

Where to Buy Helmets

Many tack shops carry and sell helmets. Helmets can also be ordered. Each county Extension Office has a discount order form available for group orders of ASTM/SEI helmets through the Safe Kids Campaign.

Other Resources

Every Time-Every Ride Videotape available at some county Extension Office and also available for check-out through the State 4-H office.

A Guide for 4-H Equine Shows in Iowa. ISU Extension Publications 4-H 511C

Horse Industry Handbook – available at various Extension Offices around the state.

For more information, contact

State 4-H Office
Extension & 4-H Building
Ames, Iowa 50010
515-294-8617
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Helmets and 4-H Horse Shows

Iowa State Fair

By January 1, 2004 all 4-H related horse events across the state of Iowa will require the use of ASTM/SEI approved protective headgear for horse exhibitors with chin strap and properly fitted harness when mounted and riding and driving - every time, every ride.

4-Her's are required to wear approved ASTM/SEI horse helmet at all times during all 4-H related events; examples would include, but are not limited to county workshops, specific 4-H classes in open horse shows, practices, trail rides, drill teams, fairs, parades, etc. EVERY TIME, EVERY RIDE.

As a parent or volunteer adult leaders, your efforts in modeling this behavior and expectations with helmets is strongly encouraged.

Participation in these 4-H related events will be eliminated if helmets are not worn.

(Revised and approved during February 16, 2004 Horse Advisory Committee Meeting)

Think Safety First



With 4-H Horse Projects

... and justice for all
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Reduce the Risks when Riding

Most severe head injuries can be prevented. As in bicycling, hockey, baseball, and football, wear a helmet whenever you ride.

Head injuries are for life – wear a helmet. Always wear a helmet when mounted on a horse. It can save your life! While a broken leg or arm will mend, a broken brain will not.

“But Why?” You Ask

- A human skull can be shattered by an impact of 7-10 kph. A horse can gallop up to 65 kph.
- A proper helmet reduces the risk of serious head injury as much as 85%.
- Death is not the only serious outcome of unprotected head injuries. Those who survive with brain injury may suffer epilepsy, intellectual and memory impairment, and personality changes.
- Hospital costs for an acute head injury can be in the range of \$25,000 per day.
- Helmets work! Most deaths from head injuries can be prevented.



Wear an approved helmet. Shop wisely; not all helmets available pass this standard.

A riding helmet should:

- Be ASTM/SEI-approved. This should be noted by a label permanently attached to the inside shell of the helmet. Not all helmets meet these standards.
- Be worn at all times when you are mounted and riding.
- Fit as snugly as you can comfortably wear it. No ball caps are to be worn under the helmet. The chin strap must touch the rider's jaw and/or chin.
- Be appropriate to your riding style.
- Stay on your head when the chin strap is fastened, without moving around. While the helmet is secured, try moving the helmet front to back, and side to side; the scalp should move with the helmet, indicating a correct fit.

Other Things to Consider

Wear correct footwear. All riders using stirrups should wear a shoe/boot with a heel.

Check equipment before riding. Inspect the girth strap, stirrup leathers, and reins for wear, and see that each is securely fastened.

Use safety stirrups. These prevent a rider from being dragged, if the foot has slipped through the stirrup.

Never lock the safety stirrup bar upright in an English saddle. The safety stirrup bar should always be in the horizontal position. This should allow the stirrup leather to detach from the saddle if you were to be dragged.

Never tie yourself to a horse. Never wind a lead rope (or reins) around your hand or waist. Never strap yourself to the saddle.

