Did you know?

▲ No child should ride a horse without the appropriate skills and level of development for riding.
▲ No adult should ride double with an infant or child.

For more information, please contact:

American Medical Equestrian Association
Safe Riders Foundation
P.O. Box 130848
Birmingham, AL 35213-0848
1-866-441-AMEA (2632)
E-mail: ameasrf@equestriansafety.com
www.ameaonline.org
Your child should have:

- The desire to ride
- Muscle strength to hold the proper position in the saddle
- The balance to remain on the horse
- The ability to understand instructions and follow directions
- Sufficient attention span for instruction
- Neck muscles strong enough to support a fitted secured certified protective helmet

The horse should be:

- Suitable for children with a quiet, calm nature
- Small enough to allow the child’s legs to be under the child’s body, and the foot to half way down the side of the horse

The equipment should include:

- A saddle that fits the size of the child
- A saddle that fits the size of the horse

A child must NEVER be mounted on a horse without a secured, ASTM standard SEI-certified helmet.

Then you’ll need a qualified instructor who:

- Has experience and patience to work with young children
- Has appropriate discipline and control of the program
- Teaches in a fashion to allow progressive development of motor skills
- Has knowledge of riding skills appropriate for the age of the child
- Has requirement for a fitted, secured, ASTM/SEI-certified headgear at all times when mounted
- Knows when a helmet is well-fitted
- Has facilities with a small closed ring away from motorized traffic, other horses and disruptive activities
- Is certified by a recognized, national equestrian instruction program that includes CPR/First Aid certification as part of its program

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