



# Armbands & Helmets

## First Aid Kit & Falls

### D1, D2, D3 Certification Requirements

Name: TEACHER

Date: \_\_\_\_\_

Words with yellow highlighting are BLANK on the member's worksheet - for them to fill in the answer.

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



Armband



Bracelet

### Medical ID:

- Contains important information in case of a medical emergency.
- Can be either an armband or a medical bracelet
- If you don't have it ON, you can't ride in the pony club activity
- Must be worn on the arm - not the leg!
- Must **list these 6 items:** (red for D tests)

- Name
- Date of Birth
- Contact Information
- Known Allergies
- Current Medications
- Existing Conditions

- If there are no allergies, medications, or conditions, must write "NONE". **Ask them WHY ----**

# Helmets:



- Must be worn **EVERY** time you ride. No exceptions.
- True or False:
  - Helmets must be worn when longeing your horse **TRUE**
  - Helmets must be worn at USPC *Horse* Inspections (jogs) **TRUE**
  - Helmets must be worn at USPC *Rider* Turnout (Formals) **TRUE**
- The helmet must be a helmet designed for **equestrian**. *Ask: Can you wear a bike helmet? Why or Why not: 1) bike helmet don't cover as much of the head, 2) bike helmets were tested for lower fall distances, 3) bike helmets outer shell is not as strong. The safety tests are different for bike helmet verses riding helmets.*
- Must be certified by **ASTM/SEI** (*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 **1"** above the eyebrows, and level.
  - Chin strap should be snug enough to not slip off.
  - Stay on without **rocking**
  - If you wiggle it, your eyebrows and scalp should **move with it.**
  - **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 **an accident.**
- Do not use a secondhand helmet if you don't know it's history.
- **Name four reasons to replace a helmet: (red required)**
  - **When it has been hit during a fall**
  - **When there is visible damage or cracks**
  - **If it doesn't fit and can't be adjusted**
  - **If there is no ASTM/SEI certification label**

## Human First Aid Kit:

- There are TWO First Aid Kits will be in every Shore Riders Pony Club competition box ("rally box"). What kind of kits are they?
  - **Human** First Aid
  - **Equine** First Aid
- **Items Required to be in the Human First Aid Kit:**
  - **(1) Extra Medical Armband with blank medical card**
  - **Band-Aids**
  - **Triple Antibiotic Cream or ointment**
  - **(3) Synthetic protective gloves**
  - *There are items in the Equine First Aid kit that can also be used for humans.*
- Optional items in the Human First Aid kit
  - 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:
  - **Over-the-counter medications** (aspirin, Motrin, etc)
  - **No prescription drugs** (no EPI pens, inhalers, etc)

>>>>>Ask WHY???



# The REQUIRED EQUIPMENT LIST from US Pony Club (2022)

## Section VI: Appendices

(Worksheet)

Blue

### Item G - USPC Horse Management Required Equipment Check

Team/Rider Name: \_\_\_\_\_

- All items labeled correctly
- Refer to Amplifications for details and suggested items not on this list
- Judges: Points should be attributed to individuals whenever possible

Judge(s): \_\_\_\_\_

<p><b>Grooming Kits</b> ♦per mount</p> <p>← Rider Numbers</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Hoof Pick</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Curry Comb</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Dandy Brush (hard bristles)</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Body Brush (soft bristles)</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Rub Rag</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Wet Wipes or 2 Sponges marked "Dock" &amp; "Face"</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Body Sponge</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Scraper</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Wash Bucket – (labeled "Wash Only")</p> <p><b>Individual Equipment</b> ♦per competitor</p> <p>_____ Rider Numbers</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Saddle Rack</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Bridle Racks (one per bridle)</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Boot Trees for tall for tall leather boots (must have log &amp; toe) Western excluded</p> <p><b>Feeding Equipment for Overnight Rallies Only</b> ♦per mount</p> <p>_____ Rider Numbers</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Heavy-Duty Feed Tub</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Top Off Bucket (filled &amp; left outside stall at night, labeled)</p> <p><b>Cleaning Equipment</b> ♦per team</p> <p>_____ Manure Fork or Shovel</p> <p>_____ Rake or Broom</p> <p>_____ Manure Basket or Wheelbarrow</p>	<p><b>Human First Aid Kit</b> ♦per team, easily accessible ♦required expiration date current</p> <p>_____ 1 extra Medical Armband with blank USPC or USEA Medical Card</p> <p>_____ Adhesive Bandages (bandaids) assortment of sizes</p> <p>_____ Triple Antibiotic Cream; exp? _____</p> <p>_____ 3 pair Synthetic Protective Gloves</p> <p><b>Tack Room Equipment</b> ♦per team</p> <p>_____ Flashlight (hung by entrance)</p> <p>_____ Charged Fire Extinguisher Type A or (hung by entrance)</p> <p>_____ Notice Board</p> <p>_____ Trash Container</p> <p>_____ USPC HM Handbook &amp; Competition R Appendices &amp; Newsletter (current &amp; co</p> <p>_____ Discipline Rulebook, all Appendices &amp; Newsletter (current &amp; complete)</p> <p><b>Tack Cleaning Kit</b> ♦per team; refer to Amplification section for</p> <p>_____ Tack or leather cleaner</p> <p>_____ Tack Sponge</p> <p>_____ Cleaning Cloths</p> <p>_____ Pall</p> <p>_____ Drying Basket for Sponges</p> <p><b>Utility Kit</b> ♦per team</p> <p>_____ Hammer</p> <p>_____ Nails</p> <p>_____ Screwdriver</p> <p>_____ Pliers</p> <p>_____ Scissors</p> <p>_____ Jackknife (capable of cutting rope, hung by entrance)</p> <p>_____ Leather Punch</p> <p>_____ Duct Tape—at least 1/2 roll</p> <p>_____ 2 USPC logo Pins (minimum)</p>	<p><b>Equine First Aid Kit</b> ♦per team, easily accessible ♦required expiration date current</p> <p>_____ Petroleum Jelly</p> <p>_____ Digital Thermometer</p> <p>_____ Liniment—at least 1/2 bottle</p> <p>_____ Isopropyl Alcohol—at least 1/2 bottle.</p> <p>_____ Antibacterial or Antimicrobial or Antiseptic Scrub</p> <p>_____ Topical Antibacterial or Antimicrobial or Antibiotic Agent (min 2 oz); exp?</p> <p>_____ 4" x 4" Sterile Wound Dressing Gauze Pads - minimum of 8</p> <p>_____ 1 roll Gauze (2" min. width)</p> <p>_____ 2 Flexible Stretch Adhesive/Cohesive Bandages</p> <p>_____ 1 Lb. Roll 12" Absorbent Cotton</p> <p>_____ Bandage Scissors (blunt end, capable of cutting bandage)</p> <p>_____ 1 Roll Adhesive Tape (1" minimum width)</p> <p>_____ Set(s) of 4 stable wraps, with suitable pads to fit all team horses</p> <p><b>Extra Equipment</b> ♦per team; clean to highest certification level appropriate for discipline</p> <p>_____ Saddle to fit all team mounts/ members</p> <p>_____ Extra Lead Ropes, one with Chain Shank (or(s) (adjustable, breakaway)</p> <p><b>or ENGLISH</b></p> <p>_____ Saddle(s) with Bit(s) for discipline</p> <p>_____ Stirrup Leathers &amp; Irons</p> <p>_____ Bands &amp; Leather Tabs (if any rider back Irons)</p> <p><b>PRINTING</b></p> <p>_____ 1 wash bucket per horse for Vet</p> <p><b>WORN</b></p> <p>_____ Hat and reins</p> <p>_____ Hooves or tie strings (at least 8</p> <p>_____ Kit complete with</p> <p>_____ 10 w/tahead</p>
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Mounted Competitors			
Rider #	Rider #	Rider #	Rider #

**Human First Aid Kit**

- ♦per team, easily accessible
- ♦required expiration date current
- \_\_\_\_\_ 1 extra Medical Armband with blank USPC or USEA Medical Card
- \_\_\_\_\_ Adhesive Bandages (bandaids) assortment of sizes
- \_\_\_\_\_ Triple Antibiotic Cream; exp? \_\_\_\_\_
- \_\_\_\_\_ 3 pair Synthetic Protective Gloves

## 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.*

Two Basic Things to REMEMBER:

**Free yourself** from the horse  
and  
Protect **your limbs**.



1. Feet Out of **Stirrups**
2. Let go of the **Reins**
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)
4. Do not get up right away. Wait for someone to help you.

## Common injuries from a fall:

1. **Bruising**
2. **Cracked helmet**
3. **Broken bones**