

## SAFETY FAQs

**Question: When should I fill out an incident report form?**

Answer: The incident report form, found under the Safety Tab on the website, should be filled out EVERY TIME a member has an unplanned dismount! Many clubs/regions fill out the form when someone is seriously hurt, but minor and non-injuries are also helpful to know about! In addition to falls from horses, you can note unmounted incidents as well. USPC requires that incident forms be filled out for members and non-members at all official pony club activities. This information is collated and reviewed carefully for ways to improve safety. All forms are read immediately at the national office, so please keep them coming!

**Question: What's the deal with "helmet hair?" Does wearing your hair up under your helmet reduce the effectiveness of the helmet or alter the fit???**

Answer: Studies show that well-fitted, certified helmets protect the head whether hair is worn up or down. The key is the fit of the helmet! A well-fitted helmet sits level on the head with the leading edge just above the eyebrows, not perched up like an Easter bonnet! With the chin strap unfastened, the helmet should grip the head securely enough for the eyebrows to lift when the brim is lifted. There should also be stability when the helmet is gently rocked from side to side. The chin strap is adjusted correctly when it neither restricts the rider's chin area nor is so loose that it can slide forward clear of the chin. Once you have a well-fitted helmet, with hair up or down, it is imperative to wear the hair the same way, either up or down, to maintain the safe fit! So, safe, neat and tidy!!!

**Question: I heard at regional rally that USPC has disallowed peacock stirrups! WHAAAT????**

Answer: Peacock stirrups are great safety equipment; please continue to use them especially for the younger riders! (When a rider exceeds 100 lbs. there have been reports of the iron bending, so bear that in mind.) Also, we recommend caution when dismounting so as to avoid the upper part of the iron catching on one's breeches! Other stirrups such as S curve and breakout stirrups also afford additional safety, and are generally sized for older youth and adults. Remember that a properly fitted stirrup is 1" wider than the ball of the rider's foot.