

Tips for "Heather on Horseback" Simulation Exercise

Content

This exercise is a story about a 13-year-old girl who rode a horse unsupervised and without a helmet. The story explores why people ride horses without helmets, the risks involved, and the severe head injuries that can result when a person is thrown from or falls from a horse. The information is taken from real-life incidents.

Objectives

This exercise can help farm family members and horseback riders become more aware of:

- The risks of not wearing a helmet while horseback riding.
- The reasons that riders do not wear helmets.
- The value of a helmet and supervision in preventing head injuries.

Intended Audience

- Young and adult farm men and women, horseback riders, and trainers.
- Young and adult urban and suburban riders.
- FFA and vocational agriculture students, 4-H youth.

How to Use These Materials

- Review the exercise problem booklet, answer the questions, and look at the answer key.
- Decide if the exercise is useful to you or others with whom you work.
- Use the material in any of these ways
 - ⇒ As an activity for a meeting or class. The "Heather on Horseback" exercise is a story with a plot, characters, and predicaments. Once they begin the story, people want to complete it. Therefore:
 - ✓ Administer the exercise in one 20-minute session. Allow another 15 to 20 minutes for discussion. Ask people to work together in groups of 3 to 5. Give each person his or her own problem booklet and answer sheet.
 - ✓ As each small group finishes, give them an answer key. Make sure everyone has a chance to compare his or her answers to those in the answer key. The key tells more about the story and the situation and also contains other factual information.
 - ✓ Make sure everyone has a chance to discuss Heather's story and the newspaper articles included at the end of the problem booklet.
 - ⇒ As an individual activity given to a person to complete when convenient.

⇒ For school or community projects about riding safety. (Ask students or adults to complete the exercise and then to discuss it with other people, or to make a short presentation or display about riding safety. The drawings and the news articles included in the booklet can be used for a display or presentation.)

Materials Needed

- "Heather on Horseback" problem booklet (Duplicate one copy for each participant.)
- "Heather on Horseback" answer sheet and questionnaire (Duplicate one copy for each participant.)
- Answer key for "Heather on Horseback" exercise (Duplicate one copy for each participant or for each small group.)

Discussion Questions

1. Do horseback riding injuries like this happen frequently?
2. Do you know of a similar incident that resulted in a close call, injury, or fatality?
3. Are you, your family members, or friends at risk of a similar fall as you ride horses?
4. What are some things you can do to prevent horseback riding injuries?

Ideas, Notes, and Comments

Use this space to write down your ideas and plans for using these materials.