



## Lewis Carrier Dressage

### HEALTH AND SAFETY STATEMENT

Updated September 2020

Aim

**SAFETY FIRST**

Riding horses inevitably involves some risk. As your trainer my aim is to do what I reasonably can to ensure your health and safety without unnecessarily restricting your learning experience.



Stakeholders

For health and safety measures to be effective, everyone involved must take reasonable precautions to avoid and prevent accidents. This means a joint effort from you as rider, your trainer (me) and the person responsible for the venue where you are riding.



Venue

I am not responsible for the venue where your training will take place, but I have assessed the safety procedures in place at the venue. I will stop a lesson if I am not reasonably confident that the venue is a safe place in which to train. The person responsible for the venue will have staff on hand in the event of an accident or fire.



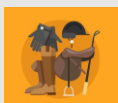
Rider

Riding can be physically demanding, and you need to be confident that you are fit and healthy before undergoing the training you have asked for. If you have any health or medical concerns please raise them with your medical practitioner before your lesson to check that you are fit to ride.



Horse

As rider you are responsible for your horse which means that you must be reasonably confident that the horse is fit and healthy, generally safe, and can undergo the training you have asked for. You must inform me before your lesson if the horse has any issues I need to be aware of. If I am concerned about the health or with the safe going of the horse I will stop your lesson so that we can assess the problem together.



Clothing, equipment and tack

As rider you are responsible for choosing appropriate clothing, footwear and a hat (compulsory for all lessons), and appropriate tack for your horse, and for checking that all equipment and tack is in good condition, before your lesson. I will stop your lesson if I have any concerns about clothing, equipment or tack, but you must also rely on your own judgement.



First aid

I hold a current first aid qualification and will be able to provide immediate first aid in the event of an accident in which you are injured. There may be another qualified first aider at the venue but for anything more than immediate first aid we will need to call for emergency services to attend. I will ensure that the venue records any incident in their accident book. I cannot administer treatment to a horse.



Legal liability

Other than for personal injury or death caused by my negligence, I accept no liability for any accident, loss, damage, injury or illness to rider, horse, anyone accompanying you, or your property.