

Workplace Health and Safety Policy



Members and volunteers who are new to horses or have not interacted with horses before including young or beginner riders need support and assistance to develop their skills and confidence to safely interact with horses.

It is important that all members, competitors and volunteers follow the rules and procedures of Australian Extreme Obstacle Racing Association Incorporated which may apply. It is especially important that older members with greater experience or more advanced skills follow these rules and procedures as those learning are likely to copy their behaviour.

People learn best by seeing something done and when experienced members demonstrate the proper execution of skills they will make it easier for new and inexperienced members and others to put the actions into practice correctly.

This process should provide information about:

- Horse instincts and their response to fear
- How to behave around horses
- Determining an escape route when working close to horses
- What riders and horse handlers should wear (see AEORA rules)
- Listening to and obeying instructors, judges and other officials
- First Aid and emergency procedures
- Any local policies or by-laws including horse free areas, expectations of riders and club facilities

The knowledge and skills of new people should be assessed individually, as people may have a history of handling or riding horses but may have developed unsafe habits.

New or inexperienced members should be regularly monitored to ensure they understand the information provided.

Developing clear, simple and effective safe procedures can play an important part in helping people interact safely with horses.

Some safe procedures will apply to members, parents and volunteers, for example the safe mounting of horses. Other safe procedures may only apply to some members and the tasks that they perform, for example driving a tractor, quad bike or any other vehicle or machinery used in the setting up for shows or clinics.



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Prior to any new member or volunteer being asked to perform a new task, the task must be explained to the new person. If they have not performed the task before, it should be done under direct supervision at least for the first time.

There are several essential safe work procedures that new members, parents, volunteers and officials should be monitored doing:

- Leading horses through narrow places
- Leading a horse around cars and horse floats
- Riding in warm up area
- No rough handling of horses
- Horse free areas
- Appropriate clothing and footwear at all times
- Helmets to be worn at all times by riders under the age of 18 year
- Address hazards appropriately

While members in most cases have their own horse, instructors and officials must be satisfied that this horse and rider are suitable for a new experience and compete at their skill level.

Officials and instructors should be familiar with the characteristics of horses and how horses react to different types of riders and likely situations it will face.

An official should not permit riders to ride unsuitable horses that :

- Have a tendency to rear, buck, pigroot, bite people or horses, kick when being handled or ridden, bolt or any other behaviour which might unseat a rider
- Are lame
- Showing stress, excessive sweating, coughing, stumbling etc

An official should not permit a rider to ride if :

- They are under the influence of alcohol or drugs
- Use abusive language towards other riders, officials or spectators
- Fail to comply with rules or policies

When all members join Australian Extreme Obstacle Racing Association Incorporated, they are required to read and sign this form. They are also required to complete a risk waiver form each year and upon joining must abide by all rules and policies.

Name_____ Date_____

Signature : _____