



900M FROM ZOO DOO

712 Middle Tea Tree Rd, Richmond
Tasmania, Australia, 7025

Phones: 0433 806 708 or 0400 077 492
Email: admin@hobarthorseplay.com.au
Website: www.hobarthorseplay.com.au

Risk Assessment NDIS Sessions at Jeu de Cheval Hobart Horseplay

NB: Please do not enter the property if you are showing cold or flu symptoms, have been interstate in the last 14 days, or think you may have been in contact with a confirmed COVID-19 case

All Jeu de Cheval staff and volunteers have a current WWVP card. NDIS clients have at least 1:1 supervision with a support worker and/or a Jeu de Cheval staff member. Programs are tailored to requirements of the client.

Required items to bring

- Long pants
- Enclosed shoes (preferably boots but sneakers ok for a once off)
- Water bottle
- Hat

Upon entering the property

- Please observe speed limit and dogs prohibited sign
- Park in the assigned car park
- Take note of the large RIDE AT YOUR OWN RISK sign on the stables
- Please follow the signs to the office for sign in
- Please take note of the electric fence signs
- DO NOT ENTER any paddocks or areas other than the office

Upon entry to the office

- Please observe the maximum capacity for the clubhouse and maintain social distancing at all times (a maximum of 20 people is allowed)
- Please use hand sanitiser provided upon arrival and leaving
- Please sign in and pay
- Please sign one of the horse riding waivers
- Ensure that staff are aware of any medical conditions, medications, allergies and an emergency contact number for the group
- Take note of the location of the first aid kit
- Staff will show participants where toilet is



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- Staff will go over emergency procedures and meeting point in an emergency
- All participants will be taken for a helmet fitting by one of our staff - DO NOT ENTER the stable area if you do not have a helmet, enclosed pants and shoes on
- Please use hand sanitiser after you have had your helmet fitting

Entry to the Stables

- All participants will be allocated a volunteer or staff member, the ratio will be 1:1
- Staff will remind participants not to go behind horses
- Staff will remind participants not to scream, yell, or run around horses
- All horses will have a bucket of food

Grooming and Tacking Up

- Horses will be kept a minimum of 2 metres apart to allow safe movement between them
- Participants will be allocated their horse and a staff member will show them how to groom a horse, as well as move around the horse safely
- Participants will be taken by a staff member to collect their gear for riding the horse (saddle blanket, saddle, bridle - these are clearly labeled for each horse)
- Staff will assist the participants in tacking up their horse with this gear (with the exception of bridles, which are done by senior staff)
- Once horses are ready for riding, participants and staff will take the horses out to the area for mounting (keeping safe distance at all times)

Mounting and Riding

- Horses will be gear checked by at least 2 staff (one senior) before participants get on (this includes checking the girth, saddle position and bridle)
- Participants will be assisted to mount the horse at the mounting block (this is a 2:1 ratio with one staff member holding the horse and the other assisting the participant)
- Once the rider is on, the horse will be moved away from the mounting block so that stirrups can be adjusted to be the correct fit (still a 2:1 ratio)
- The horse and rider will be led into the arena by a staff member (now a 1:1 ratio)



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- A staff member will conduct the lesson. This is tailored to the NDIS client and may include a short, led trail ride.

Short, led trail ride

- Horses and riders are led out of the arena (still with a 1:1 ratio) and taken on a trail ride around the property (this takes approximately 15 to 20 minutes)
- Safe distancing is kept between horses at all times (approximately one horse-length), with staff maintaining control of the horse from the ground
- The horses are kept in a single file line for the duration of the ride and there are allocated areas for stopping and checking distance
- Non-riding participants are welcome to walk alongside the horses and riders following direction from staff on how to do so safely

Dismount

- Staff will take horse to a safe spot in the arena and ask the horse to halt (maintaining distance so that riders can safely dismount)
- Riders be asked to remove their feet from the stirrups and do some circles with their ankles in order to re-establish blood flow (so that they don't fall when their weight is taken by their legs)
- Riders will be shown how to dismount and asked to do so by their staff member (this may be a 2:1 ratio if riders feel uncomfortable doing so)

Return to stables and ungearing

- Participants will assist staff in taking their horse back to the stable and tie it up with a bucket of food
- Staff will assist participants in taking the gear off the horse and putting it away in the clearly labelled area



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- Staff will assist participants in grooming their horse

Some NDIS clients like to participate in other activities such as cleaning water troughs, making feeds, cleaning out stables or feeding out.

Making up feeds

- Participants will be shown to the feed shed, making note of the stairs.
- They will be shown the recipe to make feeds, and a staff member will remain with them whilst they make the feeds and move them into the van.
- The ratio for this activity can be as many as 1 staff to 10 participants.

Cleaning out water troughs

- Participants will be given a bucket, a brush and a scoop
- Helmets will remain on for this activity
- Participants will be taken by a staff member into the paddock, making note of the electric fences, and shown where the water trough is
- The staff member will show how to empty and clean the trough using the equipment that they have
- Staff members will ensure that horses in the paddock remain at a safe distance from participants. Should horses approach, the staff member will engage a protocol to keep them away
- The ratio for this activity is one staff member with up to four participants

Mucking out stables

- Participants will be directed to an empty stable and be provided with a pitch fork and a rake, as well as a wheelbarrow
- They will be shown how to rake the soiled hay into the wheelbarrow and where to take it
- Fresh hay will then be put in the stables
- Participants are not required to be closely supervised for this activity

Feeding out

- Participants are welcome to join the staff in feeding the horses their hard feed at the end of the day, IF they are comfortable doing so and the staff deem it safe to do so



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- Helmets MUST be worn by all participants during this process
- Participants will be allowed to ride in the van with a licensed driver driving into the main herd paddock
- The ratio for this activity is usually two staff members with five to eight participants
- The buckets of food are in the van with the participants
- Staff will feed the first half of the herd horses, and supervise the participants in feeding the rest. The first half of the horses fed means that there is less risk to participants as most horses will be occupied
- Participants will be directed on how to feed the remaining horses on the property, as this is done with a feed bucket on the outside of the fence pushed underneath. Participants will be reminded of the electric fence risk
- Participants are also welcome to help feed the horses hay
- Hay is placed on the back of a ute and taken into the paddock
- It is rolled off the ute and participants are welcome to help make piles of hay
- If hay fever is an issue, it is suggested that this activity be avoided or gloves be worn

Return to office

- Once interaction with horses has ceased, participants will be taken by a staff member to take off their helmet (and these will be disinfected)
- Participants will be directed to wash their hands
- Participants will be asked for feedback by a senior staff member and any issues will be addressed immediately
- Please ensure that participants go directly to their car

Please note that whilst all precautions are taken to minimise risk to participants, horses and staff, horse riding is deemed a high risk activity.