

**PERMISSION TO PARTICIPATE IN 4-H HORSE ACTIVITIES
DISCLOSURE AND RELEASE OF CLAIMS**

I, _____, have chosen to participate in the Ohio 4-H Horse Program and its related horse activities. I understand that this participation will involve contact with horses and may give rise to a risk of physical injury.

I am aware that:

- A. Horses have a tendency to behave in ways which may result in injury, death, or loss to riders, or other persons in the immediate vicinity;
- B. Horses may react in an unpredictable way to sounds, sudden movement, unfamiliar objects, persons, or other animals;
- C. Riding a horse may give rise to a risk of injury from hazards arising from the surface or subsurface of the ground in which these riding activities occur;
- D. While in the vicinity of a horse or while riding a horse, I may be involved in a collision with another horse, another animal, a person, or an object;
- E. Other participants in the program may fail to maintain control over a horse or fail to act within their abilities, thus causing harm to me or other participants; and
- F. Other participants in the program may act in a negligent manner, which could result in harm to me.

As parent or guardian I have discussed with my child the need to behave in a safe manner. I will make sure that my child wears appropriate clothing and footwear during horse activities. I further agree that my child shall be subject to the helmet policy.

In consideration for the opportunity to participate in club, county, district and state 4-H horse activities and the use of services and facilities made available through these 4-H horse activities, I do release and forever discharge for myself and my heirs, executors, administrators, and assigns, the Ohio 4-H Horse Program professional and volunteer leaders, agents, The Ohio State University and its Board of Trustees, its administrators, faculty and staff, from all claims, demands, and causes of action for personal injury or any other damage which may arise out of or be in any way related to my participation in this activity or program.

I understand that my child is not required to participate in any horse activity, but grant permission for him/her to do so, despite the possible risks. I recognize that by participating in these activities, as with any physical activity, my child may risk personal injury. I hereby attest and verify that I have been advised of the potential risks, that I have full knowledge of the risks involved in these activities, and that I assume any expense that may be incurred in the event of an accident, illness, or other incapacity, regardless of whether I have authorized such expenses. As a parent/guardian, I assume the same risk for myself, and other family members and friends present at these horse activities.

**Return to your local OSU Extension, 4-H Program Office
By: May 1st**

Signed: _____
(4-H Member)

Date _____

Signed: _____
(Parent or Guardian)

Date _____

This form needs to be signed and on file for each youth participant in any 4-H horse program activity. The form needs to be signed each year and before a youth participates in the Ohio 4-H Horse Program Activities.

Under Ohio law, Section 2305.321 of the Revised Code, an equine activity sponsor, professional, volunteer, participant or other person is not liable for an injury to or the death of a participant in the equine activities resulting from the inherent risks of equine activities.

4-H Equine Mandatory Helmet Use Policy

All youth 19 years and under, participating in any 4-H equestrian activity, are required to wear properly fitted protective headgear which meets or exceeds current ASTM (American Society for Testing and Materials)/SEI (Safety Equipment Institute) standards with the chin harness securely fastened at all times while riding or driving an equine. It is the responsibility of the rider, or the parent or guardian of the youth participant, to make sure that the headgear worn complies with appropriate safety standards for protective headgear intended for equestrian use, and is properly fitted and in good condition. The Ohio 4-H Horse Program, Show Committees, Officials, Extension Personnel and Volunteer Leaders are not responsible for checking headgear worn for such compliance.

The Ohio 4-H Horse Program, Show Committees, Officials, Extension Personnel and Volunteer Leaders make no representation or warranty, expressed or implied, about any protective headgear, and cautions riders that death or serious injury may result despite wearing such headgear, as no helmet can protect against all foreseeable injuries in equestrian activities.

The Ohio 4-H Horse Program, Show Committees, Officials, Judges, Extension Personnel and Volunteer Leaders may, at his/her discretion, check a participant's protective headgear for proper standards. If the youth is found to be wearing unapproved, defective, or improperly fitted headgear, he/she will not be permitted to participate in riding or driving activities until proper headgear is acquired.



EquiSTEP - Equine Safety Training and Educational Program

After watching the EquiSTEP program and completing your quiz, please check each item completed, sign this verification form and submit it to your advisor.

Section 1: Head (Helmet Safety)

Section 2: Hands (Equine Safety & Handling)

Section 3: Health (Equine Health & Nutrition)

Section 4: Heart (Sportsmanship)

EquiSTEP Quiz

I/We _____

(member(s)) have watched the videos (please check sections viewed above) and completed the EquiSTEP quiz as indicated above.

Signature of Parent/Guardian

Date

Signature of Youth 1

Date

Signature of Youth 2

Date

Signature of Youth 3

Date

Signature of Youth 4

Date

Name of 4-H Club/FFA Chapter



Return to your local OSU Extension, 4-H Program Office
By: May 1st

EquiSTEP Quiz 2020

Member Name: _____ Club/Chapter Name: _____

1. You can reduce the risk of death or injury from falling off a horse by up to 80% if you do what?
 - a. Wear an ASTM SEI certified safety helmet.
 - b. Wear long pants and close-toed shoes.
 - c. Ride very carefully.
 - d. Don't eat 30 minutes before riding.

2. Dr. Miller said there was one trait that horses have which influences all other behavior. What was it?
 - a. Horses are a flight species.
 - b. Horses are jumpy.
 - c. Horses are grazing animals.
 - d. Horses are large.

3. Why is it important to know what a horse's normal vital signs are?
 - a. To know how long to ride the horse.
 - b. To know if the horse may be tired.
 - c. To know how much to feed the horse.
 - d. To know if the horse may be sick.

4. Body Condition Score (BCS) is used to evaluate the amount of _____ on a horse's body?
 - a. Muscle
 - b. Dapples
 - c. Fat
 - d. Shine

5. What is good sportsmanship?
 - a. Showing respect for your opponent and graciousness in winning and losing.
 - b. Breaking the rules to win.
 - c. Having a bad attitude.
 - d. Not talking to your friends because they won and you didn't.

6. True or False: If you get a TBI, your symptoms will go away quickly, and you'll be able to ride again right away.
 - a. True
 - b. False

7. The easiest and most effective way to measure a horse's heart rate is by:
 - a. There isn't an easy way.
 - b. Feeling for a pulse in the horse's hind leg.
 - c. Using a stethoscope on the left side of the horse just behind its elbow.
 - d. Listening to its chest with your ear.

8. What is the minimum Body Condition Score (BCS) a horse must have to participate in Ohio 4-H horse activities?
 - a. 4
 - b. 5
 - c. 3
 - d. 7

9. What is the name of the rulebook used for 4-H horse shows in Ohio?
 - a. Ohio 4-H Rules and Regulations
 - b. Horse Show Requirements for 4-H Youth
 - c. PAS Rules and Regulations
 - d. Uniform Rules for 4-H Horse Shows

10. True or False: Controlling movement is the way horses establish dominance hierarchy.
 - a. True
 - b. False