

Safety Standards Flow Chart

	D-1	D-2	D-3	C-1	C-2	H-B (cards)	H-A
Heat			Explain two ways to cool off a rider during a hot day	According to the USPC Safety Booklet, describe 3 signs of heat illness.	Have knowledge of heat index and explain how this might affect your personal preparation for an outside activity involving horses	Name 2-3 heat-related illnesses or conditions and explain how they are different	Discuss the symptoms of heat stroke how you would care for a rider suspected of heat stroke.
Concussion				According to the Centers of Disease Control and Prevention, give the definition of "concussion"	List 3-5 signs or symptoms of a concussion	Know 8-10 signs or symptoms of a concussion	Discuss concussion including symptoms and immediate care of a rider with suspected concussion
Attire	Name 2 pieces of clothing or equipment that you should wear for your safety when you ride		Give at least 2 examples of when a riding helmet needs replacing	List ways to determine if a riding helmet fits properly	List 4 circumstances where a helmet is required to participate in USPC activities		
Rider Fall		Describe what you should do for yourself when you fall off of a horse	List some common injuries that may happen when a rider falls off a horse	Explain what you should do in the event of another rider falling off in the immediate vicinity of where you are riding		Describe the steps you should take when a rider under your supervision falls off a horse	Discuss knowledge of how to manage the aftermath of a rider fall, including consideration of circumstance (e.g. in arena vs. in the open)
First Aid		Name at least 3 items that should be included in a human first aid kit.	Describe where a first aid kit is located at the barn or stable where you ride or care for your mount.				Pass a basic First Aid course. Demonstrate how you would give CPR and what you would do for a person in shock.
Return to Play					List the 4 steps in the USPC's "Concussion Return to Play" Action Plan for a rider that may have sustained a concussion.	Give the rationale for not returning to play/riding until the signs and symptoms of concussion have resolved.	Discuss the detailed procedure involved in determining if a rider should continue riding after a fall using USPC's "Concussion Return to Play" protocol

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Educational materials:

Cross-reference manual (if possible) → check manual

Will we need to put supplemental materials on web? → check with safety committee and USPC website