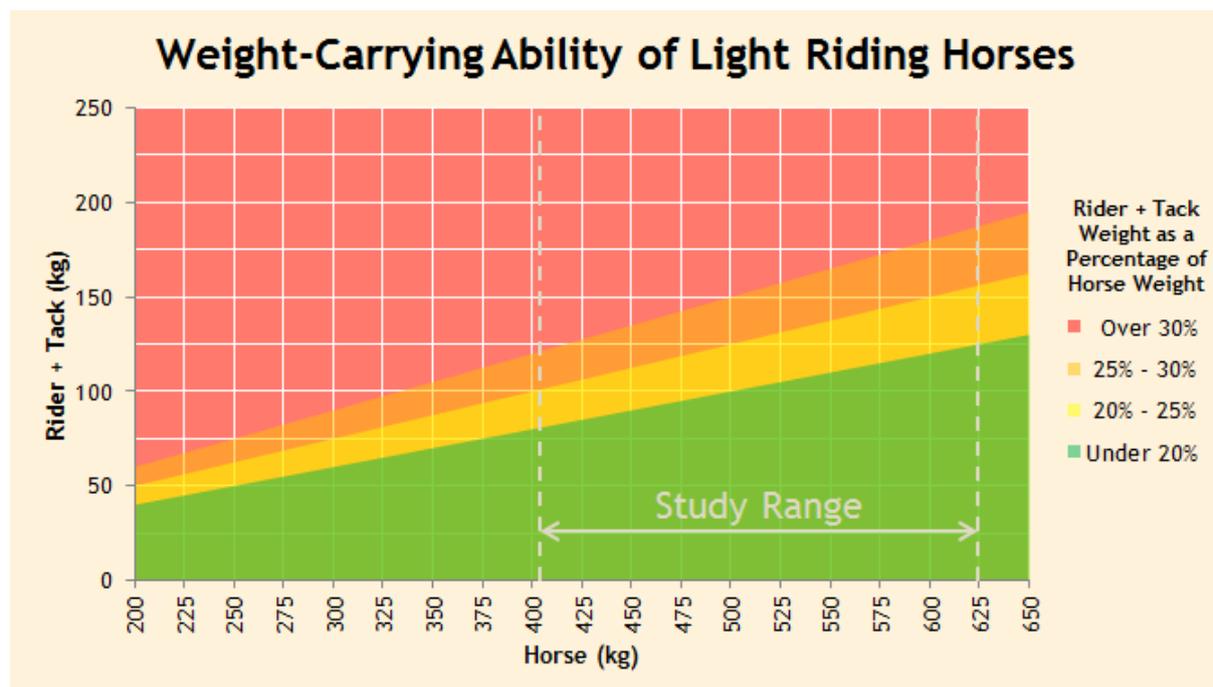


## Rider Weight / Horses Weight

In response to the developments in Equitation Science and the importance of promoting personal health and well-being SAPA is establishing a scale of weight limit for riding. Current research has proven that horses should only be carrying 10- 20% of their own bodyweight when being ridden, this includes the clothing and tack used. With the maximum being 20%, as there is a substantial effect on the horse's gait and behaviour (including stress on tendons and joints) in response to rider's weight. When deciding what weight horses should carry other considerations have to include; age of the horse, the horses condition, level & duration of work, saddle fit, rider ability and balance. We have therefore taken all of these factors into consideration when evaluating what weight is appropriate for the horses being used for polo to carry in order to ensure our horses welfare. It is also important that we are promoting personal health and well-being in all our members – 'riders are athletes'.

The below graph illustrated these weight guidelines:



Rider / Horse weights issues need to be addressed by club elected Welfare Officers.