

# SAFETY INFORMATION



The Walthour-Moss Foundation  
P.O. Box 978  
Southern Pines, North Carolina 28388  
910-315-1990 (mobile)  
910-695-7811 (office)

## **Important Telephone Numbers**

Emergency Assistance: 911  
Carolina Equine Associates: 910-692-8680  
Dogwood Equine Veterinary Clinic: 910-245-2211 (clinic) and 910-528-1453(mobile)  
Equine Veterinary Service: 910-692-1030  
Southern Pines Equine Associates: 910-692-8640  
The Walthour-Moss Foundation: 910-315-1990 (mobile) and 910-695-7811 (office)

## **General Tips in the Event of an Accident**



1. Move horses away from the injured person and secure horses.
2. Note your location or landmarks and call 911 and await instructions from dispatcher.
3. Do not, unless necessary, move the injured person or remove helmet or boots from the injured person.
4. Follow CPR protocols if CPR-trained (ABCs—Airway, Breathing, and Circulation).
5. Remain calm and maintain control of accident scene until EMS arrives.
6. Send extra riders, if available, to meet EMS at any agreed-upon point.
7. Notify Foundation staff of any accident or loose horse as soon as reasonably practical after treatment of injured person.

## **Tips for Safe Riding**

1. Safety first. Make your safety—and the safety of others—your priority at the Foundation.
2. Be aware of and respect your—and your horse's—limitations.
3. Carry personal identification and emergency contact information on you and on your horse at all times.
4. Remain on the trails at all times and be observant of trees, branches, stumps, holes, and other potential hazards on and off the trails.
5. Don't ride alone and let someone know of your plans, route, and expected time of return.
6. Wear a properly-fitted ASTM/SEI-approved helmet and other proper protective equipment and ensure that you have properly-matched boots and stirrups.
7. Carry a whistle, a fully-charged and GPS-enabled cell phone, and a first aid kit.
8. Be familiar with your route, Foundation entrance/exit points, and GPS/911 location markers at major fire lane intersections (see map on reverse).
9. Be acquainted with appropriate equestrian safety practices as it is not the responsibility or obligation of the Foundation to teach or advise you of appropriate equestrian safety practices and you ride on the Foundation at your own risk.
10. Notify Foundation staff of any unsafe conditions that you observe on the Foundation.



Legend:

-  GPS Emergency Markers
-  EMS Meeting Points
-  Streams
-  Major Trails