Long-sleeved button down shirt

Basic First Aid for Horses

Intermediate Activity

Instructions:

Complete the “Building a First Aid Kit” activity for Beginners before completing this activity.

Invite a local veterinarian to a club meeting, either in the classroom or at the barn. Have the veterinarian describe how each of the items in the First Aid Kit are used and steps that the youth can do in an emergency situation prior to the veterinarian arriving.

Barn Fire Escape Plan Intermediate Activity

Materials needed:

- Poster board
- Markers
- Horse Safety Guidelines

Instructions:

Have the youth go through the barn or facility and locate potential fire safety hazards. These hazards can include combustible materials (hay, bedding, pesticides, and cobwebs), fire accelerants or flammable materials, ignition sources (heaters, electrical appliances), chemicals, wires, and other items. Make a list of these items and discuss how to increase awareness of these hazards and procedures to keep these items from causing a fire.

Your club will design a Fire Escape Plan for a barn that will be posted at the facility. Use the Horse Safety Guidelines manual on page 36-41 for further information.

Draw a basic plan of your barn or facility on the poster board. Highlight all exits clearly for both humans and horses. Label the locations of fire extinguishers and telephones. Post this in several locations at the barn.

Conduct a mock Fire Drill using humans only and then with horses. Plan the “mock” fire to start at different locations in the barn so that the youth can see just how they would exit in case of a real fire. See how the escape plan worked and adjust it if necessary.

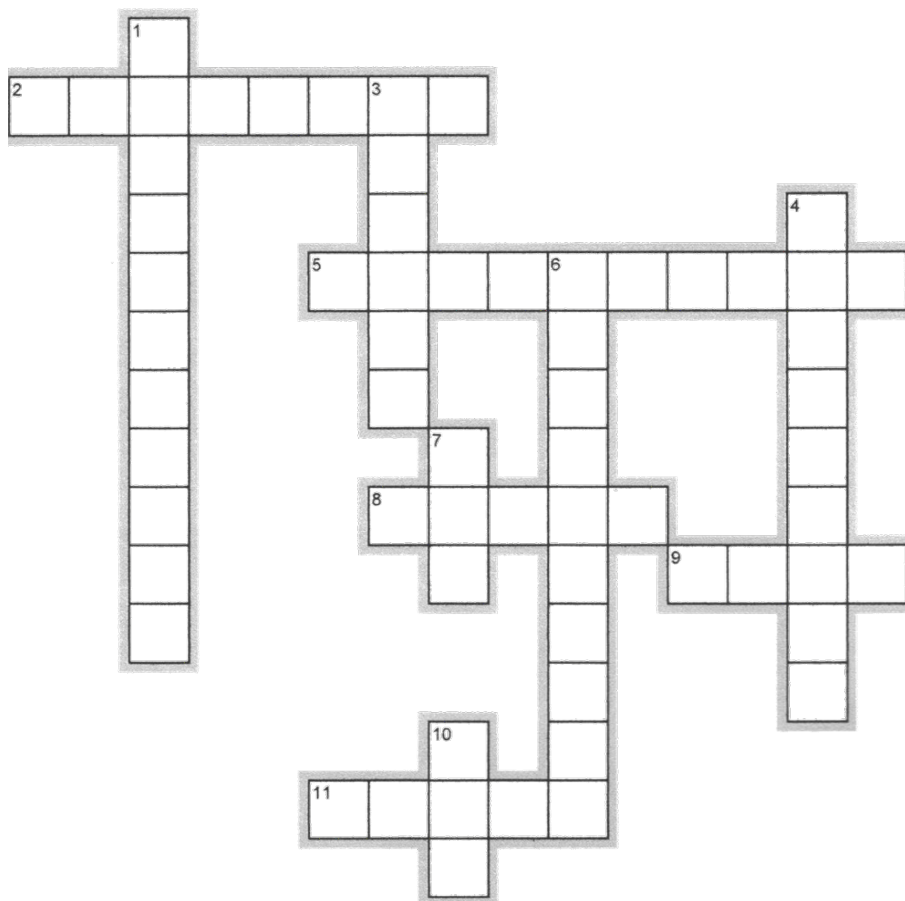
Riding Safety Etiquette Crossword Puzzle Intermediate Activity

Across

2. This is the best practice for safety on the trail
5. Tie this into a horse's tail if that horse is a kicker
8. Allow your horse to have plenty of this in hot weather
9. When passing another horse, you should pass at this gait
11. Do this if your horse is fresh before riding

Down

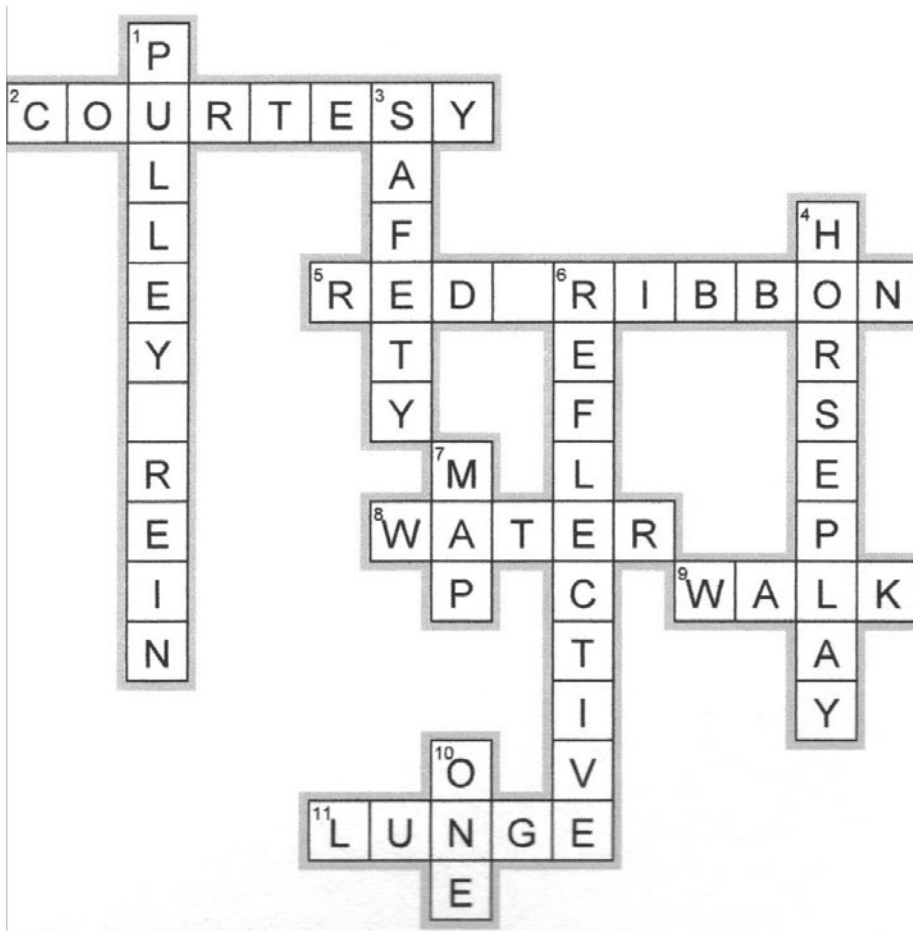
1. May be used to help stop a horse safely.
3. This is the most important thing to consider when riding
4. This should not be allowed when on or around horses
6. If riding at night, be sure to wear this type of clothing
7. You should obtain one of these if you are not familiar with the trails
10. You should leave at least this many horse lengths between you and another rider



Riding Safety Etiquette Crossword Puzzle

Intermediate Activity

Answer Key



Across

2. **COURTESY** - This is the best practice for safety on the trail
5. **RED RIBBON** - Tie this into a horse's tail if that horse is a kicker
8. **WATER** - Allow your horse to have plenty of this in hot weather
9. **WALK** - When passing another horse, you should pass at this gait
11. **LUNGE** - Do this if your horse is fresh before riding

Down

1. **PULLEY REIN** - May be used to help stop a horse safely.
3. **SAFETY** - This is the most important thing to consider when riding
4. **HORSEPLAY** - This should not be allowed when on or around horses
6. **REFLECTIVE** - If riding at night, be sure to wear this type of clothing
7. **MAP** - You should obtain one of these if you are not familiar with the trails
10. **ONE** - You should leave at least this many horse lengths between you and another rider

Safely Restraining Horses - Senior Activity

Materials needed:

- Horse to use for demonstration
- Twitch (lip restraint)
- Hobbles (feet restraint)
- Halter and chain shank (use over nose, under chin, or over top of gums inside mouth)

Instructions:

Follow the lessons in the Alberta 4-H Horse Project Horse Reference Manual on page 232.

Have an adult demonstrate the safe way to restrain a horse using a twitch, hobbles, or chain shank. Describe several situations where these types of restrains may be necessary and when to not use them on a horse. Have each of the youth practice applying each of the restraints on a horse.

Horse Trailer Safety Check - Senior Activity

Materials needed:

- Horse Trailer
- This activity can be done in conjunction with the “Transporting Your Horse” activity.

Instructions:

Follow the lessons in the Alberta 4-H Horse Project Horse Reference Manual on page 21

Use Saddle Up Safely "Traileiring your horse safely" booklet at <http://equine.ca.uky.edu/saddleupsafely>

With an adult, lead the youth through the Trailer Safety Check that is listed in the Alberta 4-H Horse Project Horse Reference Manual. After going through this basic check, ask the youth the following questions:

- Is there anything else that this Trailer Safety Check is missing that could be important?
- Is it important to consider the vehicle that is towing the trailer as well? What should be checked on the towing vehicle?
- What unsafe things have you seen with other trailers either at horse shows or on the road?

Have the youth create a “Trailer Safety Check-List” that can be used for intermediate and Beginner club members.

Transporting Your Horse - Senior Activity

Materials needed:

- Computer and internet access (prior to activity)
- Horse Trailer
- Shipping boots
- Leg wraps
- Tail wraps
- Poll protector
- Trailer ties
- This activity can be done in conjunction with the “Trailer Safety Check” activity.

Instructions:

Prior to completing this activity, have each of the youth search the web for the regulations on transporting horses in Kentucky, both interstate and intrastate. Hint: these regulations are published by the Kentucky Department of Agriculture. What is the required paperwork for horses traveling both in state and out of state?

Follow the lessons in the Alberta 4-H Horse Project Horse Reference Manual on page 15-22

Use Saddle Up Safely "Traileiring your horse safely" booklet at <http://equine.ca.uky.edu/saddleupsafely>

Have an adult explain and demonstrate how to use protective items for your horse:

- How to properly put on shipping boots
- How to properly wrap a horse's legs
- How to properly wrap a horse's tail
- How to properly put on a poll protector

Demonstrate how to properly load and unload a horse into a trailer. Discuss and/or demonstrate common faults or unsafe practices when loading and unloading. Have each of the youth load and unload a horse properly.

Natural Disaster Planning - Senior Activity

Instructions:

Have each youth identify one type of natural disaster that they would like to do a short presentation on for the club. Some examples include tornadoes, hurricanes, floods, earthquakes, and snow or ice. Research this natural disaster on the internet and create a short presentation to educate horsemen and women about how to react to a natural disaster. Create a poster to enhance the presentation, and a handout listing the steps to take to get your horses to safety.