

Helpers (leaders and Sidewalkers)

When working around our horses as either a leader or sidewalker, these are a few Health and Safety points for you to remember –

1. Suitable clothing must be worn. Jackets and cardigans etc. must be done up as flapping clothing can hamper movement and worry ponies. Gloves are recommended. Substantial shoes should be worn so that the foot has some protection against being trodden on. Shoes and boots with more than a very small heel are not suitable and should not be worn.
2. We advise that jewelry should be kept to a minimum. Riders may be attracted to dangling earrings and necklaces and reach for them causing damage and loss.
3. Please tie long hair back as some riders may be tempted to reach out to touch or pull hair.
4. Helpers should be alert at all times. Side walkers are there to help the rider when necessary. Please do not side walk with hands in pockets, as this will impair your reflexes should you need to assist your rider in an emergency. Also your own balance may also be jeopardized when walking on uneven ground.
5. Care should be taken by people wearing glasses, as riders could possibly reach out and grab them. The ride coach will try to prevent this risk by not placing you with a rider who is known to be attracted to glasses.
6. Leading and sidewalking are equally important responsibilities. Leaders and sidewalkers must respect each other's role for the safety of everyone and in the best interests of the rider.
7. It is your responsibility to inform the coach if you are – **injured in anyway – are asthmatic – diabetic – or have any allergies that may be aggravated by the environment at Barrow Farm.**
8. Care will be taken by the coach that you are not asked to do any task that you do not feel confident to do – e.g. helper may be happy leading small pony, but not large one. Please do talk to the coach about any areas you are not comfortable in.