



# 4-H Horse Challenge: Horse Safety



Basic horse safety when working with and riding horses is essential knowledge for youth engaged in the 4-H Horse project. Horses are large animals that can bite, kick, and exhibit unpredictable behavior in the blink of an eye. A healthy respect for horses, understanding potential dangers, and learning basic safe horse handling and riding skills are critical components of basic horsemanship. Learning and practicing basic safety precautions ensures that youth have a safe and enjoyable experience throughout the 4-H Horse Project.

## Inspire Kids to Do

### Skill Building

Learning and practicing basic horse safety techniques is necessary to keep you and your horse safe. Understanding potential hazards is an important step to prevent injuries. To work safely with your horse, you should have a basic understanding of horse behavior.

### Goals

- Learn why safety is important when handling & riding horses.
- Describe the proper way to approach and catch a loose horse.
- Practice proper leading, bridling and saddling techniques.
- Learn about best clothing choices and protective equipment when working with horses.

### Project Ideas

- Make a Horse Safety Tips poster or educational exhibit.
- Present a live demonstration of safety when working with horses.
- Conduct a tack safety audit of other 4-H Horse project members' tack.

### Self-Evaluation Before

Using the rating scale below, answer the following:

- 1 = not at all
- 2 = a little
- 3 = a lot

#### I know ...

How to safely approach and catch a loose horse ..... 1 - 2 - 3

Why safety is important for handling/riding ..... 1 - 2 - 3

Basic handling practices when working with horses..... 1 - 2 - 3

### Starting Out

- Learn about personal protection equipment and clothing appropriate for working with horses.
- Learn about the "blind" and "flight zones" of horses and impact on safe handling.
- Learn how to approach and catch a loose horse.
- Learn how to tie a quick release knot.
- Learn basic bridling and saddling safety precautions.
- Learn basic riding safety precautions.

### Learning More

- Become familiar with and understand horse behavior.
- Recognize horse body language to "read" your horse.
- Safely bridle and saddle your own horse.
- Learn to inspect tack for proper working order and safety hazards.

### Expanding Horizons

- Learn how to safely load and unload your horse from a horse trailer.
- Learn how to safely longe a horse.
- Recognize how building and equipment maintenance impacts horse and personal safety.
- Learn and practice techniques for handling a spooked horse.
- Evaluate the safety of your horse facilities and work with adults to correct hazards.

# 4-H Horse Challenge: Horse Safety

Challenge Instructions	Helpful Tips	Leadership	Curriculum and Resources
<p>Complete page 11 of the <i>Kansas 4-H Horse Standard of Excellence</i> questions on horse safety. <a href="https://bookstore.ksre.ksu.edu/pubs/MG55.pdf">https://bookstore.ksre.ksu.edu/pubs/MG55.pdf</a></p> <p>Check out the lessons on Horse Safety at: <a href="https://nasdonline.org/browse/174/horses.html">https://nasdonline.org/browse/174/horses.html</a></p> <ul style="list-style-type: none"> <li>• Read &amp; watch Lesson 1 – Take Good Care of Yourself</li> <li>• Read &amp; watch Lesson 2 – Behavior Basics</li> <li>• Read &amp; watch Lesson 3 – Facilities &amp; Equipment</li> </ul>	<ul style="list-style-type: none"> <li>• When practicing horse safety skills, always have an adult present.</li> <li>• Always wear boots with a heel when riding and working with horses. No sandals!</li> <li>• If possible, use a horse that you are familiar with.</li> <li>• Gather all necessary supplies/equipment before starting.</li> <li>• Take your time and don't rush.</li> </ul> <p><b>When finished, please visit:</b> <a href="http://www.tinyurl.com/KS4H-Challenge">www.tinyurl.com/KS4H-Challenge</a> to tell us what you learned. Thanks.</p>	<p><i>(Suggested for Intermediate and Advanced Levels.)</i></p> <p>Teach someone what you have learned.</p> <ul style="list-style-type: none"> <li>• Assist younger members in learning about horse safety.</li> <li>• Host a horse safety project workshop.</li> <li>• Create a basic horse safety YouTube video to share with other Horse Project youth.</li> <li>• Other _____</li> </ul>	<p>To learn more about the Horse Project, visit the <a href="#">Kansas 4-H Horse Project</a> page.</p> <p>National 4-H Curriculum <a href="https://shop4-h.org/">https://shop4-h.org/</a></p> <ul style="list-style-type: none"> <li>• Horses &amp; Horsemanship</li> <li>• Horse Science</li> <li>• Giddy Up and Go</li> <li>• Head, Heart and Hooves</li> <li>• Stable Relationships</li> <li>• Riding the Range</li> <li>• Jumping to New Heights</li> <li>• Horse Project Helper's Guide</li> </ul>

## Life Skills Learned (check all that apply)

- Positive Self-Concept
- Inquiring Mind
- Concern for Community
- Sound Decision-Making
- Healthy Interpersonal Relationships

## Share

- Teach basic horse safety to first-year 4-H Horse project members.
- Present a project talk at a club meeting reviewing basic horse safety practices.
- Visit and evaluate other 4-H Horse Project members' facilities for safety hazards and improvement opportunities.

## Evaluate Your Experiences!

Why is it important to know and practice safety when working with and around horses?

\_\_\_\_\_

Describe the proper way to approach and catch a loose horse. \_\_\_\_\_

\_\_\_\_\_

Describe proper leading, bridling, and saddling techniques. \_\_\_\_\_

\_\_\_\_\_

List some horse behavior basics. \_\_\_\_\_

\_\_\_\_\_

**To complete the Challenge,** take a selfie while doing the activity. Upload the photo and take the survey about your Challenge experience. [www.tinyurl.com/KS4HChallenge](http://www.tinyurl.com/KS4HChallenge)

## Local Contact Information

## Self-Evaluation After

Using the rating scale below, answer the following:

- 1 = not at all
- 2 = a little
- 3 = a lot

### I know ...

How to safely approach and catch a loose horse ..... 1 - 2 - 3

Why safety is important for handling/riding ..... 1 - 2 - 3

Basic handling practices when working with horses..... 1 - 2 - 3

## Kansas Clover Classroom

Adapted from NW 4-H Advisory Challenge created by McKenzie Smithson, Butler County 4-H Agent, and Kim Naber, Post Rock District 4-H Program Coordinator

