

Stirling University Riding Club
Safety Regulations



1. Instructions

- a) Horse-riding should take place at a riding establishment approved by the British Horse Society.
- b) Professional instruction, which will include the appropriate safety training, should be given by the staff of the establishment, unless qualified outside staff are available to the students eg. a member of the P.E. Department
- c) The club President must obtain written confirmation from the proprietors of the riding school employed that anyone providing instruction to club members, hold one of the following qualifications:

British Horse Society Assistant Instructor
British Horse Society Intermediate Instructor
British Horse Society Instructor
British Horse Society Fellowship

2. Equipment

- a) Students must wear a hard riding cap (B.S.I. approved).
- b) Students should wear hard shoes or boots (not wellingtons) jeans, jodhpurs or breeches.
- c) The saddle, bridle, etc. must be in a good condition, and supple.

3. GENERAL SAFETY

- a) The novice student should be given a manageable horse.
- b) Students should not be allowed to ride on the roads until they are able to control their mounts at all paces.

4. Riding and Road Safety

- a) All students should be encouraged to take the British Horse Society Riding and Road Safety examination. The aim of the examination is to alert riders to the potential dangers of riding on roads and highways; to ensure that

candidates have a sound knowledge of the precautions that must be taken to minimize these dangers; to test the candidates' reaction to situations as they arise; and to test the candidates' control over their horses, and ability to ride safely.

The British Horse Society lays down recommended Dos and Don'ts for riders as follows:-

Do's

- a) Take the British Horse Society Riding and Road Safety examination.
- b) Read the appropriate sections of the Highway Code
- c) Keep away from busy main roads as much as you are able.
- d) Ride on the left of the road.
- e) Give clear and accurate signals and remember other road users
- f) Acknowledge and return courtesy; a smile will do if your hands are full.
- g) Lead on the left of the road from your near side mounted or dismounted. Keep yourself between the lead horse and the traffic.
- h) Remember to take the greatest care when crossing farmland - lookout for livestock - close all gates. Obtain permission BEFORE you set out.
- i) Take out Third Party insurance; join the British Horse Society, if you are not already a member. This way you will be insured automatically.
- j) Wear a protective hard hat that fits and is secure.
- k) Check your tack and that of others in your ride, if this applies, BEFORE you move off.
- l) Plan the composition and route for any mounted group for whom you are responsible.

DON'T

- a) Attempt to teach an inexperienced horse road manners without a steady animal(s) to help you.

- b) Take a mounted group on the road of more than three or four horses. If your ride is larger than this, group it under competent leaders and shepherds.
- c) Trickle across a major crossing-cross in a group.
- d) Ride on the road more than two abreast.
- e) Trot round slippery prepared surfaces. Its asking for trouble.
- f) Panic if your horse slips and falls - keep calm and let the animal find its feet - move to non-slippery ground before remounting.
- g) Ride on the road in foggy conditions unless you absolutely have to.
- h) Ride in failing light or darkness without light reflective fluorescent clothing and a suitable lamp.
- i) Ride out on roads known to be dangerous from snow or ice.
- j) Forget to thank other road users who give way to you.