

Maryland Department of Health
Center for Healthy Homes and Community Services
Youth Camps

Horseback Riding Safety Plan

Purpose

The purpose of a written safety plan is to inform camp staff and volunteers what actions to follow to ensure each camper's safety while running horseback riding programs. The Specialized Activity must be conducted according to the safety plan.

Training

Staff and volunteers must receive training in the horseback riding safety plan. Training must include an opportunity to discuss the plan and ask questions.

Knowledge and Conduct

Staff and volunteers must know and follow the horseback riding safety plan procedures.

- Describe the training: what/where/when. Document that each staff/volunteer was trained before camp and knows the safety plan.

Availability

A copy of the horseback riding safety plan must be available to the camp staff. The horseback riding safety plan must be on file in the headquarters or office of the camp.

- Where are copies of the safety plan kept?
- Do staff/volunteers receive a copy?

Writing a Horseback Riding Safety Plan:

Provide the following:

1. What are the health and safety risks of the activity?
2. What minimum staff qualifications are required for the activity?
3. Describe staff responsibilities for each staff position, from Counselor in Training, (CIT) to Director. When activity is not on camp premises, a director (an individual who is 21 years old or older and has at least 24 weeks of supervisory experience) must accompany the activity.
4. How does the instructor determine a camper's riding experience before assigning a horse and deciding where they may ride?
5. How does the instructor ensure that appropriate headgear is worn by all riders?
6. How does an instructor ensure that shoes with heels or closed stirrups are used?

7. How does the instructor ensure that horses are healthy and the stable meets COMAR 15.16.01?
8. Provide detail on how a director is either at camp or on site where campers are riding.
9. Provide detail on how an instructor will be present at each riding activity.
10. Determine how an adult staff member, adult volunteer, counselor, or assistant counselor is on duty and supervising the campers, (one for each ten riders) for each riding activity or trail excursion.