

# **Tape-1**

## **Rules Handout**

### **Barn Safety Rules:**

1. When working with or riding a horse, you should always wear an approved riding helmet.  
**Why?** *Because you can fall off or get kicked!*
2. Wear boots to the barn. No bare feet or sandals in the barn.  
**Why?** *Because you could get stepped on or catch worms!*  
*\* You should wear boots with a 1/2 inch heel and a reinforced toe to help protect your foot if you are stepped on and to keep your foot from slipping through the stirrup if you fall off!*
3. Do not ever handle a horse or ride alone.  
**Why?** *Because if you get hurt no one will be there to help you!*
4. No running or loud noise at the barn.  
**Why?** *Because you can spook the horses and cause injury to them or to yourself!*
5. No smoking at the barn.  
**Why?** *Because barns are full of flammable things, like hay, that can cause a fire to spread rapidly.*
6. No hand feeding the horses.  
**Why?** *Because you will teach them to nip or bite you!*
7. Do not stand directly behind or directly in front of the horse.  
**Why?** *Because you want to be out of the way of a possible kick, bite or lunge.*
8. Keep hands and knees off the ground when dealing with the horse's feet.  
**Why?** *Because you do not want your hands stepped on and when you are on your knees you can not move away from the horse quickly in the event of a spook!*
9. Do not ever pull on the cross ties when a horse is in them.  
**Why?** *Because the horse could sit back and hurt himself and anyone around him!*
10. Do not handle the horse by his halter only. Always use a lead rope.  
**Why?** *Because if the horse jerks his head up you can dislocate your shoulder or the horse can get away from you.*
11. When leading, never try to out-muscle the horse by stepping in front of him. Use the lead rope, in a quick downward jerk, to get his attention.  
**Why?** *He is bigger than you and he could knock you to the ground.*
12. Always tell someone, take a whistle, and take a buddy when going on a trail ride.  
**Why?** *Because if you fall off and get hurt and the horse runs away, you will have someone to help you and to alert others.*