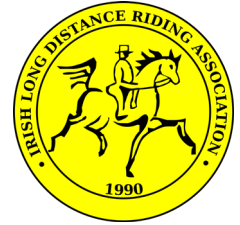


IRISH LONG DISTANCE RIDING ASSOCIATION ("ILDRA")



Health and Safety Policy

1. This policy applies to all members, crews, officials, veterinary surgeons, and all others attending at ILDRA events.
2. The purpose of this policy is to ensure health and safety of all those attending ILDRA events.
3. This policy is effective from 14th July 2021 and will be reviewed from time to time.
4. This document is a health and safety policy for the purpose of making our members aware of health and safety. It should be read in conjunction with ILDRA's Riding Rules (4th edition amended).
5. It is ILDRA's mission to take every reasonable step to keep all members, crews, officials, veterinary surgeons, spectators and the general public safe. The policy 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.

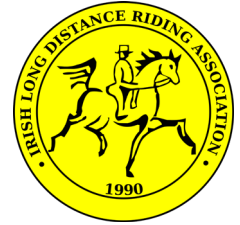
Health and Safety Policy Statement

6. ILDRA is strongly committed to encouraging all members to take part in endurance or long distance equestrian activities in which the health, wellbeing and safety of the horses and of each individual are always our paramount concern.
7. ILDRA arranges varying levels of training and competition and encourage members to participate according to their ability.

Health and Safety Policy

8. Health and Safety is everyone's responsibility. In order to create a safe environment for participants, crews, officials, veterinary surgeons and spectators at our events we encourage you to familiarise yourself with this policy and the Riding Rules, follow sensible rules for safe practices, and exercise common sense.
9. We will undertake risk assessments, as required, to anticipate potential hazards at ILDRA events, and reasonable measures will be put in place to address and reduce these risks as far as is reasonably possible.
10. A Hazard is anything with the potential to cause harm.
11. A Risk is the chance that someone will be harmed by the hazard.

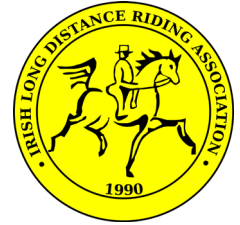
IRISH LONG DISTANCE RIDING ASSOCIATION ("ILDRA")



Health and Safety Policy

12. A Risk assessment is a process to weigh up the suitability and safety of an activity identifying hazards and taking appropriate action to prevent harm or injury.
13. ILDRA is committed to the following:
 - Undertake regular risk assessment of the venues and all activities carried out by ILDRA.
 - 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 ILDRA'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 and volunteers on the day of club activities.
 - Provide access to adequate first aid.
 - Report any injuries or accidents sustained during any ILDRA activity – the Accident Book is kept with the organiser at the club event. Any serious injury or death must be reported as soon as is practicable but not later than 24 hours after the event to the event organiser, the ILDRA secretary (contact details are available on the ILDRA website – www.enduranceridingireland.com) or using the contact facility on the website.
14. ILDRA will ensure that the implementation of this policy is reviewed regularly and monitored for effectiveness.
15. All members and participants at an event 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.

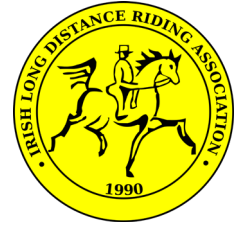
IRISH LONG DISTANCE RIDING ASSOCIATION ("ILDRA")



Health and Safety Policy

- Co-operate with ILDRA on health and safety issues, and observe all instructions issued by club officials and event organisers or stewards.
 - Correctly use all equipment provided by ILDRA.
 - Ensure you do not interfere with or misuse anything provided for your health, safety and welfare.
16. ILDRA makes it clear to all Members and participants at its 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 at events to help maintain your safety. Please obey their advice and requests and be polite at all times.
 - We ask that members, participants and spectators take reasonable precautions whilst attending events or other ILDRA 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 ILDRA Committee Member or organiser or steward.
 - Speak to an organiser or steward if you require assistance.
 - All accidents or incidents must be recorded without delay in the ILDRA Accident Book.
17. ILDRA requires that:
- Hats which comply with the current approved standard as set out in the Riding Rules must be worn, and properly attached, at all times when mounted. It is highly recommended that hats are worn at all times when dismounted and in proximity to horses.
 - Vehicles are to be driven carefully and at appropriate speeds when in the vicinity of pedestrians and horses.

IRISH LONG DISTANCE RIDING ASSOCIATION ("ILDRA")



Health and Safety Policy

- Tethered horses must not be left unsupervised or tied to fences and gates.
 - Horses must not be allowed to enter designated spectator areas.
 - Spectators are not allowed in warm up in or vetting areas.
 - Riders must observe rules of etiquette.
 - Stallions must be identified to the ride organiser, led by a bridle and wear a blue ribbon in the tail.
 - As children are much less aware of danger than adults, all children less than 18 years of age must be supervised to an adequate level by a responsible adult at all times.
 - Foul language must not be used and will not be tolerated at ILDRA events.
 - Dogs must be kept on a lead at all times and please clean up after your dog.
18. Any member, competitor or spectator not willing to accept direction from ILDRA Committee Members or officials regarding health and safety issues may be excluded from the venue. Members may be subjected to disciplinary action.
19. This Health and Safety Policy for ILDRA will be reviewed regularly.

Approved by the Directors 14th July 2021