

Federally-Recognized Tribes Extension Program  
2008 HIGHLIGHTS

**FRTEP UNIT:** WSU Colville Reservation Extension

**PROGRAM AREA** (Ex. Agriculture, Nutrition etc.): 4-H Youth Development

**PROGRAM TITLE:** Riding Helmet and Rider Safety Education

**ISSUE(S) ADDRESSED:** The Colville Tribal people have expressed a concern that there is a lack of horse knowledge among the area youth and this is important as horses are an important part of the Colvilles' culture and heritage. The TANF program provided several horse training/riding clinics across the reservation. With this many new young riders, there was a need identified for horse and rider safety education

**PROGRAM DESCRIPTION:** Since head injuries, caused by falls from horses, account for most of the serious horse and rider injuries, Extension focused on riding helmet use and safety education. Prior to each clinic in each of the four reservation districts, we presented helmet education on how to properly fit and care for a helmet and why you should wear one. We also presented information on basic rider safety. Since a lot of the youth were new to the culture of horseback riding, we presented educational information on Basic Horse Education and Horse Identification as well.

Adult Contacts:	Direct: 67	Indirect: News releases to Tribal Tribune- Distribution: 4500+
Youth Contacts:	Direct: 151	Indirect: 0



**PROGRAM IMPACT:** Without the Extension role, no youth would have worn helmets during these Tribal events. Upon completion of the Extension helmet safety education program, the youth wore the Extension owned demonstration helmets while doing ground work as well as when they were riding the horses. The youth learned correct usage, and were able to assist each other in the proper adjustments of the helmets. The youth truly learned the value of the helmets when one girl fell from a horse, hit the steel corral panel and landed on the ground. The helmet she was wearing absorbed the impact (actually cracking) from the corral panel and protected her head from being smashed into the steel. Had she not been wearing the helmet she would have been seriously injured. Results were so dramatic that the Temporary Assistance to Needy Families program purchased helmets of their own to use during future horse activities!

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