



AHEAD With Horses

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Weight and Safety Policy

The top priority of AHEAD With Horses (AWH), Inc. is safety. To ensure the health and safety of our student riders, instructors, volunteers, and horses we match horses and students based on a participant's skill set, stability on the horse, support requirements, and temperament.

AHEAD With Horses has a maximum weight limit of 175lbs for independent riders and 100lbs for students who require a staff base rider for support. All individuals in our program will be evaluated to ensure the safety of their participation in mounted activities. Among the factors to be considered will be the availability of appropriate horses, volunteers, tack, and student's abilities. Please note that the herd, volunteers, and weather conditions are dynamic and due to this fact, there may be times when lessons may be cancelled due to the inability to safely accommodate every student.

Factors that will be evaluated to determine participation in our vaulting program:

- Level of physical assistance needed to safely mount and dismount, both in emergency and non-emergency situations
- Ability to maintain a balanced position
 - An unbalanced rider is an individual who may demonstrate one or several of the following: chronic leaning to one side, unable to consistently sit astride a horse without support, needs help supporting the upper body, continuously bounces or rocks on the horse, will not cooperate when trying to center the rider on the horse, etc.
- Weight and size
 - Body weight over 175lbs cannot be safely managed due to the inherent risks of riding.
 - Even if below the weight limit, students who require maximum assistance in mounting, dismounting and/or maintaining a balanced, centered seat may pose a risk to the safety of all involved.
- Student characteristics
 - Extreme spasticity, extremely low tone, inability to follow directions, aggressive behaviors (hitting, kicking), etc. can make it impossible for us to safely accommodate the rider when their weight increases, especially in an emergency.

Should the Senior AWH staff members determine that any of the above factors pose a risk of injury for the student, staff, volunteers, or horses, that student may no longer be a candidate for riding in our program. A meeting will be scheduled with the student's parent(s)/guardian(s) to discuss the issue to determine an appropriate solution which may include program modifications, switching to non-mounted ground lessons, or retirement from the program.

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