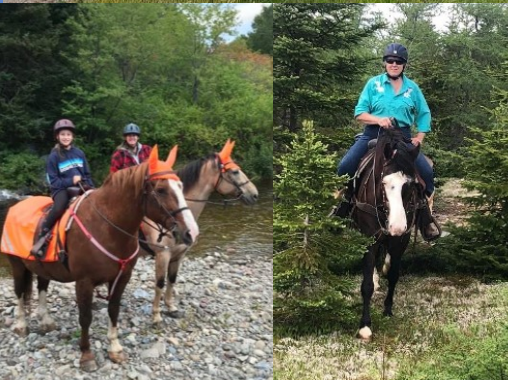




Newfoundland & Labrador
Equestrian Association

**A MESSAGE ABOUT
SAFE TRAIL
RIDING AND ROAD
SAFETY
AWARENESS FROM
THE
NEWFOUNDLAND
AND LABRADOR
EQUESTRIAN
ASSOCIATION**



Recreational Trail Riding

Trail riding is a fantastic way to stay active for both you and your equine companion. The experience brings you closer to nature and also lets you enjoy the company of your horse, friends, and family.

When planning a trail ride, it is imperative to be prepared for any situation, especially if you plan to travel upon the road to access those trails. As an equestrian, it is important to know how to safely share the trails and the roads with other users, such as pedestrians, bicycles, animals, and motor vehicles, including motorcycles and ATVs.

If you are planning to ride a horse or drive a horse-drawn vehicle upon a road as part of your trail ride, you must first learn about road safety for equestrians, including your rights and duties as an equestrian when riding your horse upon a road.

The Newfoundland and Labrador Equestrian Association (NLEA) has developed this document, in consultation with the Royal Newfoundland Constabulary (RNC), to encourage you to learn about trail and road safety, and your legal rights and duties while travelling the roads with your horse. The NLEA wants you and your horse, along with other users of the roads with you, to be safe.

The NLEA hopes the information set out in this document encourages you to be safety minded when planning your trail riding so everyone returns home safely.



Happy and Safe Trails!

Preparation and Knowledge

Preparation

Prior to hitting the trails, it is important to assess the training and skills of your equine partner. Can your horse safely handle exposure to the different stimuli? If you are not confident and have any concerns with how your horse may react, take the time to adequately prepare and consult with a reputable trainer. Proper preparation is key to a successful and pleasurable experience. When in doubt as to your horse's road readiness, **STAY OFF THE ROADS.**

Plan Ahead

Ensure you prepare and plan ahead for your journey. Did you pack all the necessary equipment? Have you dressed appropriately for the weather forecast? Does your route's difficulty match the experience of your riders and horses?

Plan your route to encompass all rider's skill levels and choose a ride duration that is comfortable for all.

If travelling on the roadway choose the safest roads possible, with lower speed limits and smaller traffic volumes.

Always let someone know your planned route, when you leave, and when you are expected to return.

Since you are considered a driver of a vehicle while riding your horse on the roads, it is important that riders properly communicate with motoring traffic. This is done by means of universal hand signals, as outlined in this document. Riders should use their left arm to indicate their intentions as it is the most visible to oncoming traffic.

Remember to be respectful of the trails and the roads and always clean up after yourself and your horse.



Rider Safety

It is important to remember that when you leave your barn, you will have to share the trails and roadways with other users such as pedestrians, bicycles, animals, and motor vehicles, including motorcycles and ATVs.

Here is a list of safety tips to consider before your next adventure:

- ❖ Ensure your horse is properly trained and road safe.
- ❖ Wear a certified helmet.
- ❖ Wear proper footwear.
- ❖ Wear bright or reflective clothing so you are visible.
- ❖ Plan your route and let someone know you are heading out.
- ❖ Check your tack to ensure it is in good condition prior to leaving.
- ❖ Carry a cell phone in case of emergencies.
- ❖ Pack a hoof pick, pocket knife, first aid kit, halter, and lead rope in case of an emergency.
- ❖ Avoid riding at night or during low visibility.
- ❖ Use proper hand signals to inform motorists if you are stopping or turning.
- ❖ Don't wear earphones/headphones.
- ❖ Wear sunscreen and bug spray.
- ❖ Always be attentive.
- ❖ Know and follow the "Rules of the Road" (set out in the *Highway Traffic Act*) when travelling the roads.



Riding on the Road

If you must take to the roads with your horse, you have an obligation to follow the applicable laws. Under the Newfoundland & Labrador *Highway Traffic Act* (Act), you and your horse may use a highway for the purpose of travel. But while doing so you are considered a driver, having all the rights and being subject to all the duties a driver has under Part V of the Act, entitled “Rules of the Road”.

Under the Act, a highway includes the roadway (for normal vehicular traffic) and the shoulder (paved or gravel). A driver is defined as a person who drives a vehicle or is in actual physical control of a vehicle.

Whether you are riding or are in actual physical control of your horse while travelling a roadway or shoulder, you should familiarize yourself with the Rules of the Road. This is especially important if you do not already have a valid Newfoundland & Labrador drivers license.

A copy of the *Highway Traffic Act* may be found at <https://www.assembly.nl.ca/Legislation/sr/statutes/h03.htm>. The “Rules of the Road” commence at Section 94.

If you have any questions about the interpretation and application of the Rules of the Road relating to horses, please contact your local area RNC or RCMP for information and clarification.



Incidents

Under Section 139 of the *Highway Traffic Act*:

“The driver of a motor vehicle shall, when upon a highway and approaching an animal, take reasonable precaution to avoid frightening the animal.”

If you are involved in or witness a horse related incident in which you feel a driver of a motor vehicle did not exercise reasonable precaution to avoid frightening a horse, please report the incident to your local area RNC or RCMP.

Important Details:

- ❖ Description of persons or vehicles
- ❖ License plate numbers
- ❖ Make and model of car



Hand Signals

STOP - Extend your left arm out and bend your elbow 90° so your fingers are pointing towards the ground with your palm facing backwards



TURN LEFT – Extend your left arm straight out



TURN RIGHT - Extend your left arm out and bend your elbow 90° so your fingers are pointing towards the sky with your palm facing forwards



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