



# USPC Safety

2015 Education  
and

2016 Standards of Proficiency

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# D-1 to A Safety Education



2015

- ▶ With increased awareness on Heat illness and Concussion we have developed the following safety education for our members.
- ▶ We will introduce the education to all members D1-A.
- ▶ Use this year to educate members and examiners and prepare for testing in 2016.
- ▶ Read Policy 1025.A on approved helmets

This presentation will provide information on what will be expected at the levels.

# Where to find Educational Materials



2015

- ▶ Check your USPC Safety Booklet, 2015 HM Handbook, and USPC manuals for safety information
- ▶ Study the USPC website and click on the safety tab
- ▶ Club level certifications: make sure examiners are educated on the new standards: questions and answers
- ▶ Get your RICs and HMOs involved

# D-1 to A Standard of Proficiency

2016



- ▶ Safety will be included in the Standards of Proficiency.
- ▶ Safety will be tested in every certification level.
- ▶ Examiners need to be educated.
- ▶ Examiners need to build into the certification schedule.

# D-1



Attire: Pg 30 Safety Manual/ Pg 8 HM Handbook

- ▶ Name two pieces of clothing or equipment that you should wear for your safety when you ride.

Example:

1. Boots -or approved footwear with a heel
2. Certified helmet - ASTM-F1163 (North America), BS-EN 1384 (UK), AS/NZ 3838 (Australia and New Zealand)
3. Safety vest - Not a requirement but would be an accepted answer
4. Medical Armband/Medical bracelet -required
5. Gloves - Not a requirement but would be an accepted answer

## D-2



### Rider Fall:

- ▶ Describe what you should do for yourself when you fall off a horse.

Example: Pg 59 D Manual

Fold up your arms and legs and don't hang on to the reins. Keep lying still until you are sure there is no injury or until someone comes to help

- ▶ Name at least three items that should be included in a human first aid kit.

Example: Pg 27 Safety Manual, HM Handbook-Appendix D-2, Pg. 58

Band-Aids, Sunscreen, Bug spray, Triple Antibiotic Cream, Protective Gloves, Human Digital Thermometer, Tweezers, Instant Cold Compresses, Anti-sting cream/spray, Hand Sanitizer, Scissors

## D-3



Heat: Pg 16 Safety Booklet/USPC Website-Safety Tab

- ▶ Explain two ways of cooling off a rider during a hot day

Examples: Drink cool water, stand under shade, washcloths with cold water, neck coolers

Attire:

- ▶ Give at least two examples of when a riding helmet should be replaced

Example: Pg 38 HM Handbook. When it is cracked, showing damage or aging, after a direct hit or fall, and exposed to extremely hot conditions

## D-3



### Rider Fall:

- ▶ List some common injuries that may happen when a rider falls off a horse

Examples:

Broken bones, concussion, scrapes, cuts, bruising, dislocation

### First Aid:

- ▶ Describe where a first aid kit is located at the barn or stable where you ride.

Examples: Tack room, indoor arena, wash stall



# C-1



Heat: Pg 16 Safety Booklet/USPC Website-Safety Tab

- ▶ According to the USPC Safety Booklet, describe three signs of heat illness.

Example: Increased temperature, seizures, confusion, nausea, vomiting, headache, hot and wet/dry skin, increased heart rate, dehydration, combativeness

Concussion: USPC Website - Safety Tab

- ▶ According to the Centers of Disease Control and Prevention give the definition of "concussion".

Example: A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth

# C-1



## Attire:

- ▶ List ways to determine if a riding helmet fits properly.

Example: Pg 37-38 HM Handbook

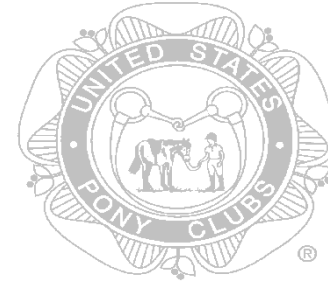
Harness should be snug, if there is an adjustable 'V' harness, the tip of the 'V' should fit under the ear, when helmet wiggled back and forth and side to side, the eyebrows and scalp should move, the brim should rest ½" to 1" above eyebrows

## Rider Fall: Pg 15 Safety Manual

- ▶ What should you do if another rider falls off in the immediate area where you are riding.

Example: Tell them to stay quiet until an adult arrives. If serious, have someone call 911

## C-2

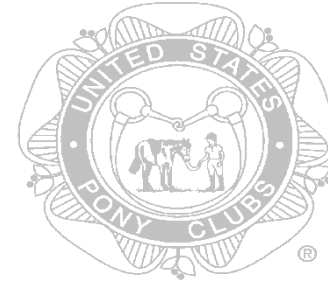


Heat: Pg 25 Safety Manual/Pg 33 HM Handbook/USPC Website-Safety Tab

- ▶ Have knowledge of “Heat Index” and how this might effect your preparation for an outside activity

Example: Temperature the body feel when heat and humidity are combined. It reduces the amount of evaporation of sweat from the body and outdoor exercise becomes dangerous when in the danger zone

## C-2



Concussion: Pg 22 Safety Manual USPC Website-Safety Tab

- ▶ List 3-5 signs or symptoms of concussion

Example: One pupil larger than the other, drowsy or cannot be awakened, a worsening headache, weakness, numbness, vomiting or nausea, slurred speech, convulsions or seizures, cannot recognize people or places, confused, agitated, loses consciousness

Attire: Pg 6 HM Handbook

- ▶ List 4 circumstances where a helmet is required to participate in USPC activities

Longeing, Mounted, Horse Inspections, Turnout Inspection, Safety Checks

## C-2



### Return to Play: Pg. 22 Safety Booklet/USPC Website-Safety Tab

- ▶ List 4 steps in the USPC “Concussion Return to Play” action plan for a rider that may have sustained a concussion.
1. Remove the athlete from play
  2. Ensure the athlete is evaluated by a health care professional experienced in evaluating for concussions
  3. Inform the athlete’s parents or guardians about the possible concussion and give them the concussion fact sheet.
  4. Keep the athlete out of play the day of the injury until a health care professional says he/she is symptom free and it is OK to return to play.

# HB



Heat: Pg. 16 Safety Manual/USPC Website-Safety Tab

- ▶ Name 2-3 heat related illnesses or conditions and explain how they are different

Example: Heat Cramps- Least severe, Muscular pains and spasms

Heat Exhaustion - Heavy sweating due to hot, humid temperatures causing blood flow to decrease to vital organs. A mild form of shock. Body temperature will continue to rise

Heat Stroke/Sun Stroke - Life threatening condition because the victim stops sweating and body temperature can rise so high and cause brain damage. Death may result if not cooled

# HB



## Rider Fall: Pg 316 HB-A Manual

- ▶ Describe what steps you should take when a rider under your supervision falls off a horse

Example: Keep rider still while checking for injuries. Do not allow them to move or stand. Check to see if the rider is breathing and has a pulse. Call 911 or emergency services if injury is suspected. Begin CPR if not breathing. If bleeding, apply direct pressure to wound. If a concussion is suspected, do not let him/her continue to ride. If not injured, support and watch for signs of fear, shock, or delayed reaction.

# HB



**Concussion:** Pg 22 Safety Manual/USPC Website-Safety Tab

- ▶ Know 8-10 signs or symptoms of a concussion

Example: Same list as C2

**Return to Play:** Pg 22 Safety Booklet/USPC Website-Safety Tab

- ▶ Give the rationale for not returning to play/riding until the signs and symptoms of concussion have resolved.

Example: You cannot see a concussion and some symptoms do not appear until hours or days after the injury. Physical and cognitive activities can cause symptoms to reappear or get worse



# HA



## Heat: Pg 16 Safety Manual/USPC Website/Safety Tab

- ▶ Discuss the symptoms of heat stroke and how you would care for a rider.

Example: Increased body temperature, seizures, confusion, nausea, vomiting, headache, dizziness, Hot and wet/dry skin, increased heart rate, dehydration, combativeness. Call 911 and cool the body down by hydration, shade and cold compresses

## Concussion: Pg 22 Safety Manual/USPC Website-Safety Tab

- ▶ Discuss concussion including symptoms and immediate care of a rider

Example: Same list as C2 and HB - Remove the athlete from play, inform parents, offer support

# HA



## Rider Fall: Pg 19 Safety Booklet/USPC Website-Safety Tab

- ▶ Discuss how to manage the aftermath of a fall, including consideration of circumstances (e.g. in arena vs. in the open)

Example:

Determine whether it is an incident (no injury) or accident (with injury).

Determine why the incident/accident occurred- poor footing, unsuitable horse/rider combination, spook

Fill out and file with the USPC Safety committee an Incident Report Form