

<u>Armbands & Helmets</u> First Aid Ki<u>t & Falls</u>

D1, D2, D3 Certification Requirements



Name: \_\_\_\_\_

Date:\_\_\_\_

D Level Certification Requirements for: (items in RED are asked on the D level tests)



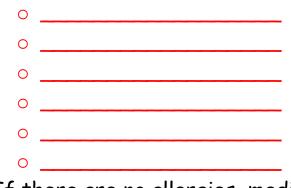
Medical ID:

Armband



Bracelet

- > Contains important information in case of a medical emergency.
- Can be either an \_\_\_\_\_ or a medical \_\_\_\_\_
- > If you don't have it ON, you can't ride in the pony club activity
- Must be worn on the \_\_\_\_\_ not the \_\_\_\_\_!
- Must list these 6 items:



If there are no allergies, medications, or conditions, must write "\_\_\_\_\_" on your armband/bracelet.

## Helmets:

- Must be worn \_\_\_\_\_ time you ride. No exceptions.
- > True or False:
  - Helmets must be worn when longeing your horse \_\_\_\_\_
  - Helmets must be worn at USPC Horse Inspections (jogs)\_

TROXEL

- Helmets must be worn at USPC Rider Turnout (Formals) \_\_\_\_\_
- > The helmet must be a helmet designed for \_\_\_\_\_.
- Must be certified by A \_\_\_\_\_ (American Society for Testing & Materials / Safety Equipment Institute ) If the helmet doesn't have this label, it is not acceptable.
- > Must be worn with the harness and chin strap in place.
- > Must fit properly,
  - Brim should be \_\_\_\_\_ inches above the eyebrows, and level.
  - $\circ\,$  Chin strap should be snug enough to not slip off.
  - Stay on without \_\_\_\_\_.
  - If you wiggle it, your eyebrows and scalp should \_\_\_\_\_\_.
  - $\circ\,$  Pick one: Try on a new helmet with your hair
    - A. in a ponytail // B. straight down // C. Freshly washed
    - D. the way you normally wear it when riding.
- The material inside the helmet can be damaged without showing outward signs. You can't always tell if a helmet has been damaged by looking at or feeling it. ALWAYS replace the helmet if it has been involved in \_\_\_\_\_.
- > Do not use a secondhand helmet if you don't know it's history.
- > Name four reasons to replace a helmet:



### Human First Aid Kit

#### First Aid Kit:

There are TWO First Aid Kits will be in every Shore Riders Pony Club competition box ("rally box"). What are kind of kits are they?

> Items **Required** to be in the Human First Aid Kit:

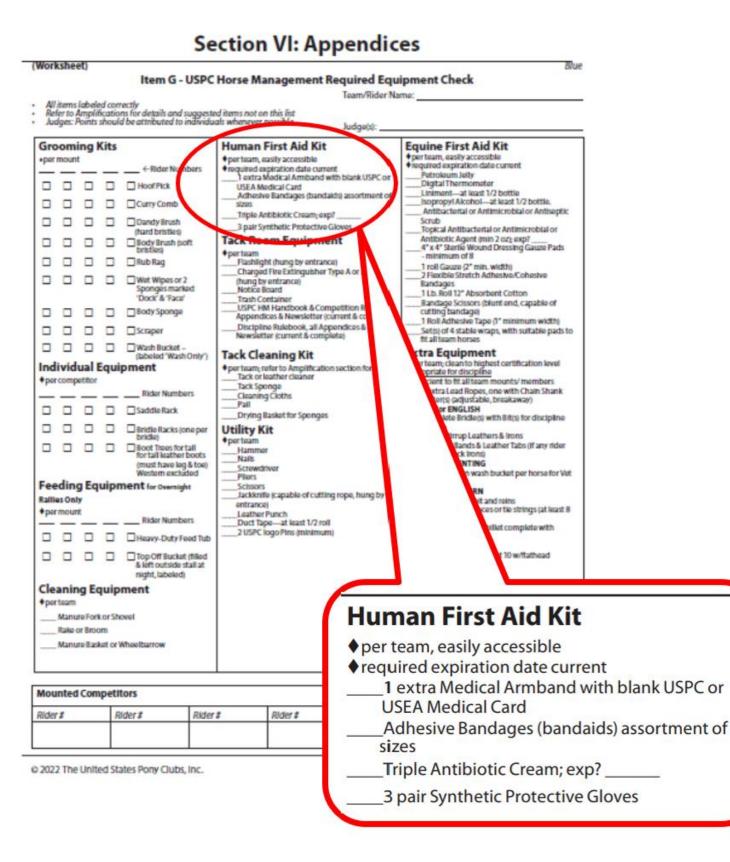
- o \_\_\_\_\_\_
  o \_\_\_\_\_\_

• There are items in the Equine First Aid kit that can also be used for humans.

- > Optional items in the Human First Aid kit
  - Bug spray
  - o Sunscreen
  - o Tweezers
  - Instant cold compresses
  - Human digital thermometer
  - Hand sanitizer
  - Aloe Vera Cream/ sunburn cream
  - Blister bandages
  - Adhesive tape, roll gauze and square gauze
- > Name two things NOT allowed in the Human first aid kit:
  - \_\_\_\_\_ (aspirin, Motrin, etc)
  - \_\_\_\_\_ (no EPI pens, inhalers, etc)

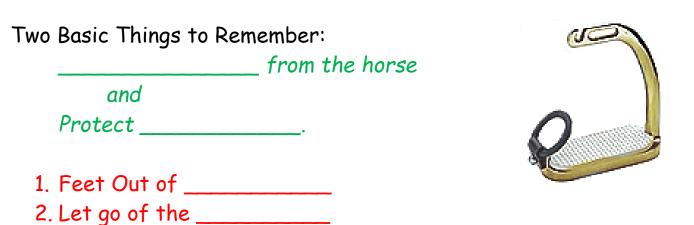


#### The REQUIRED EQUIPMENT LIST from US Pony Club



# Falling from your horse:

If you ride frequently, at some point you may fall off your horse. You may lose balance or the horse does, or both. It's no fun, but usually not serious. Sometimes things happen so fast, you don't have time to do an emergency dismount. Maybe you will just slide off and land on your feet, what a relief. But that is not always the case, so here are some things to hopefully minimize injury.



- 3. Pull in your arms and legs towards your body and forward roll
- (often, riders try to break their fall with their hand and end up breaking a finger or wrist) A Do not get up right away Mait for someone to help you
- 4. Do not get up right away. Wait for someone to help you.

Common injuries from a fall:

- 1.\_\_\_\_\_
- 2.\_\_\_\_\_
- 3.\_\_\_\_\_