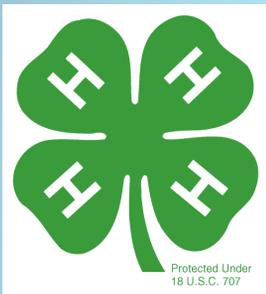


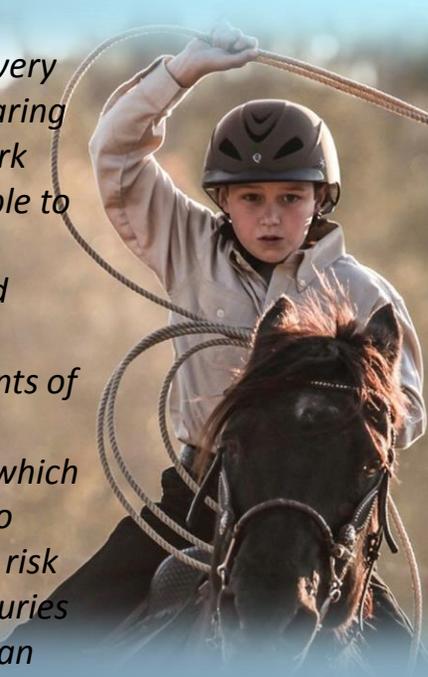
# University of Idaho 4-H Youth Development

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*Safety First!*



*In the case of equestrian helmets, every helmet bearing the SEI mark must be able to satisfy the impact and retention requirements of the ASTM standard, which is proven to reduce the risk of head injuries in equestrian activities.*



## Adoption of PNW Horse Contest Guide (and Helmet Use) Takes Effect

### October 1, 2014

This is a reminder that Idaho 4-H will officially adopt the PNW Horse Contest Guide, which includes the use of approved helmets by all youth participating in equine events on **October 1, 2014**. The official wording is **“Participants in 4-H equestrian activities must wear an ASTM-SEI approved helmet whenever mounted on an equine or are in a vehicle (cart, wagon, buggy, etc.) being pulled by an equine.”** There will be no exceptions to the helmet rule. If a youth chooses not to wear a helmet-they will be immediately dismissed from the event or program. The helmet rules applies to all 4-H club meetings practices, county horse show or trail rides. If the event is sponsored by 4-H, then the rule applies!!