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| **Topic** | **Rider Safety** |
| D1 | Name 3 pieces of clothing or equipment that you should wear for your safety when you ride. |
| D2 | Name 3 items that should be included in a human first aid kit. Name 3 pieces of information that are required on the medical armband/bracelet. Describe what you should do for yourself when you fall off a horse. |
| D3 | Name 2 items that are required to ride in a Pony Club mounted lesson. Give 2 examples of when a riding helmet needs replacing. List some common injuries that may happen when a rider falls off a horse. |
| C1 | List 3 ways to determine if a riding helmet fits properly. List 3 circumstances where a helmet is required to participate in USPC activities. Describe 3 signs of heat illness. |
| C2 | List 5 signs of a concussion. Explain 2 ways to cool off a rider during a hot day. Explain the importance of the heat index. |
| HB | Discuss heat related illnesses. Discuss the signs of a concussion. Discuss what to do in the event a rider falls and what Return to Play means. |
| HA | Discuss heat stroke, symptoms, and care. Discuss concussion, symptoms, and care. Discuss rider fall care under different circumstances. Discuss the Return to Play protocol. |

Pre-Lesson Worksheet: Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Cross out what you should NOT wear while riding when it comes to rider safety.

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| Breeches | Polo Shirt | Hoodie | Medical Bracelet | Fashion Bracelet |
| Bulky Winter Coat | Air-Vest | Cross Country Vest | T-Shirt | Thick Muck Boots |
| Earmuffs | Riding Gloves | Thick Mittens | Necklace | Stud Earings |
| Half Chaps | Full Chaps | Sweat Pants | Khaki Pants | Belt |
| Jeans | Leggings | Riding Helmet | Hoop Earings | Watch |
| Jodphurs | Tennis Shoes | Bike Helmet | Scrunchies | Medical Armband |
| Sandals | Shorts | Baseball Cap | Metal Barrettes | Scarf |

1. When does a helmet need to be replaced?
2. What should you do if you someone falls off at Pony Club? What if that someone is you?
3. Name some injuries that you have heard could happen if you fall off a horse.
4. What is a concussion? What are some common symptoms?
5. What is Return to Play? Why is it important?
6. How do you know if it is too hot to ride?



1. What information about the weather do you need to properly use the Heat Index?
2. What are the three types of heat injuries? Which heat injury is an emergency?
3. What are the symptoms of heat cramps?
4. What are the symptoms of heat exhaustion?
5. What are the symptoms of heat stroke?
6. How many required items in the Human First Aid Kit can you list?