



DIAMOND 7 WESTERN RIDING, LLC

Activity Waiver & Release

THIS ACTIVITY WAIVER & RELEASE (this "Agreement") dated JANUARY 1ST, 2023 - DECEMBER 31ST, 2023

Olivia K. Davis of DIAMOND 7 WESTERN RIDING, LLC (collectively the "Active Provider")

IN CONSIDERATION OF the covenants and agreements contained in this Agreement and other good and valuable consideration, the receipt of which is hereby acknowledged, the parties to this Agreement agree as follows:

1. Being of lawful age and in consideration of being permitted to participate in the activity described below, the Participant releases and forever discharges the Activity Provider, the Activity Provider's parents, spouse, heirs, executors, administrators, legal representatives and assigns from all manner of actions, causes of action, debts, accounts, bonds, contracts, claims, and demands for or by reason of any injury to person or property, including injury resulting in the death of the Participant, which has been or may be sustained as a consequence of the Participant's participation in the activity described below, and notwithstanding that such damage, loss or injury may have been caused solely or partly by the negligence of the Activity Provider.
2. The Participant understands that the Participant would not be permitted to participate in the activity described below unless the Participant signed this Agreement.
3. **Details of Activity** – Scheduled for **VARIOUS DAYS & TIMES FROM JANUARY 1ST, 2023 TO DECEMBER 31ST, 2023**, the Participant will participate in the following activities: **Horse related activities on ground and horseback riding and riding lesson activities.**
4. **Concurrent Release** – The Participant acknowledges that this Agreement is given with the express intention of effecting the extinguishment of certain obligations owed to the Participant and with the intention of binding the Participant's parents, spouse, heirs, executors, administrators, legal representatives and assigns.
5. This Agreement contains the entire agreement between the parties to this Agreement and the terms of this Agreement are contractual and not a mere recital.
6. **Governing Law** – This Agreement will be governed by and construed in accordance with the laws of the State of Montana.
7. **Provider (riding instructor) has all final decisions with regards to the safety of the horse and the student rider.**

Each person is responsible for his/her own actions. This has been read, and by signing it, it is agreed that any individual or group conducting these activities be released from any and all liability whatsoever:

Provider (Riding Instructor): Olivia K. Davis Sign: _____

Date

Participant, Legal Guardian or Parent: _____

Print participant's first & last name

Print additional participants' first & last name

Print parent/legal guardian's first & last

Parent/legal guardian's signature

Date



Fitness & Health Assessment for Riding Participant

THIS IS A HEALTH QUESTIONNAIRE THAT MUST BE COMPLETED BEFORE PARTICIPATING IN ANY KIND OF HORSEBACK RIDING ACTIVITY WITH DIAMOND 7 WESTERN RIDING, LLC. WE WANT TO MAKE SURE YOUR EXPERIENCE IS THE MOST ENJOYABLE AND SAFE. WE CONSIDER MATCHING THE RIGHT HORSE TO THE RIDER AS SUCCESS-CRITICAL. IF YOU ARE UNSURE ON YOUR RIDING ABILITY, WE RECOMMEND ANSWERING BY LEANING TOWARDS UNDERSTATEMENT RATHER THAN OVERSTATEMENT. FOR HEALTH & FITNESS ANSWERS **PLEASE DO NOT LEAVE BLANK** AND ANSWER TO THE BEST OF YOUR KNOWLEDGE.

Beginner: A rider with little or no experience who is unable to post the trot and does not canter. Will need assistance mounting and dismounting.

Novice: A rider with limited experience, who can mount and dismount unassisted. Confident and feels they can keep control of the horse. Reasonably fit and able to enjoy 2 hours most in the saddle.

Intermediate: A rider with recent experience, mount and dismount unassisted. Trot and lope moderate lengths. Reasonably fit and able to enjoy 2 to 3 hours in the saddle.

Advanced: An experienced rider (may have a horse of their own that they ride often at home) who is comfortable and confident in all gaits, with soft hands. Physically fit for riding and able to enjoy 3+ hours in the saddle.

1. Please circle your riding level:

a. Beginnerb. Novicec. Intermediated. Advanced
2. Your age: _____
3. Last time you rode a horse, if applicable: _____
4. How many years of riding experience do you have? Please circle one:

a. I have never ridden / it's been more than 5 years since I last rode / I rode once or twice as a child

b. I have been taking riding lessons for the past year / I rode for many years as a child/teenager

c. I have been riding regularly for the last couple years with/without an instructor.

d. I ride almost daily for the last couple years / own and ride my own horse regularly.
5. Do you have your own horse?

a. Yesb. Noc. I lease and/or share a horsed. I only take lessons

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6. Where have you ridden?

a. Trail b. Arena c. Show Arena d. Open Pasture unassisted e. Round Pen

7. Do you have any medical conditions that would affect your riding ability that the trail guide should be aware of? (ex. Seizures, Panic attacks, phobias, Respiratory Issues, etc.)

8. Are you able to lift 30 lbs? a. Yes b. No

9. Do you have the physical ability to bend your knees at a 90-degree angle? a. Yes b. No

10. Have you had any back strains, spinal issues/pain, sciatic issues/pain, or any kind of surgery in the last year?
a. Yes b. No

11. Can you do 10 squats in 18 to 20 seconds? a. Yes b. No

12. Can you balance on one foot, the other bent at 90 degrees, for 30 seconds? a. Yes b. No

13. Do you exercise regularly? a. Yes b. No How often? _____

14. Do you have any heart or blood pressure conditions? a. Yes b. No

15. Do you have any respiratory illnesses/issues or asthma? a. Yes b. No

16. Do you have any bone or muscle weaknesses or atrophies? a. Yes b. No

17. Are you able to stand or sit up for more than 3 hours? a. Yes b. No

18. Do you have any mental limitations, anxiety, depression, coordination issues, disabilities, or limitations?
a. Yes b. No

19. Are you diabetic? a. Yes b. No

20. Do you have any allergies of any kind? If so, please list the allergy and triggers:

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21. Are you pregnant? a. Yes b. No If yes, what trimester? _____

22. Your Weight (lbs): _____

23. Your Height: _____

24. Do you consider yourself physically fit? a. Yes b. Moderately c. No

25. Do we have your permission to take pictures of you and your group to post on social media outlets (facebook and Instagram) for marketing and advertising? a. Yes c. No

26. Please note anything else which you think could be relevant, or any concerns or doubts, for us to know about you as a rider - **and your expectations about participating in our of trail rides or riding lesson:**

****Please be aware the information provided on this assessment is strictly confidential and will not be shared with anyone, or any organization – this information you have provided will only be used to select the best horse to fit you as a rider, and to determine if you are safely capable of riding horses for equal to, or more than, 1 hours' time.****

Diamond 7 Western Riding - Olivia K. Jones: _____

Date: _____

By signing this fitness & health assessment, you are agreeing that the information you have provided above is to the best of your knowledge, and you are accepting any of the above questions as true and that you are the person that filled out this assessment.

Participant:

Print participant's first & last name

Participant's Signature (if over 18)

Date

Or Parent/Legal Guardian Signature

Print Parent/Legal Guardian Name



DIAMOND 7 WESTERN RIDING, LLC

Safety Policy

THIS SAFETY POLICY created JUNE 5TH, 2021 will be in effect January 1 through December 31 every calendar year. The purpose of this policy is to incorporate communication of safety excellence to clients/participants of Diamond 7 Western Riding, LLC. The goal of this policy is to eliminate the risk of equine activity injuries.

“Property” will be stated as 2670 Sawmill Road, Dillon, Montana, where riding lessons will take place.

Any client/participant that will be riding, handling, or interacting with horses owned by Olivia K. Jones and/or Diamond 7 Western Riding, LLC, is required to read, follow, and sign this policy. By signing this policy, the client/participant agrees to adhere to this safety policy:

1. All participants interacting with horses must sign the Activity & Liability Waiver prior to participating in equine related activities.
2. All participants riding horses, under the age of 18 years old, will be required to wear an approved equine riding helmet with safety chin strap.
3. All participants riding horses must wear proper “*riding attire*” ***see page 3** for examples – helmet required for participants under the age of 18 years old. If over 18 years of age, helmets are encouraged but not required*
 - a. Closed toe boots with heel
 - b. Long pants or jeans recommended
4. Any children under the age of 14, that are not participating as a riding student, must be accompanied by a parent/guardian at all times. Parents are permitted to leave the participating riding student while lesson is in session – but not any other children under 14 years old.
5. Absolutely no running, screaming, throwing objects, waving objects, wrestling, fighting, or chasing.
6. No climbing on fences, panels, gates, or other objects on the property.
7. No glass beverage containers
8. No smoking
9. No consumption of alcohol – intoxicated riders may not ride, or be present with horses, and will be asked to leave.
10. All riders must be under 250 lbs. This is the maximum weight a horse is able to carry a rider. If riding smaller horse/pony, riders must be under 150 lbs.
11. All riders must be 7 years old or older.
12. Do not enter pens with horses without a staff member of Diamond 7 Western Riding.
13. No walking under necks, ropes. Never kneel when cleaning feet or crawl underneath horse.
14. Any acts of unsafe riding (ex. standing on horses, jumping off horses, hanging on horses, etc.) is prohibited. Participants will be given 1 warning then will not be permitted to return to Diamond 7 Western Riding.



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15. All participants & visitors must follow instructions of the staff at Diamond 7 Western Riding. Instructions are for your safety and learning experience.
16. Dogs must stay in owner's vehicle and secured. Dogs are not permitted to be loose on the property and must be on a leash. If visitors' dogs are causing irritation (barking, biting, rushing, chasing, etc.) to horses, they will be asked to be removed and will not be permitted to return to the property.
17. Ask permission to feed horses (or other animals) treats/other items of food.
18. Please be respectful to ALL animals located at the property. Ask for permission to pet or feed ANY animals residing at the property.
19. Please cleanup after yourself – use garbage cans that are provided next to tack shed.
20. Please be respectful of the Diamond 7 Western Riding facility, property, and animals – Violators of trespassing without permission, vandalism, and theft will be prosecuted.
21. Drink water & stay hydrated – water is provided for your convenience in the cooler by the tack shed! 😊
22. HAVE FUN, USE COMMON SENSE, BE SAFE!

Each person is responsible for his/her own actions. All riding & horse handling is done at your own risk. By signing this safety policy, the safety policy has been read and it is agreed that any individual or group conducting these activities be released from any and all liability whatsoever:

Provider (Riding Instructor): Olivia K. Jones Sign: _____ Date _____

Participant, Legal Guardian or Parent:

Print participant's first & last name

Print additional participants' first & last name

Print parent/legal guardian's first & last name

Parent/Legal Guardian Signature

Date

Mailing Address: _____
City State

Phone: _____ Email: _____

Emergency Contact #1: _____ Relationship: _____

Phone: _____

Emergency Contact #2: _____ Relationship: _____

Phone: _____

Please feel free to check out safety tip sheets attached to prepare when you will be interacting with the horses at Diamond 7 Western Riding!



RIDING ATTIRE

Approved Headgear



**Approved helmet
with safety harness
and chin strap**

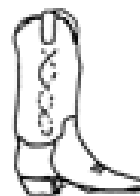


**Approved Western
safety hat with hard
shell and chin strap**

Proper Boots (note heel size)



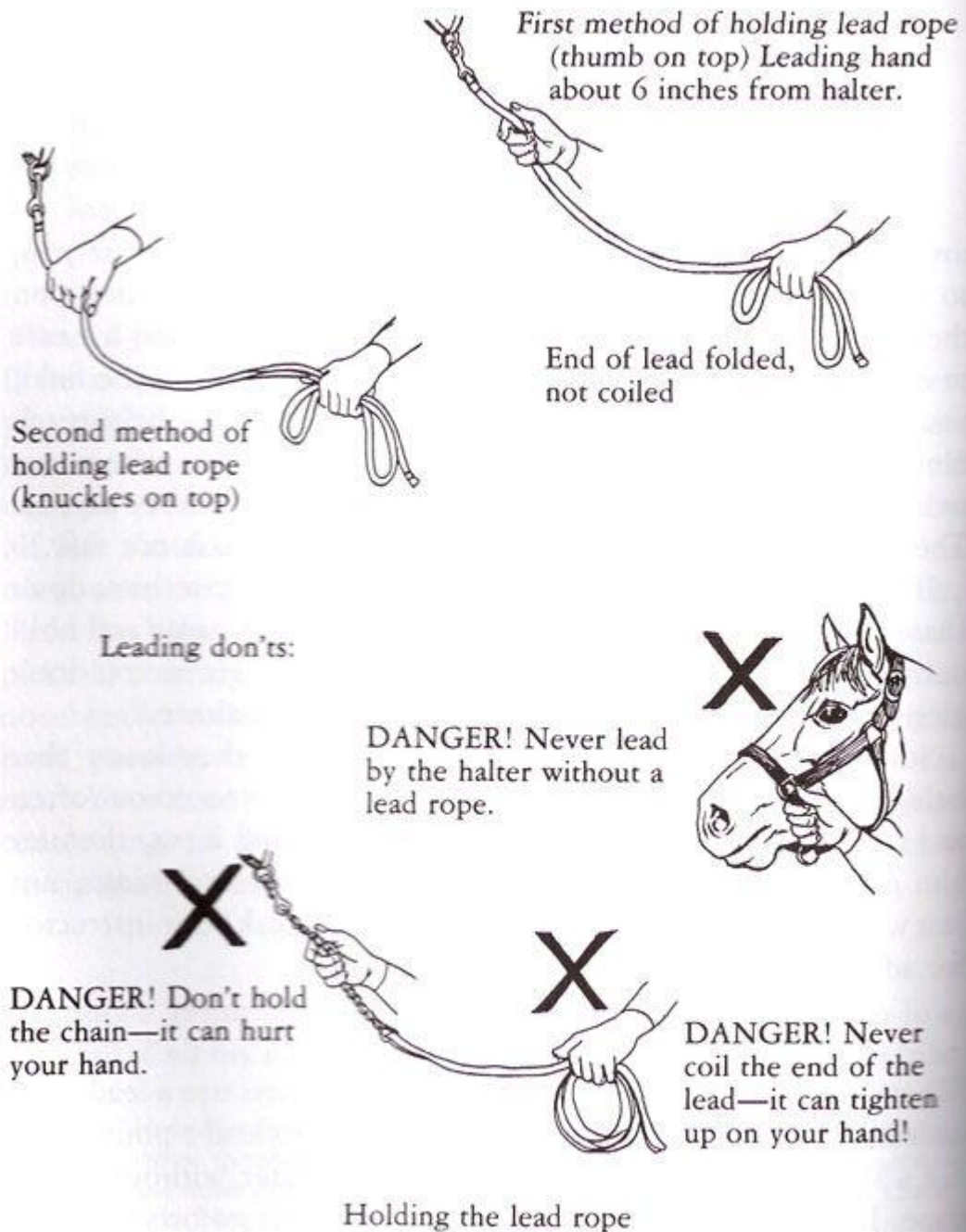
High English Boots



Western Boots

Reference:

https://www.google.com/search?q=horseback+riding+safety+policy&rlz=1C1GCEB_enUS859US860&sxsrf=ALeKk03k_HuLmwidGYi3Jf9yzjBNsSzTw:1622912278764&tbm=isch&source=iu&ictx=1&fir=ECDelXqqr0DoM%252C5UShfdwiq3syYM%252C_&vet=1&usg=AI4_-kQirN6CrinYLP0sFTenLqLVOPGvCg&sa=X&ved=2ahUKEwiC24Gv-4DxAhWKzJ4KHWfoCpsQ9QF6BAgMEAE&biw=1920&bih=969#imgsrc=ECDelXqqr0DoM



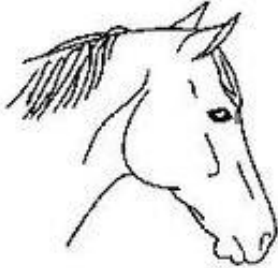
Reference:

https://www.google.com/search?q=horseback+riding+safety+policy&rlz=1C1GCEB_enUS859US860&sxsrf=ALeKk03k_HullmwidGYi3Jf9yzjBNsSzTw:1622912278764&tbm=isch&source=iu&ictx=1&fir=ECDelXqqr0DoM%252C5USHfdwiq3syYM%252C_&vet=1&usg=AI4_kQirN6CrinYLPOsFTenlqLVOPGvCg&sa=X&ved=2ahUKewiC24Gv-4DxAhWKzJ4KHWfoCpsQ9QF6BAgMEAE&biw=1920&bih=969#imgsrc=ECDelXqqr0DoM&imgdii=q7j0gGasRA58mM



Reading a Horse's Ears

The horse's ears and actions are the key to his emotions. He can tell you what he is paying attention to and how he feels by the way he uses his ears and the way he acts. Following are some tips to his emotions.



Ears forward but relaxed
interested in what's
in front of him



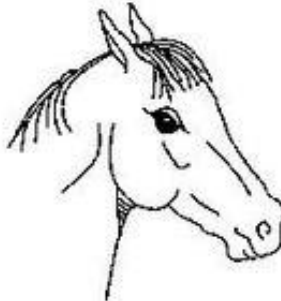
Ears turned back but relaxed
listening to his rider
or what's behind him



Ears pointed stiffly forward
alarmed or nervous about what's
ahead. Looking out for danger



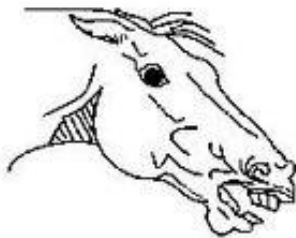
Ears pointed left and right
relaxed, paying attention
to the scenery on both sides.



Ears stiffly back
annoyed or worried about what's
behind him; might kick if annoyed.



Droopy ears
calm and resting,
horse may be dozing.



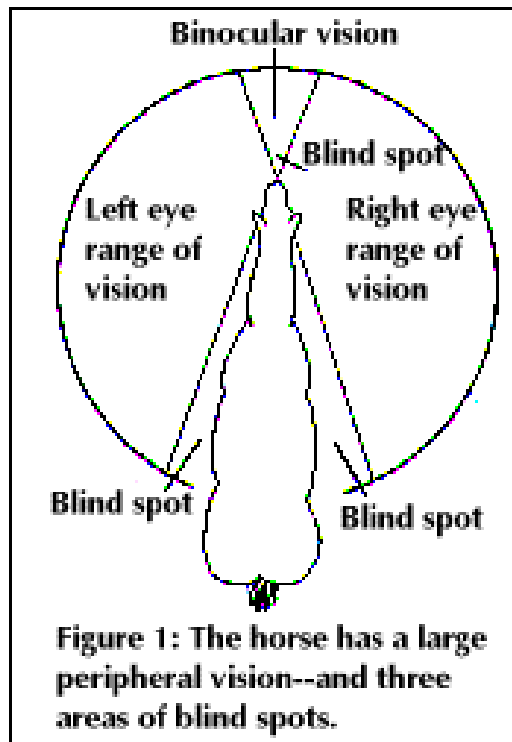
Ears flattened against neck
violently angry, in a fighting mood.
May fight, bite or kick.

OTHER SIGNS YOU SHOULD NOTICE ARE:

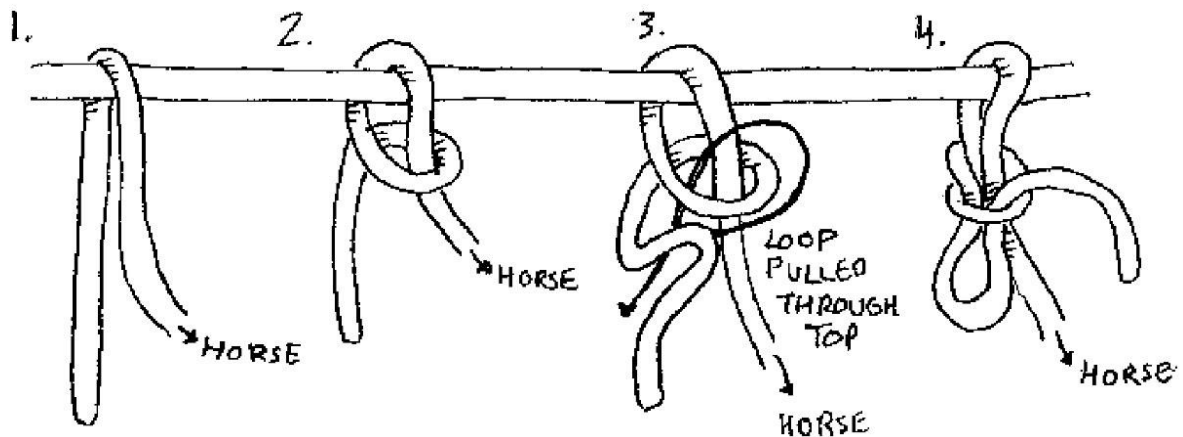
- **Tucking the tail down tightly.**
Danger to the rear.
Horse may bolt, buck or kick.
Watch out if ears are flattened too!
- **Switching the tail.**
Annoyance and irritation:
 - at biting flies, stinging insects or tickling
 - bothersome actions of a rider or another horse.
- **Droopy ears and resting one hind leg on toe.**
Calm and resting, horse may be dozing.
Don't wake him up by startling him!
- **Wrinkling up the face and swinging the head.**
Threatening gesture of an angry or bossy horse.
Watch out for biting or kicking.

Reference:

https://www.google.com/search?q=horseback+riding+safety+policy&rlz=1C1GCEB_enUS859US860&sxsrf=ALeKk03k_HuLLmwidGYi3Jf9yziBNsSzTw:1622912278764&tbm=isch&source=iu&ictx=1&fir=ECDelXqqr0DoM%252C5Ushfdwiq3syYM%252C_&vet=1&usq=AI4_kQirN6CrinYLP0sFTenqLVOPGvCg&sa=X&ved=2ahUKEwic24Gv-4DxAhWKzJ4KHWfoCpsQ9QF6BAGMEAE&biw=1920&bih=969#imgsrc=-sCs8xadP1t-9M&imgdii=Am9vLMz-pC0fkM



How to Tie a Horse:



Picture References:

https://www.google.com/search?q=horseback+riding+safety+policy&rlz=1C1GCEB_enUS859US860&sxsr=AleKk03k_HuLmwidGYi3Jf9yzjBNsSzTw:1622912278764&tbm=isch&source=iu&ictx=1&fir=ECDelXqqr0DoM%252C5USHfdwiq3syYM%252C_&vet=1&usg=AI4_kQirN6CrinYLP0sFTenlqLVOPGvCg&sa=X&ved=2ahUKewiC24Gv-4DxAhWKzJ4KHWfoCpsQ9QF6BAgMEAE&biw=1920&bih=969#imgsrc=3EFPC8ALbRc_VM&imgdii=levO7u9x1EXVMM

https://www.google.com/search?q=horseback+riding+safety+policy&rlz=1C1GCEB_enUS859US860&sxsr=AleKk03k_HuLmwidGYi3Jf9yzjBNsSzTw:1622912278764&tbm=isch&source=iu&ictx=1&fir=ECDelXqqr0DoM%252C5USHfdwiq3syYM%252C_&vet=1&usg=AI4_kQirN6CrinYLP0sFTenlqLVOPGvCg&sa=X&ved=2ahUKewiC24Gv-4DxAhWKzJ4KHWfoCpsQ9QF6BAgMEAE&biw=1920&bih=969#imgsrc=ECDelXqqr0DoM&imgdii=9nvyT90y_r8muM



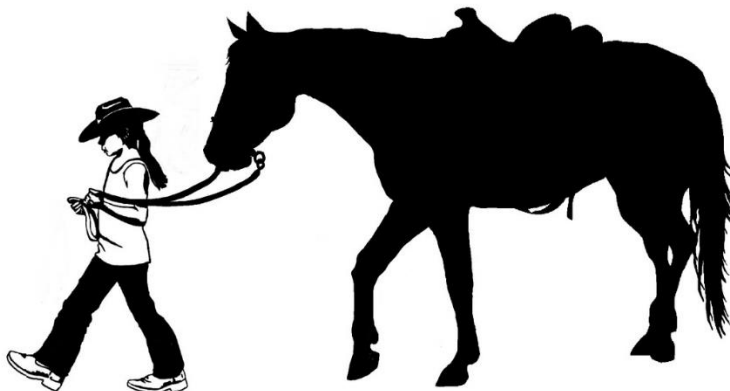
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When grooming stay clear of horses rearend



Always let the horse know when you are present – talk to them!
They like the conversation



When leading the horse, always look where you are going & hold lead properly – you are their leader!

Picture References:

https://www.google.com/search?q=horsecback+riding+safety+policy&rlz=1C1GCEB_enUS859US860&sxrf=AleKk03k_HullmwidGYI3Jf9yzjBNsSzTw:1622912278764&tbn=isch&source=iu&ictx=1&fir=ECDelXqqr0DoM%k252CSUSHfdwIq3syYM%252C_&vet=1&usq=Ai4_-kQirN6CrimYLPQsFTenlqLVOPGvGg&sa=X&ved=2ahUKEwiC24Gv-4DxAhWkzJ4KHwfoCpsQ9QF6BAGMEAE&biw=1920&bih=969#imgcr=JefSTWWfiGwbWM&imgdli=x81OMR6DVLBHM

https://www.google.com/search?q=horsecback+riding+safety+policy&rlz=1C1GCEB_enUS859US860&sxrf=AleKk03k_HullmwidGYI3Jf9yzjBNsSzTw:1622912278764&tbn=isch&source=iu&ictx=1&fir=ECDelXqqr0DoM%k252CSUSHfdwIq3syYM%252C_&vet=1&usq=Ai4_-kQirN6CrimYLPQsFTenlqLVOPGvGg&sa=X&ved=2ahUKEwiC24Gv-4DxAhWkzJ4KHwfoCpsQ9QF6BAGMEAE&biw=1920&bih=969#imgcr=x81OMR6DVLBHM&imgdli=4qx-FZInAAkPkM

<http://clipart-library.com/clipart/1701123.htm>