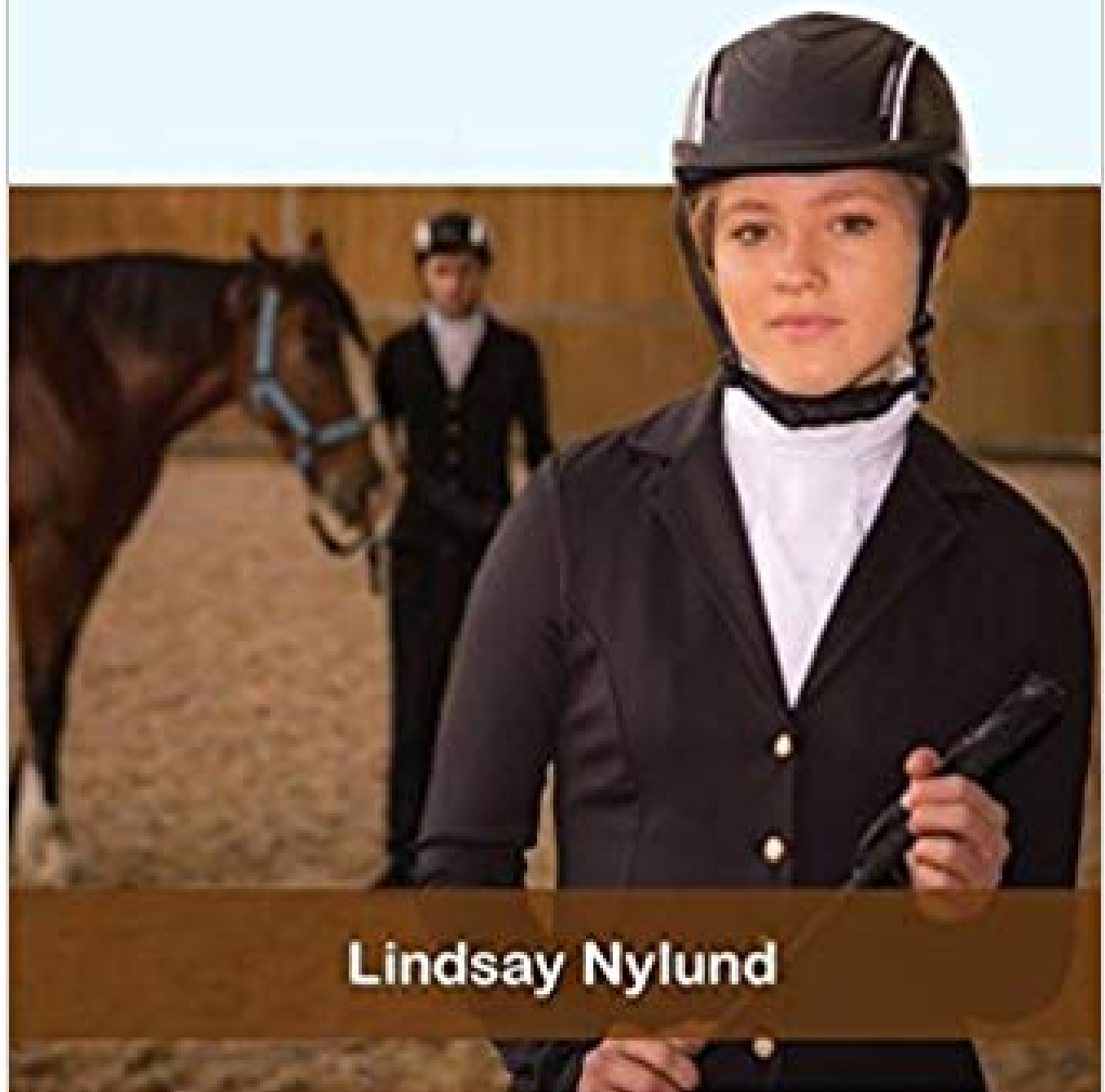


SURVIVING THE UNEXPECTED

Fall safety training for horse riders



Lindsay Nylund

Lindsay E Nylund

Surviving the Unexpected: Fall Safety Training for Horse Riders



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Do you know what to do if you fall from your horse? I am certain this basic instruction saved me from a much nastier result. Lindsay, a previous Olympic gymnast and trainer of many nationwide champions, has qualifications in fitness, teaching, physical education and human resource management. The methods and skills have already been developed in discussion with doctors, researchers and industry specialists and refined by teaching conducted with over 400 riders across many disciplines. In clear and straight forward language this publication includes: Theory, research and fall safety training methods An individual initial emergency response action for all fall incidents The learning progression for simple and advanced fall safety skills Basic and advanced fall simulation actions Pre-ride warm-up and security routines A fall protection instructor instruction A rider self-help information with over 10 activities which can be self-taught Seven days after going to Lindsay's fall safety seminar, I strike the deck at top acceleration. I was I was thrown sideways/forwards at a set gallop and as I left the saddle I recalled the simple instructions 'let proceed of your reins and obtain your hands up'. -Jeremy Bayard, polo participant In *Surviving the Unpredicted*, Lindsay Nylund offers a practical guideline to fall safety training for riders of all disciplines--professional, amateur, young and old. Fall basic safety schooling could save your valuable neck or your life. I landed on my arm/elbow/shoulder, rolled a couple of times after that stood up and walked aside.



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Amazing Must Read intended for all Equestrians Well presented approach concerning preventing fall related accidental injuries from a equine. Learning a safe way to soak up and transfer the energy linked to the fall could be a existence saver if not really at the minimum a limb saver! Also the best riders will end up being unseated from time to time.



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