



*Be Horself*

Horse Assisted Wellbeing

Be Horself Limited, Company Number 12358244 – Director Loredana Caminiti

## **Safety Aspects of Equine Facilitate Learning (EFL) Horse-related Activities**

### **Section A: Protective Attire and Possible Hazards**

1. I understand that I should always wear some hard-soled, fully enclosed shoes or boots and socks to protect feet, and long trousers to protect legs while working around or interacting with horses.
2. I am advised that the EFL work can be carried out in several places within Be Horself location, such as the horse's stables, the yard, the ménage or the fields. I understand there will be uneven, and in certain weather conditions slippery, surfaces to walk on and/or muddy fields.
3. I am advised that dust and hay can be present on site during the EFL work and I understand that it is my responsibility to keep myself safe at all times and to disclose any allergies to the practitioner before the commencement of any work.

### **Section B: The Nature and Physical Character of the Horse**

The Be Horself herd of horses are well-trained horses, very obedient, docile and affectionate; however, it is important to understand that all horses can be unpredictable by nature, as they rely on their instincts for survival. Sometimes loud and/or sudden unexpected movements, such as dropping an object near a horse, can provoke a reaction according to natural, protective instincts.

They also can be very responsive to your energy so be aware of how you are feeling before and during your interaction with the horses.

But don't worry, Loredana will be demonstrating you on the day how to safely approach and be around the horses so that you can feel safe and comfortable around them.



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and 2. I am advised that when a horse is frightened, angry, under stress or feels threatened, it is the horse's instinct to move forward or sideways, to run away from danger or gallop to safety.

3. I am advised that if a horse is frightened or feels threatened from behind, the horse may kick. Please be aware of your distance.

4. I am advised that any person must always approach a horse calmly and quietly with respect and caution, preferably to the horse's shoulder or lower neck. Your practitioner will demonstrate you the correct approach before starting any work.

5. I am advised that loud and/or sudden unexpected movements, such as dropping an object near a horse, can provoke a domesticated horse to react according to natural, protective instincts as described above.

6. I am advised that the first signs of anger or fear in a horse are the sudden tensing of the muscles of the body, possibly laying the ears flat back against the head, or quickly tossing or raising the head. I understand that the EFL practitioner or staff will manage any of these signs should they be evident.

7. I am advised that a horse can see independently with each eye, actually looking in one direction with one eye and another direction with the other eye. The horse can also focus both eyes on one object somewhere in front of him/her. Typically the direction in which the ear is pointing will tell an observer where the eye is looking on the same side and what the horse is listening to.

8. I am advised that a horse has two blind areas around which he/she cannot see. Those areas are directly behind the horse and directly in front. When a horse has his/her head lowered to the ground, the spot directly at the end of the nostrils is a blind area. This is the reason it is best to approach a horse close to the shoulder, and never to surprise a



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horse from the rear, or to reach first for the horse's mouth, muzzle area. Your practitioner will demonstrate for you the correct approach before starting any work.

9. I am advised that while a horse is very sure-footed by nature, horses may accidentally step on nearby objects, which could include a human's foot, when they are balancing or turning around. When a horse is worked on unstable ground or slippery grass or footing, the horse could slip or fall down.

**I have read, understood and agreed to all of the above.**

\_\_\_\_\_  
Participant or Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness (if under 18)

\_\_\_\_\_  
Date