

Apple Creek Training and Lesson Center
1807 Gravenstein Hwy. S
Sebastopol, Ca. 95472

Release From Horse Related Activities Warning

Section A. Protective Attire

1. I am hereby advised to wear protective headgear or helmet fastened securely under the chin while working around and riding horses, to prevent injuries.
2. I am hereby advised to always wear hard soled, fully enclosed shoes or boots and socks to protect feet and long pants to protect legs while working around or riding horses.

Section B. The Nature and Physical Character of the Horse

While domesticated, well-trained horses are usually obedient, docile, and affectionate, it is important to understand that their survival instincts are what has allowed the horse to survive from prehistoric times to the present day.

1. I am advised that horses are unpredictable by nature, with minds of their own. The horse is often somewhat high strung or nervous by nature. Horses are extremely strong and physically powerful. Horses are heavy, weighing from 500 to 1300 pounds on average. These characteristics deserve a human being's utmost respect.
2. I am advised that when a horse is frightened, angry, under stress or feels threatened, it is his instinct to jump forward or sideways, to run away from danger at a trot or gallop of speeds up to 35 miles per hour.
3. I am advised that if a horse is frightened or feels threatened from behind, it may kick straight back, sideways in either direction, or even forward with either of the hind legs with tremendous force.
4. I am advised that if a horse is frightened or feels threatened from above or on its back, it may hunch its back and buck in a way that could throw a rider to the ground with tremendous force. A fall from a horse will usually be from a height of 3-6 feet.
5. I am advised that if a horse is frightened or feels threatened from the front, it may naturally react by rearing up with its front legs, strike with one or both front legs, bite with its teeth, throw its head up or from side to side, or run directly over whatever leans in front of it.
6. I am advised that a human must always approach a horse calmly, quietly and cautiously, preferably from near its shoulder or lower neck talking soothingly to it.
7. I am advised that loud and/or sudden unexpected movements, dropping of objects near a horse, approaching vehicles, animals or people, ill-fitting equipment or physical pain can provoke a domesticated horse to react according to his natural protective instincts.
8. I am advised that the first signs of anger or fear in a horse are the sudden tensing of the muscles of the body, possibly laying its ears flat back against the head, or quickly tossing or raising its head, or sudden snorting through the nostrils accompanying at least one other warning sign.

9. I have been advised that a horse can see independently with each eye, actually looking in one direction with one eye and another direction with the other eye, or it can focus both eyes on one object somewhere in front of it, that usually the direction the ear is pointing will tell an observer where the eye is looking on the same side, and consequently on what the horse is likely concentrating on at that moment.
10. I have been advised that a horse has two blind areas around it which it cannot see. It cannot see directly behind it, nor what it is eating. This is the reason it is best to approach a horse close to the shoulder, and never to surprise a horse from the rear, or to reach first for the horse's mouth.
11. . I have been advised that while a horse is very sure footed by nature, it may accidentally step on an object such as a human foot, when balancing itself or turning about, also that is a horse is ridden or worked on could fall down injuring a rider or handler.

Section C. Liability Release

Apple Creek Training and Lesson Center/Carol Fricke, 1807 Hwy 116 S. Sebastopol, CA

I understand that I am responsible for the bodily injury or property damage which I or my child or legal ward should sustain on Apple Creek Training and Lesson Center premises and/or trails and/or while riding a horse, and/or while in transit to or at horse shows, trail rides, or similar expeditions, and for any time I or my child or legal ward will lose from employment or school or other activity, and for medical expenses or any other expenses incurred because of such bodily injury or property damage; and that I hereby, for myself, my heirs, administrators and assigns; release and discharge the owners, operators, and sponsors of Apple Creek Training and Lessons Center and their respective servants, agents, officers and all other participants offend from all claims, demands, actions and causes of action for such injuries sustained to my person, or that of my child or legal charge and/or property.

Please write out the following statement on the three lines below: **“I have read and do understand the above warnings concerning protective attire and the nature and physical character of the horse.”** *Please Print Clearly*

Signed _____ Date _____
 Name _____
 Name of Rider _____
 Address _____
 Phone _____ Email _____