

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: June 1st

EquiSTEP Quiz 2023

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. In a competition, if you don't finish in first place like you thought you were going to, you should:
 - a. Tell other people including the first place winner that you deserved to win, not them
 - b. Make excuses about why you didn't win or say that you didn't want to win anyway
 - c. Show respect to your peers including the winner and consider what you could do differently next time.
 - d. Quit 4-H.