

## **HEALTH AND SAFETY**

27 May 2010

Dear parent/ guardian,

I am writing with important information about Friendship Café Riding Club health and safety so you can make an informed decision about whether you would like your child to take part in our activities.

Friendship Café Riding Club is about introducing young people who are committed to learning to ride and care for horses.

Safety is a priority and we aim to have an excellent health and safety record. However we have had falls on occasions. This was caused usually by an unknown reason causing sudden excitement to the horses. Fortunately the riders escaped with no injuries at all. This illustrates the point that horses are living creatures, they can be frightened at any time and their behaviour can be unpredictable. For this reason horse riding is classified as a risk sport. Every year in Britain a few young people do incur fatal injuries whilst riding or handling horses.

In order to minimise risk of injury and for welfare of the group the horse club operates the following safety rules:

### **Horses and riding**

1. All instructors are qualified by the British Horse Society.
2. We/riding school provides suitable safety helmets, which we fit and check. You must provide suitable footwear although we have some in stock for loan.
3. All members ride suitable horses selected for them according to their height weight and experience.

### **Members and conduct**

4. All children must be well behaved at all times and must obey immediately instructions given by friendship Café staff and volunteers or riding school staff.
5. All children must wear seatbelts when the van/car is travelling. We have constant problems with children removing their seatbelts whilst the van is moving. Many children have been involved. Please take this opportunity to remind your children that unfastening their seatbelts is not permitted for their own safety. Children must ask permission to remove their seatbelts, if not they will be reported to parents. If they do it a second time, they will miss the next lesson.

### **Parents/Guardians**

6. You are expected to ensure that your children attend regularly and punctually and wear suitable clothes for the weather.

7. You are expected to keep Club updated about any special needs, medical conditions or requirements
8. You are expected to return any consent forms promptly.
9. Please make sure that medication is handed to staff, this includes antihistamine. Members are not allowed to carry their or own medicine (asthma pumps excepted)

If you have any questions or would like to discuss any matters concerning health, safety and supervision of the children during Club activities please contact me on the details below.

The Club welcomes parental involvement. If you would like to help or just come and watch a lesson please contact me to arrange a suitable time.

Yours sincerely

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