



APPROVED:
D. Silija
Dean D. Silija
Faculty of Agriculture
March 30, 2022

LLU Faculty of Agriculture
Equestrian learning centre "Muški"
SAFETY RULES
(Comes into force on the 1st of April, 2022)

General rules

1. When working with horses, you must be quiet, calm and concentrated. No rapid movements.
2. It is strictly forbidden to consume alcohol or other intoxicants before or during riding. It is strictly forbidden to smoke in presence of horses.
3. When approaching a horse, you have to make sure the horse can see you. Never approach a horse from the back side without them knowing. Always work from the front or side.
4. Before and after training the health of the horse should be checked. Focus is especially on the hooves, the legs and the neck. If any injury is suspected, the trainer must be informed immediately.
5. When tethering a horse, knots should be used which can be easily opened if needed. Only tether a horse on solid objects.
6. When walking a horse, you have to go next to the horse, not in front or back. Be careful when walking through narrow spaces.
7. When walking a horse with a bridle on, remove reins from the horse's neck. Beginners should open the reins.
8. It is strictly forbidden to tie leashes or reins around arms or other parts of bodies.
9. When getting off the horse, the stirrups must be secured immediately.
10. It is strictly forbidden to climb or ride a horse in the barn.
11. Close the doors.

Safety rules while riding

12. A minor is allowed to be on horse only in presence of a trainer.
13. Always have an overview of the surrounding. Be prepared of unexpected reaction of the horse.
14. When riding, it is not advised to use mobile phones or listen to music via headphones to avoid distraction from surrounding.
15. It is not recommended to put on or take of jackets, windbreakers, sweaters or other clothing while riding a horse. Get your clothing in order before or after riding the horse.
16. Long hairs should be worn in a ponytail or bun.
17. No chewing gums while riding.
18. When riding in the arena or in the field, the distance between horses should be observed (at least 6 m).
19. When several horses are being ridden in the arena (or field), following rules must be followed:
 - The riders on the left hand always have the ride of the way (exception: The rider who is walking with the horse should go inside of the way). Riders on the right hand must avoid them.
 - The rider who is riding on the rail has the right of way over those riding circles, voltes, serpentine or other turns.
 - Trot and canter have the right of way over walk.

- Anticipatory riding is important.
 - When getting off the horse always do it in the middle of the circle.
20. When riding outside, the condition of the roads and trails should be strictly assessed and chosen accordingly. It is ONLY allowed to walk on rocky, rooted, uneven, hard or slippery surfaces.
 21. In case of any danger the other riders must be warned (broken glass, poor ground, cars, etc).
 22. When riding outside or going into nature, it is recommended to bring a mobile phone (at least one per group). It is not recommended to ride alone.
 23. It is strictly forbidden to jump any obstacle on the field or in area without trainer's permission.

Emergency rules

24. If a horse is restrained, it should be kept quiet and be calmed. If it is not possible to uncage to horse alone, get help.
25. Never put yourself in danger! Get help if necessary. Do not try to solve a problem alone.
26. If a horse is getting out of control, the rider should turn the horse in a circle and make it smaller until the horse stops.
27. If a horse is rearing, give the reins forward to avoid the horse losing balance.
28. If you fall off a horse, whichever way you land, once you hit the ground roll yourself clear and keep rolling until you are out of the way of your horse or your horse's legs.

Safety clothing

29. It is recommended to wear a riding helmet when working with horses. It is obligatory to wear a helmet when riding a horse.
30. Riding boots must have a smooth sole, small heel, no buckles or others which can get stuck in the stirrups. They should be high enough to cover the ankles.
31. The clothing should be tight but still allow comfortable moving. It is recommended to use riding gloves.
32. It is not recommended to wear loose jewellery around horses.

Equipment

33. Before saddling a horse, always check if the equipment is safe and in good conditions. Especially check the girth, the saddle straps and the stirrup straps. In case of any damage the trainer must be informed.
34. After using equipment make sure it is clean and check again the condition. In case of any damage the trainer must be informed.
35. After saddling a horse, the girth should be checked three times: After saddling, before getting on the horse and after walking a few minutes.
36. Before leaving the barn, clean the used area.