

# HORSE ACTIVITIES COME WITH THESE WARNINGS

GRAFTON TRAIL RIDERS  
P.O. Box 34  
Cropseyville, NY 12052

WARNINGS RECIPIENT(S) \_\_\_\_\_  
RECIPIENT(S) ADDRESS \_\_\_\_\_  
\_\_\_\_\_

THE RECIPIENT(S) OF THIS FORM IS/ARE HEREBY WARNED AS FOLLOWS:

## SECTION 1. PROTECTIVE ATTIRE

- A. PROTECTIVE HEAD GEAR** Each horse handler should consider wearing properly fitted and secured protective headgear (equestrian riding helmet), preferable bearing the STANDARD ASTM F 1163 emblem. Wearing of such headgear while driving, mounting, riding, dismounting and being around horses, may prevent or reduce severity of some head injuries and may even prevent death as the result of a fall and/or other occurrences.
- B. FOOT PROTECTION** Horse handlers, riders and drivers should wear hard, smooth-soled Western or English riding boots with heels (and socks) to provide protection for the feet in the event that a horse steps on a foot, and also to assist in preventing the foot from slipping all the way through the stirrup and becoming caught while riding, mounting, dismounting, and/or other occurrences. Soft socks provide additional protection against chafing and allow for easier removal of the foot from the boot.
- C. CLOTHING** Horse handlers, riders and drivers should wear long pants to protect legs, and riders should also consider wearing equestrian pants, breeches or jodhpurs with leather inner knee/calf patches, or chaps, or other leggings that provide inner leg grip and added stability in the saddle.

## SECTION 2. INHERENT RISKS

- A. NATURE OF THE HORSE** Horseback riding and horse driving is classified as RUGGED ADVENTURE RECREATIONAL SPORT ACTIVITY, and there are numerous obvious and non-obvious inherent risks always present in such activity despite all safety precautions. No horse is a completely safe horse. Horses are 5 to 15 times larger, 20 to 40 times more powerful, and 3 to 4 times faster than a human. If a rider falls from horse to ground, it will generally be at a distance of from 3 ½ to 5 ½ feet, and the impact may result in injury to the rider. Horseback riding/horse driving is the only sport where one much smaller, weaker predator animal, the human, tries to control and become one unit of movement with another much larger, stronger prey animal, the horse, with each having a limited understanding of the other. If a horse is frightened or provoked, it may divert from its training and act according to its natural survival instincts which may include, but are not limited to: stopping short; changing direction or speed at will; shifting its weight from side to side, bucking, rearing, biting, kicking or running from what it perceives as danger.

### STATEMENT OF AWARENESS

"I/WE HAVE READ AND DO UNDERSTAND THE FOREGOING WARNINGS CONCERNING HORSE ACTIVITIES."

SIGNED \_\_\_\_\_

DATE \_\_\_\_\_

SIGNED \_\_\_\_\_

DATE \_\_\_\_\_

PARENT OR GUARDIAN FOR:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_