

As we gear up for another hunt season, let's take a moment to think about rider safety and emergency response.

Nobody plans to get hurt, but occasional accidents can be part of riding and horses. We've compiled a few tips and reminders:

HUNT MEMBER "DOS"

- Check tack for signs of wear or damage before each use.
- Helmets should be replaced after 3-5 years and after every fall.
- Carry any medications you might need in an emergency (epi-pen, heart meds, etc).
- Carry identification and medical information, including allergies, insurance, and special instructions, on your body when riding.
- Put instructions for your horse and rig in your trailer's tack compartment or other obvious location in case someone else has to care for your horse.
- If you have an unplanned dismount, don't try to cowboy up. Stay still for a few minutes, allow the adrenaline to wear off, and assess yourself for injuries you may not have noticed in the heat of the moment.

OPTIONS FOR CARRYING MEDICAL INFO

- Arm band with paper card (such as used by eventers)
- Engraved bracelet or 'dog tag' necklace
- Bracelet or necklace with USB drive (similar to a fitbit)
- Laminated card carried in an outer pocket

There are lots of commercial IDs, ranging from cheap to expensive. What's important is that your information is present and easy for medics to access.

DANGER SIGNS: CALL 911

- Loss of consciousness
- Profuse bleeding
- Obvious deformity of body part
- Compound fracture (i.e. broken bone sticking through the skin)
- Confusion, inability to answer simple questions
- Incoherent or slurred speech
- Trouble breathing
- Radiating chest pain
- Loss of feeling in extremities
- Loss of vision

Remember: The squad can always be canceled. It's better to err on the side of caution and make the call!

HELPER "DO NOTS"

- Do not move the person. Encourage them not to move.
- Do not remove their helmet, or loosen or remove clothes to make them more comfortable.
- Do not apply a tourniquet. Do not apply splints or wrap bandages on serious injuries where the squad has been called.
- Do not give anything to eat or drink, especially alcohol.

HELPER "DOS"

- If possible, remove hazards to the injured person and helpers, such as horses. Remove bystanders.
- Maintain their body temperature (for example, drape hunt coats over them).
- Relay information to the person who is on the phone with the squad.
- Talk. Help keep the injured person calm and still. Inform him or her of what is going on.
- Monitor breathing and maintain airway.
- Control bleeding with direct pressure.
- Stay with the injured person until relieved by someone with more training.