



# **TENDRING HUNDRED RIDING CLUB**

## **HEALTH AND SAFETY POLICY**

Health and safety policy for the purpose of making our members aware of health and safety. It is the clubs mission to make every reasonable step to keep all competitors spectators and the general public safe.

Tendring Hundred Riding Club (THRC) will identify the duties and responsibilities that you the club member have to comply with to protect you and others from any hazards and risks in your riding activities.

### **Health and Safety Policy Statement:**

THRC is strongly committed to encouraging all Members to take part in a range of equestrian activities in which the health, wellbeing and safety of each individual is always our paramount concern. We arrange varying levels of training and competition and encourage members to participate according to their ability.

### **Health and Safety Policy:**

Health and Safety is everyone's responsibility. In order to create a safe environment for participants, helpers and spectators at our events we encourage you to familiarise yourself with this policy, follow sensible rules for safe practices, and exercise common sense.

This policy has been drawn up using the safety guidelines from the British Riding Clubs website and the Official Stewards and Organisers Handbook 2025, and you are encouraged to consult these if you would like further information.

We undertake risk assessments to anticipate potential hazards at all Club events, and reasonable measures have been put in place to address and reduce these risks as far as is reasonably possible.

A Hazard is: anything with the potential to cause harm. A Risk is the chance that someone will be harmed by the hazard.

A Risk assessment is a formal recorded process to weigh up the suitability and safety of an activity identifying hazards and taking appropriate action to prevent harm or injury.

THRC is committed to the following duties:

- Undertake regular, recorded risk assessment of the club venues and all activities undertaken by THRC.

- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Enable Members to access an appropriate level of training and competition.
- Ensure that all members are aware of, understand and follow THRC's health and safety policy.
- Appoint a competent Committee Member to assist with health and safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place and communicated to all assisting members on the day of club activities.
- Provide access to adequate first aid, as detailed in the event risk assessment, at all times.
- Report any injuries or accidents sustained during any THRC activity or whilst on the club venues – the Accident Book is kept with the organiser at the club event. Any serious injury or death must be reported within 24 hours to the following:

British Riding Clubs at Stoneleigh 02476-840516 or email [safety@bhs.org.uk](mailto:safety@bhs.org.uk)

RIDDOR <http://www.hse.gov.uk/riddor/> – via online form or telephone 0345 3009923 Monday to Friday 08:30 to 17:00hrs or out of hours for incidents causing death or multiple casualties on 0151-9229235  
The address is Incident Control Centre, Caerphilly, CF83 3GG

Health and Safety Executive. THRC will ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

As a Club Member you have a duty to:

- Take reasonable care for your own health and safety and that of others who may be affected by what you do or do not do.
- Co-operate with THRC on health and safety issues, and observe all instructions issued by club officials.
- Correctly use all equipment provided by THRC.
- Ensure you do not interfere with or misuse anything provided for your health, safety and welfare. THRC would like to make it clear to all Members and participants at Events that:
  - Horse riding is a risk sport. We recommend that all participants have adequate insurance cover, including third party (public liability) cover.
  - Organisers, Competitors, Spectators and Members participate entirely at their own risk.
  - Club officials and Stewards are there at events to help maintain your safety. Please obey their advice and requests and be polite at all times.
  - We ask that Members, Competitors and Spectators take reasonable precautions whilst attending events, clinics, or other THRC activities to ensure their own safety and the safety of those around them.
  - Potential and actual health and safety hazards, risks, accidents and incidents must be reported immediately to a SCRC Committee Member or official Steward.

- Access to first aid facilities, telephone, and emergency services must be available at all THRC events. Speak to a Steward or Organiser if you require assistance. Emergency vehicular access must be maintained at all times.
- All accidents or incidents must be recorded without delay in the THRC Accident Book.
- Members must provide an up-to-date Emergency Contact so that these details can be held by Committee Members and at the club event for use by event organisers in case of emergency.

TENDRING HUNDRED RIDING CLUB requires that:

- Hat standards and dress rules as laid out in the British Riding Club Rule book must be adhered to by all competitors, hats must be worn fastened at all times when mounted. Correctly fitted (in accordance with manufacturers' recommendations). Current standard riding hats: PAS015 (2011) is required.
- Class 3 Body protectors are compulsory for all cross-country events and are strongly recommended for show jumping.
- No vehicle is to be driven faster than walking pace (5mph) at any event.
- Tethered horses must not be left unsupervised or tied to fences and gates.
- Horses must not be lunged in competition or warm up areas.
- Horses must be ridden or led at walk outside the rings and must not be allowed to enter designated spectator areas.
- Spectators are not allowed in warm up or competition rings unless assisting with jumping equipment.
- Riders must observe rules of etiquette and pass LEFT to LEFT in warm up arenas.
- When using show jumping practice fences, fences must be jumped with the red flag on the rider's right. Show jumping practice fences must be no higher than the current competition class.
- Stallions must be identified to the Show Organiser, led by a bridle and wear stallion discs as per British Riding Club Rules at all times.
- Riders and Handlers must ensure that gateways and paths are not obstructed. • Children are much less aware of danger than adults, and all children less than 17 years of age must be supervised by an adult at all times.
- Foul language must not be used and will not be tolerated at THRC events.
- Dogs must be kept on a lead at all times and please clean up after your dog.
- Any Member, Competitor or Spectator not willing to accept direction from Club Committee Members regarding health and safety issues may be excluded from the Club. This Health and Safety Policy for THRC must be reviewed annually.

Name of Assessor R Atkinson

Signature R ATKINSON

Date APRIL 2025

Review 2026