

WEIGHT LIMIT FOR RIDING

In response to the developments in Equitation Science and the importance of promoting personal health and well-being Craven College 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 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 at Craven College 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 staff and learners – 'riders are athletes' and working in the equine industry is demanding, we want to support our students in being prepared for this in every way we can.

The weight limit has therefore been determined based on:

- Healthy height v weight parameters
- The height of the riders and the size of pony/horse they are most likely to ride
- Max weight capacity for horse bodyweight (+tack)
- Workload of the horses
- Age range of horses
- Rider ability

For example, a range of horse's and weight limits:

HORSE	WEIGHT OF HORSE	% BODY WEIGHT HORSE CAN CARRY INC. EQUIPMENT	MAXIMUM WEIGHT HORSE CAN CARRY
1	643kg	15% due to age of horse	96.45
2	498kg	20%	99.6kg
3	410kg	20% but height limit of 5ft 7inch due to only being 13.2hh	82kg