



A clinic participant learns how to protect herself in a fall.

Horse Rider Safety Is a Serious Issue

THE FOX RIVER VALLEY PONY CLUB HOSTED A LANDSAFE EQUESTRIAN TRAINING CLINIC FOR RIDERS OF ALL AGES

FOX RIVER VALLEY PONY CLUB (FRVPC) welcomed LANDSAFE Equestrian to Barrington Hills for the first time on September 24-26, 2021. LANDSAFE Equestrian is a comprehensive training program that teaches riders how to safely fall off a horse and recover to reduce risk of injury. They have three main goals: to save lives, reduce injuries, and increase safety education of parents and riders.

Their regular clinic is open to ages 12 and up and is quite rigorous with four hours each day of tumbling techniques with self-preservation moves while falling off the mechanical horse onto gymnastic mats. Each fall and rolling exercise repeats several times, building confidence and muscle memory. FRVPC added a modified version of the LANDSAFE clinic for younger kids ages 6-11 years with two hours each day of trampolines and tumbling techniques with an introduction to the horse simulator.

The FRVPC organized the clinic held at the Barrington Hills Park District Riding Center for the benefit of members of the Fox River Valley Pony Club, The Riding Club of Barrington Hills, the Fox River Valley Hounds, and the local equestrian community.

The clinic was recommended to us by Allison Springer, a Five-Star International Combined Training Event Rider and Fox River Valley Pony Club alumna. Allison grew up in Barrington Hills as a member in our local Pony Club to pursue Eventing, riding horses to hounds, and riding the trails. She returns once or twice a year to teach our local community of riders and understands the value of safe riding practices.



The attendees learned several strategies to protect themselves in a fall.



A rider from the youngest group learns how to strengthen and balance with a beachball exercise.



LANDSAFE clinicians Danny Warrington and Keli Warrington join the youngest group after the training exercise.

We have been wanting to bring this program in for a few years. Last year we had to cancel our date because of the pandemic. As a parent and officer of our club, I was looking forward to our young riders learning safety techniques. I had to no idea they would have such a blast, bouncing on trampolines and matts, flipping, and tumbling to their heart's content all weekend for a good purpose. LANDSAFE clinicians and siblings Danny Warrington and Keli Warrington were so great with kids and adults of all ages.

ABOUT THE FRVPC

The Club invites interested individuals to learn more and join the Fox River Valley Pony Club family. Over the years, FRVPC has produced alumni who have received top national rankings, competing, and earning top honors at international levels in equestrian sports. It has produced community leaders and professionals in all walks of life who attribute inspiration and success to experiences they gained in Pony Club. Equally important, the club has generated scores of riders who enjoy horses and ponies for the rest of their lives, instilled with a strong sense of safety, proper care, and equine community. As a testament, the FRVPC enjoys numerous third-generation Pony Club families. U

Deb Nestrud Gallagher is the FRVPC Joint District Commissioner and an alumna. Visit foxrivervalley.ponyclub.org to learn about the club.



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