



# SAFETY GUIDELINES



## General Conduct

At HOUSTON FARM RIDING SCHOOL safety is our highest priority and we take every care to ensure your safety by training our staff to the highest standards.

HOUSTON FARM RIDING SCHOOL is a working yard and horses and ponies are continually being moved around the yard and stables.

Although all our horses are well used to people, it is worth noting that despite their size, horses are quite nervous animals and sometimes react unpredictably to sudden movements or noises.

The following guidelines will help you to stay safe when visiting the SCHOOL.

- DO NOT enter any of the stables or stalls unless you are accompanied by a member of staff or unless you have been given permission to collect your horse for a lesson.
- DO ensure that you read all notices we have displayed to help keep you informed but also to keep you and those around you as safe as possible.
- DO NOT run around the yard at any time, ALWAYS walk.
- During your lesson, listen to the instructor and be aware of the other horses and riders.
- Certain parts of the lesson may be beyond your present skill level, the instructor will advise you to omit them (e.g. riding without stirrups or certain jumping exercises).
- If you feel unable to carry out part of the lesson, tell the instructor and they will either give you some extra help or advise you to omit that part.
- ALL parents are responsible for the good conduct of their children when they are not riding and must not allow them to run around unsupervised. To ensure their safety and that of other riders.
- Do Not eat or chew whilst riding as you are at risk of choking.

### Read the notices about correct dress and other safety advice.

- No part of the premises, or surrounding fields or paddocks, should be entered without permission so that we can safeguard you.
- It is recommended that personal rider insurance is taken out (e.g. Rider Plan).

**IMPORTANT NOTICE : RIDING IS A RISK SPORT AND YOUR PARTICIPATION IS ENTIRELY VOLUNTARY.**

## Rider Dress Code

In addition to your behaviour whilst at the school you must ensure that you adhere to the dress code

- Jewellery, especially earrings, **MUST NOT** be worn when riding or working around horses.
- All Clothes should be well fitting.
- Riding hats **MUST** conform to either the PAS015 or the EN1384 standard. If you are unsure please ask.
- Riding hats **MUST** be worn at **ALL** times when riding.
- Riding boots are preferred but suitable alternatives may be allowed e.g. good strong shoes with a good heel up to 1” (2.5cm) to prevent the foot from slipping through the stirrup iron.
- Childrens wellingtons, in some circumstances, can be allowed.
- Gloves are recommended.
- No flapping jackets. Zips & Buttons must be fastened whilst riding.
- No Trainers, Plimsolls, Sandals allowed.

**“We want you to enjoy your time at Houston  
and above all be safe”**

Houston Farm Riding School, 1 Houston Mains, Uphall, Broxburn, West Lothian, EH52 6JX

Tel :- 01506 811351 E-mail :- [enquiries@hfrs.co.uk](mailto:enquiries@hfrs.co.uk) Internet :- [www.hfrs.co.uk](http://www.hfrs.co.uk)