



## Aliso Ranch Stables' Safety Riding Guide

Aliso Ranch is a working cattle ranch consisting of over 7,000 acres of various terrain such as hills, canyons, cow tails, and fire roads not to mention the open terrain. Besides livestock (steers, cows, and bulls) at the ranch one can find a wide variety of wildlife including but not limited to pigs, squirrels, deer, coyotes, bobcats, turkey vultures, and hawks. On exceedingly rare occasions one can see bears and mountain lions. To date, no attacks on horses or humans have occurred at the ranch from wildlife but riders should always be aware of their surroundings. Boarders at Aliso Ranch Stables are permitted to ride Aliso Ranch and the following safety tips are provided.

1. Riding an untrained green horse on the ranch is highly discouraged. If one chose to do so, ride with supervision and in a familiar area.
2. Riding a well-trained horse is highly encouraged.
3. First time riders are encouraged to ride supervised (Aliso Ranch Stables manager or a seasoned boarder).
4. First time riders are encouraged to stay on the fire roads.
5. Avoid riding alone.
6. If unfamiliar with the ranch, ride with a map. (maps are provided at the office).
7. Cell phones should always be on your person during a trail ride, know the office number.
8. Note what time you left, expect to return, and trail to be ridden on the white board.
9. It is recommended riders wear helmets on trails.
10. Know the weather and dress appropriately.
11. Riding when it is wet or too hot is highly discouraged.
12. Riding at night is prohibited.
13. Travel with both horse and human first aid kits.

Besides the safety tips mentioned above, courtesy is the best safety on the trail. Please adhere to the following.

1. Ride to the least experience rider's capability.
2. Stay at a walk. Trotting and loping only with familiar riders and their capability.
3. Do not pass any horse at a trot or lope when riding together.
4. Do not trot or lope if horses are visible regardless of distance.
5. Do not crowd each other and stay one horse length behind the horse in front of you.
6. Tie a red ribbon on your horse's tail if he is a kicker.
7. If a horse gets loose on the trail and runs off, do not run after the horse. Walk to the horse calmly.

Know your terrain.

1. **Avoid overhanging limbs.** Watch the rider ahead so a limb pushed aside does not snap back and slap you or your horse in the face.
2. **Allow a horse to pick his way** at a walk when riding on tough ground or in sand, mud, or rocks where there is danger of your horse slipping or falling.
3. **Hold your mount to a walk** when going up or down a steep hill and open space as there are many holes dug by ground squirrels.
4. **Do not fool around.** Horseplay is dangerous to you and to your friends, as well as to others who may be nearby.

Horses are horses and regardless of how well trained they are things happen. The following is proved.

1. **If your horse becomes very agitated,** dismount and handle the situation from the ground.
2. **When your horse becomes frightened,** remain calm, speak to it quietly, steady it, and give it time to overcome its fear.
3. **When your horse is frightened and tries to run,** turn him in a circle and tighten the circle until he stops.
4. **If your horse goes lame on the trail,** dismount immediately and check the hooves for a rock or the legs for an abrasion. If the horse can proceed, lead the horse to where you have a cell signal and call for help.