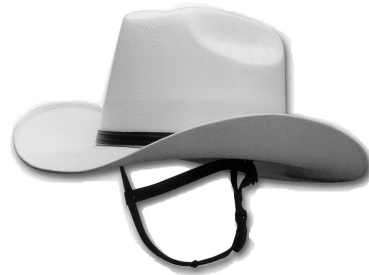


## Did you know?

- ▲ No child should ride a horse without the appropriate skills and level of development for riding
- ▲ No adult should ride double with an infant or child



Photo courtesy USPC, www.PonyClub.org



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Cover photo courtesy USPC, www.PonyClub.org

# When Can My Child Ride A Horse?

**EQUESTRIAN  
MEDICAL  
SAFETY  
ASSOCIATION**

**Support for the Thinking Rider**

## Your child should have:

- ▲ The *desire* to ride
- ▲ Muscle *strength* to hold the proper position in the saddle
- ▲ The *ability* to *understand* instructions and *follow* directions
- ▲ Sufficient *attention span* for instruction
- ▲ *Neck muscles* strong enough to support a fitted, secured certified protective helmet



## The horse should be:

- ▲ *Suitable* for children with a quiet, calm nature
- ▲ *Small enough* to allow the child's legs to be under the child's body, and the foot reaches to halfway down the side of the horse

*A child must NEVER be mounted on a horse without a secured, ASTM standard SEI-certified helmet.*

## The equipment should include:

- ▲ A saddle that fits the size of the *child*
- ▲ A saddle that fits the size of the *horse*



Photos: left: right courtesy Rose Howe. www.triplehequestriancenter.com

## Then you'll need a qualified instructor who:

- ▲ Has *experience and patience* to work with young children
- ▲ Has *appropriate discipline and control* of the program
- ▲ Teaches in a fashion to *all progressive development of motor skills*
- ▲ Has *knowledge of riding skills* appropriate for the age of the child
- ▲ Has requirement for a fitted, secured ASTM/SEI-certified *headgear at all times when mounted*
- ▲ Knows when a *helmet is well-fitted*
- ▲ Has *facilities with a small closed ring* away from motorized traffic, other horses and disruptive activities
- ▲ Is *certified* by a recognized, national equestrian instruction program that includes CPR-First Aid certification as part of its program

