



S.A.F.E.R. HORSEMANSHIP

Beginner Horse Safety Guide

Starting your horsemanship journey should feel exciting, welcoming, and safe. These beginner safety guidelines are designed to help new riders and horse lovers build confidence and awareness around horses.

AROUND HORSES

- Always remain calm and aware around horses.
- Walk — never run — near horses.
- Avoid loud noises or sudden movements.
- Do not stand directly behind a horse.
- Always ask permission before approaching or touching a horse.

WHAT TO WEAR

- Wear closed-toe shoes or boots.
- Long pants are recommended.
- Avoid loose scarves, dangling jewelry, or distracting items.
- Approved riding helmets are strongly encouraged.

SAFE HORSE HANDLING

- Approach horses near the shoulder where they can see you.
- Speak softly and move calmly.
- Never wrap lead ropes around your hands or body.
- Keep a safe personal space around horses.

LESSON SAFETY

- Listen carefully to instructors and staff.
- Ask questions if you are unsure.
- Use mounting blocks when instructed.
- Only ride horses assigned to you.

BARN SAFETY

- Keep aisles and walkways clear.
- Respect restricted or staff-only areas.
- Do not feed horses without permission.
- Always latch gates and stall doors properly.

UNDERSTANDING HORSES

- Horses communicate through body language.
- Even calm horses can react suddenly.
- Fear, stress, or confusion can affect horse behavior.
- Patience and respect help build trust with horses.

CONFIDENCE & LEARNING

- It is okay to feel nervous when learning.
- Horsemanship is built one step at a time.
- Confidence grows through practice, communication, and understanding.
- Safety is about awareness, not fear.

S.A.F.E.R. stands for:

Safe • Achievable • Fun • Effective • Respectful

Building safer, stronger partnerships between horses and humans.

www.SAFERHorsemanship.com