

# STRIDES TRAINING

Emergency Procedures





# Who's in charge during Emergencies?

The on-site instructor is in charge of critical decision making and delegation of appropriate tasks in any emergency situation or safety concern.





# The Details

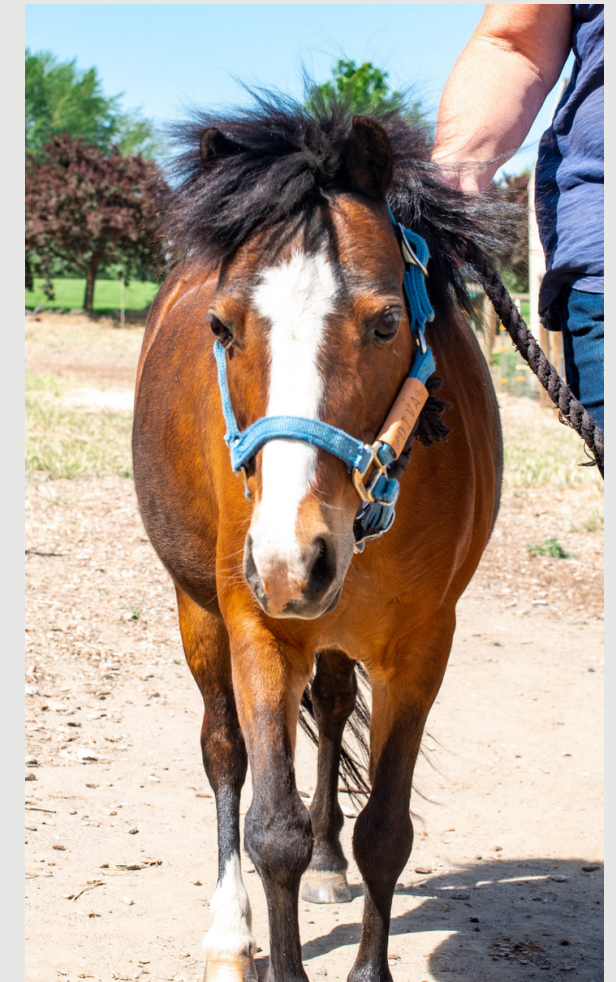
It's important to understand emergency procedures.



The instructor will give directions to volunteers and clients as to whether they need to dismount or not.



The instructor will also be responsible for administering first aid as necessary.



If the riders are dismounted, the horses will be returned to their pens or to a safe area as directed by the instructor.



It's important to understand emergency procedures.

# The Details



A volunteer (usually  
sidewalker #1) must  
accompany each client at  
all times.



The instructor or his/her  
designee will direct  
volunteers and riders to  
the appropriate location.



# MOUNTED ACTIVITY EMERGENCY PLAN





If there is  
an  
emergency  
while a  
lesson is in  
session:

### Rider falls

- 1 - all other horses must be moved to the far side of the arena and then halted
- 2 - all horse leaders will face their horse, standing in front and off to the side of their horse.
- 3 - all sidewalkers will stabilize their riders.
- 4 - await instructors directions.

### Loose horse in the arena or outside the arena

- 1 - all other horses must be halted
- 2 - all horse leaders will face their horse, standing in front and off to the side of their horse.
- 3 - all sidewalkers will stabilize their riders.
- 4- the instructor will supervise dismounting procedures verbally or personally.



# Emergency dismount

## Who can call Emergency Dismount?

Instructor, therapist or horse leader may call for a dismount.

## What do SideWalkers do first?

Sidewalker #1 tells the rider he/she is going to dismount. Both sidewalker #1 and sidewalker #2 remove rider's feet from stirrups.

## What do SideWalkers do second?

Sidewalker #1 wraps his arms around the rider's waist, pulls the rider from the horse and moves with the rider to a safe place far away from the horse.

## What does the horse leader do?

Horse leader makes every effort to steady the horse while turning the horse's hindquarters away from the rider on the ground.

## What does sidewalker #2 do next?

Sidewalker #2 quickly walks to safety away from the horse.

## What does the instructor do?

The instructor will determine if medical personnel are required and will request assistance (usually from sidewalker #2) in contacting specific personnel while the instructor remains with the rider.

If the rider is injured, the instructor may ask all others in the ring to leave quietly, placing one person in charge.

NO ONE, not even a parent, is allowed in the arena unless summoned by the instructor.



# Seizure procedure

## Horse Leader's role

Horse leaders will halt, then turn to face their horse, standing in front and off to the side of their horse trying to hold the horse still.

## SideWalkers role

Move in to stabilize the rider. Remove the rider's feet from the stirrups.

Perform Emergency Dismount of rider if instructor or horse leader calls for one.

## If emergency dismount occurs

Place rider on the ground, on his/her side. A cushion (folded towel or jacket) should be placed under the rider's head.

Do NOT place anything in the rider's mouth.

Do not hold the rider down.

## Call 911 if

The seizure lasts longer than 5 minutes.

The person is not known to have epilepsy or another seizure disorder.

The person does not return to consciousness.

He/she seems to be having a slow recovery or a second seizure, or is having difficulty in breathing.

The person has a medical I.D.

There is any sign of injury or sickness.

The person is pregnant.





## VOLUNTEER MANUAL

Today's presentation can be referenced in your volunteer manual.

Please complete the online quiz for your certificate.