

Did you know?

- Head injuries are the most common reason for equestrian-related deaths and hospitalization.
- Athletes involved in horse riding are more likely to suffer head injuries than those who play football, boxing or soccer.
- Riders aged 10-14 are more likely to have an accident with a horse than any other age group.
- A rider who has had one head injury has a 40 per cent chance of suffering a second one.

A doctor's experience

"Accidents happen at any time and anywhere. It doesn't matter if you're learning to ride or have been riding for years. As a doctor, I've seen both beginners and experienced riders suffer severe head injuries.

Every time I interact with my horse, whether I'm in the barn, field or riding, I put on a helmet. It only takes one accident to injure yourself for life."

– Dr. Don Wescott, MD FRCS (C)
President, Doctors Nova Scotia
Co-owner of Deverness Stables



Nova Scotia Equestrian Federation
5516 Spring Garden Road, 4th floor
Halifax, NS
B3J 1G6
Tel: (902) 425-5450 Ext. 333
Fax: (902) 425-5606
e-mail: nsef@sportnovascotia.ca
online: www.horsenovascotia.ca

The Canadian Medical Association, the American Medical Equestrian Association and the American Medical Association recommend approved helmets be worn on all rides by all riders.



www.doctorsNS.com



Use your head, protect your brain



Wear a helmet

Keep yourself
safe while horseback riding.



Wear a helmet

Many activities require you to wear a helmet and horseback riding is no exception.

If you hit your head while tending to or riding your horse, a helmet could save your life.

Accidents can happen at any time so it's important to wear a helmet when in the barn, field or riding.

Helmet tips

- Wear only an ASTM SEI approved equestrian helmet when mounted on a horse.
- Bike and hockey helmets aren't safe to use when horseback riding.
- Helmets should be replaced after an impact or every two to three years, depending on wear.



Riding safety tips

- Wear a boot with a heel when mounted on a horse.
- Know and obey all rules of the road when riding on public roads and trails.
- Never ride alone.
- Keep first aid equipment with you when on a trail.
- Always carry a cell phone when travelling outside of your property.
- Check your horse's tack and equipment to ensure they are in good repair. A well-fitting saddle and bridle is a must.
- Avoid riding at night.

Why ride?

Riding can:

- reduce stress,
- help manage weight,
- increase exercise,
- improve self-confidence,
- teach responsibility, and
- improve strength and balance.

True helmet stories

Jessica Swinkels of Antigonish County was thrown from her horse while out on a pleasure ride. She fell and bumped her head on a train track and suffered a skull fracture. She credits her helmet with saving her life.

Elizabeth Hader was just 10 years old when she was killed at her birthday party when thrown from a horse that was spooked at a public trail riding facility. She suffered severe head injuries. Elizabeth wasn't wearing a helmet.