# **Standard Operating Guideline Riding Practices**

#### Supervision

- There must be a registered coach/advisor, 21 years or older present for the entire practice. No exceptions.
- Practices will be run by registered coaches or "short-term" registered volunteers.
- Safety must be a priority.
  - o Properly adjusted, engaged helmets are required for all mounted or driving athletes.
  - o Boots w/heels are required by all athletes while mounted.
  - o Bridles are required by all mounted athletes.

## Who may ride?

- All registered athletes and coaches may ride. If space is an issue, coaches should concede space to athletes.
- No family members or potential athletes may ride.

## **Arena requirements**

- The arena should be safe footing as determined by the coach(es) present. It must be fenced and enclosed on all sides.
- The arena should be large enough to safely manage the numbers of athletes present; this is the decision of the coach present at the practice.
- There should be *no* public usage or non-team member/coaches riding in the arena during scheduled practice times.
  - o In the event private time is not available in an arena, then the arena must be clearly split with cones or other objects; team members must stay on their side and public, or barn patrons must ride on the other side during scheduled practices. **This option should not be used** as a mechanism to allow family members to ride. It is only available if private time cannot be scheduled and barn patrons must have access.
- Advisors, coaches, parents, etc. who also own a facility that meets the needs of the team, may charge a reasonable (typical) "haul-in" fee, but they may *not* require team members to board at their facility.
- ALL practice facilities, their owner(s), and physical address must be provided annually to OHSET insurance chair before practice begins.

# **Vaccinations**

- Annual vaccines are encouraged. Check with a local veterinarian for specifics.
- Certain vaccinations may be required by facility providers.

# Dogs

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There may be NO dogs (large, small, cute or ugly) in or near the arena or other places where horses may travel. The exception, of course, is service dogs. However, if the service dog is in an area causing a problem, please remove all people and dogs from the area.

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#### Schedule

- Riding practices should follow a regular practice schedule. If practice times or location need to be changed, reasonable notice must be given.
- Consideration must be made for extreme temperatures.
  - o Coaches must remind athletes that hot horses should
    - be "cooled" before loading for home
    - should not drink much water immediately following a hard work out
    - should wear a cooler/blanket in open trailers
- Practice schedules and expectations should be a part of the written team rules. This includes any minimum requirements or mandatory attendance.

## **Accident or Injury**

- Any accident or injury to registered athletes or volunteers, must be reported using the appropriate form, filled out according to severity. This form is to be completed whether medical attention is necessary or not.
- Any accident or injury to spectators (unattached to team members) must also be reported using the appropriate form.
- All forms are available online at www.ohset.com

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