

Info from Sanpete County HORSE COUNCIL

There has been a change on the bulk helmet order. Cost per helmet will be **\$28**. If you would like to order a helmet, you need to call Laura Lister with **sizes and quantities by May 10th** so she can place the order on May 11th.

If you are interested in participating in 2-Handed this year, you need to contact Laura Lister as soon as possible.

President Laura Lister 435-592-3257
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NEW 2011 4-H HELMET REGULATION PROGRAM

The four H's in the 4-H program stand for head, heart, hands and health. Utah State University Extension 4-H aims to protect 4-Hers heads and improve their health through their new helmet regulation program **effective Jan. 1, 2011**. The program will require all Western youth riders to wear helmets while competing in 4-H-sponsored shows.

Who it affects:

- All youth participating in the Western 4-H horse program. It does not include those participating in the working ranch horse program.
- All youth riders participating in classes, including but not limited to: Western horsemanship, Western equitation, Western reining, barrel racing, pole bending, keyhole, scurry, bareback equitation, Western riding, trail, team riding, quadrangle stake race, gymkhana gig, flag race, two-handed pleasure and all 4-H games.

New 2011 helmet rules:

- Helmets approved by American Standard for Testing Materials (ASTM) will be required for all Western under saddle and bareback events occurring at 4-H-sponsored horse shows.
- Riders without helmets will not be allowed to enter the competition arena and will be disqualified from their class.
- Riders will only be disqualified from the class where they have no helmet. However, youth may obtain a helmet and participate in their next qualified competition.
- Youth may wear either a helmet or a hat when participating in showmanship events.
- As stated in the Utah 4-H horse rulebook, Utah 4-H highly encourages the use of helmets during ALL equestrian events.
- Rules apply to all 4-H horse shows, which are defined as all shows sponsored by 4-H or covered by 4-H insurance and/or using the 4-H emblem.
- If show management does not follow mandatory 4-H rules, they may become personally liable. Shows with 4-H insurance may find the insurance invalid if rules are not followed.

The 4-H program aims to be proactive in protecting 4-H youth and encourages riders to wear helmets every time, every ride. With approximately 3,000 youth participating in 4-H Western horsemanship statewide, it is important to do everything necessary to reduce the likelihood of injury. Wearing helmets when riding a horse will help keep Utah 4-Hers safe.