

# Centenary University Equestrian Center

## Equestrian Health and Fitness Declaration 2022-2023

### PART I: To be completed by all students participating in ANY activity at the Equestrian Center.

#### **Purpose:**

To ensure all students that participate in barn activities are physically capable, based on their experience level, to handle the horses and do basic barn activities- grooming, picking out the horse's feet, leading horses, lifting 50 pounds which includes shavings bags, bales of hay, buckets of water, cleaning stalls, and any other activity pertaining to the care of horses.

By signing below, I acknowledge the following:

- I have read the above information and understand that this information is required for the health and safety of both horse and any student working in the barn.
- I can do the physical work required, based on my experience level, which includes handling horses and doing basic barn activities- grooming, picking out the horse's feet, leading horses, lifting 50 pounds which includes shavings bags, bales of hay, buckets of water, cleaning stalls, and any other activity pertaining to the care of horses.
- I acknowledge that the care of horses includes outdoor work in all types of weather conditions and work in the barn may expose me to dust and allergens.
- If I feel I need support with health and fitness I can make an appointment and speak to the Riding Coordinator, Equine Studies Department Chair, riding instructor, advisor, or school nurse for guidance and support.
- If I require accommodations due to a documented disability, I will contact the Disability Services Office at [dso@centenaryuniversity.edu](mailto:dso@centenaryuniversity.edu) of 908.852.1400 ext. 2051.

STUDENT NAME- PRINTED: \_\_\_\_\_ DATE: \_\_\_\_\_

STUDENT SIGNATURE: \_\_\_\_\_

MAJOR: \_\_\_\_\_

GRADUATION YEAR: \_\_\_\_\_

### PART II: To be completed by any student participating in a riding class and/or team.

#### **Purpose:**

To ensure that every rider can safely mount and participate in a riding lesson and to ensure the health and soundness of the Centenary University owned horses. Riding is an active and physical sport and all riders are encouraged to maintain their physical fitness for riding. We strongly encourage all students to achieve a fitness level where they can comfortably complete the following tasks:

- 15 minute walk/run mile
- 25 sit-ups in one minute
- 15 push-ups in one minute (regular or modified)
- Suggested BMI of less than 30%

**Riding:**

- Please list your height and weight category below. It is important that you list your weight category based on being dressed in your riding attire. If you are within 3 pounds please round up to the next weight category.
- It is very important for the health and safety of both you and the Centenary University horses that you answer truthfully. This form is confidential and will only be viewed by the Equine Studies Department Chair and the Riding Coordinator.
- At any time, an Equine Studies riding instructor, in consultation with the Equine Studies Department Chair and Riding Coordinator, reserves the right to meet with a student to discuss their health and fitness in a riding class.
- At any time, a riding instructor, in consultation with the Equine Studies Department Chair and the Riding Coordinator, reserves the right not to mount a rider if they feel that the safety of the horse and/or rider is at risk. This includes but is not limited to the following: health, fitness, physical injury.
- NOTE: MAJOR- Equine Studies: Equine Instruction and Training requires **Limit Riding Level or above to complete.**

**WEIGHT CATEGORIES**

**CATEGORY 1: Up to 155 pounds**

**CATEGORY 2: 156-175 pounds**

**CATEGORY 3: 176-200 pounds**

**CATEGORY 4: 201-225 pounds**

**CATEGORY 5: 226-250 pounds**

**CATEGORY 6: 251 pounds or greater**

HEIGHT: \_\_\_\_\_ WEIGHT CATEGORY: \_\_\_\_\_

By signing below, I acknowledge the following:

- I have read the above information and understand that this information is required for the health and safety of both horse and rider and any student working in the barn.
- I can confidently do the physical work required which includes being physically fit to groom and do basic barn work.
- I can safely mount and dismount without assistance and ride a horse at my level of horsemanship skill. **I understand that if I cannot complete these tasks safely I may be prohibited from riding in the program.**
- If I feel I need support with health and fitness I can make an appointment and speak to the Riding Coordinator, Equine Studies Department Chair, riding instructor, advisor, or school nurse for guidance and support.
- If I require accommodations due to a documented disability, I will contact the Disability Services Office at [dso@centenaryuniversity.edu](mailto:dso@centenaryuniversity.edu) of 908.852.1400 ext. 2051.

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