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Week 1
Rules, Safety and Fire Emergency

Hello Troopers! This week's lecture may seem repetitive for returning Troopers but it is very important to review the following important topics.

General Barn Rules

1. Enter the barn at your own risk.
2. Riding is at your own risk
3. Horses can kick or bite-Do not pet or feed the horses with out permission from the staff.
4. Do not enter paddocks when horses are in them.
5. Under no circumstances is an unauthorized person allowed to enter a horse's stall.
6. An adult must accompany all children under the age of 7 at all times.
7. No smoking on NCMT property.
8. No dogs permitted on Troop property.
9. No running, yelling, or rough play in the barn or locker room.
10. No glass containers permitted on NCMT property.
11. All garbage must be disposed of in the trash cans provided.
12. No one in sandals is allowed in the barn!

Rider's Barn Rules

1. A properly fitted riding helmet and proper footwear are required to be worn while riding and working around the horses. Open toed/heeled shoes are not permitted in the barn. See "Proper Attire" below.
2. All horses must be led with a halter and a lead rope at all times.
3. Horses may be groomed in their stall or on the cross-ties depending upon the horse: ask a staff member or the Barn Day Captain.
4. No one may enter a paddock or a ring where a horse is loose without permission from a staff member.
5. Halters, lead ropes, saddles, and bridles must be kept OFF the ground at all times.
6. Horses must be clean, cool, and dry before going back into their stalls.
7. After riding, be sure to thoroughly clean and put away all of your tack and leave your area cleaned up!
8. Be sure to do your assigned jobs before leaving.
9. Report all lameness, cuts, or odd behavior to a staff member immediately.
10. Be kind and respectful to all Troopers and staff members.
11. No chewing gum while riding.
12. Have Fun!!!

What to do if a horse gets loose?

1. Announce "Heads Up! Horse is loose!" as loud as you can.
2. All small children 12 and under should stay close to a wall or go into the tack room. Do not get in the horse's way.

3. Older kids and staff should try to contain the horse/pony in a confined space by closing all appropriate gates. One person should immediately run and close the Front Gates leading to Carter Street so the horse is confined to the property.
4. One person should get a small bucket of grain to lure the horse.
5. Always use the buddy system. Never try to catch the horse alone.
6. Always have a halter and lead rope to catch the horse. Put the lead around the horse's neck at the poll first and then put the halter on the horse and attach the lead rope to lead the horse back into the barn.

Fire Drill

1. If you hear the fire alarm or someone yell "Fire", go to "The Rock" in the center of the grassy hill across the driveway.
2. Captains should take the Barn Day and Lesson Schedules and meet all troopers at "The Rock" for attendance. Captains may be asked to open and close gates for horses being evacuated.
3. A staff member will come to "The Rock" to make sure all troopers are accounted for.
4. *Troopers may not enter the barn if there is a fire! All troopers must remain at "The Rock" until told otherwise by staff!

Emergency Dismount

The Emergency Dismount is a safety tool a rider would use in an extreme case where a horse or pony is running away, out of control. While it is best to try to stay on the horse and regain control, there are times when the rider should abandon the horse while the horse is moving.

1. The first thing to do is to kick both feet out of the stirrups to free your feet.
2. Place your hands on the pommel of the saddle or near the horse's wither.
3. Kick your right leg high and swing it over the back of the horse, pushing yourself away from the horse and LETTING GO of the reins.
4. As you approach the ground, think about keeping your knees bent so that you can be in position to move or roll away from the horse as the horse moves away from you.