

Implementation Date: August, 2010

Midway College

Horse and Rider Wellness Policy

Overview

The physical demands of equestrian sports are significant for both horse and rider. These demands intensify in training situations, for example, instructional riding classes and equine team practices. The physical demands can result in injury to horse or rider when the rider's weight is excessive and cannot be positioned and carried in tandem with the horse's confirmation and gait.

Policy

The Midway College Equestrian Department enforces a rider's weight policy to ensure the health of horse and rider. Riders must be weighed at the beginning of each semester. The MC Athletic Trainer will oversee a confidential process, and privacy of records is ensured. Riders weighing less than 200 pounds will be permitted to ride. Those who exceed the limit will fulfill responsibility to the team and/or class by performing alternative activities designated by the team coach and/or instructor. Thus, this policy does not obviate the requirements of equine students to take riding classes.

Policy Coverage

This policy applies to the following students:

1. Any student who is a member of a MC Equine Riding Team,
2. Any student who enrolls in a MC Riding Class

Procedure

At the beginning of each semester: During the first ten days of each semester, individuals who wish to participate on the riding teams or in riding classes must meet with the Midway College Athletic Trainer. During that meeting the individual will have a confidential weigh-in session with the athletic trainer. If the individual weighs 200 pounds or more, they will lose their riding privileges. The individual who exceeds the weight limit may still participate with the riding teams and/or classes by participating in constructive, educational alternative activities designed by the coach and/or instructor.

Additionally, these individuals will be counseled and referred to potential programs that may help them to gain and maintain the recommended weight for equestrian activities. When the individual falls below the maximum weight limit, then all riding privileges on the teams will be extended. Once an individual drops below the maximum weight limit they must be checked by the athletic trainer on a weekly basis for a period of eight weeks. If at any time during that period the individual's weight rises above the limit then all riding privileges will be immediately suspended for the semester. An individual may request a re-weighing at any time and may regain riding privileges when they drop below the weight limit. Again, in order for an individual to retain those riding privileges they must schedule weekly confidential weigh-ins with the athletic trainer for a period of eight weeks and maintain their weight at less than 200 pounds during that period.

Conditioning and Weight Loss program:

Riding Team members who exceed the weight limit will be required to follow a weight loss program designated by the team coach or be removed from the team. Equine students and team members will have access to the Campus Clinic. The campus nurse will provide guidance on conditioning, flexibility, exercise and nutrition that may lead to healthy weight loss.

Supporting Information and Documents

Weight Chart for Women

Weight in pounds, based on ages 18-59 with the lowest mortality rate
(indoor clothing weighing 3 pounds and shoes with 1" heels.)

Height	Small Frame	Medium Frame	Large Frame
4'10"	102-111	109-121	118-131
4'11"	103-113	111-123	120-134
5'0"	104-115	113-126	122-137
5'1"	106-118	115-129	125-140
5'2"	108-121	118-132	128-143
5'3"	111-124	121-135	131-147
5'4"	114-127	124-138	134-151
5'5"	117-130	127-141	137-155

5'6"	120-133	130-144	140-159
5'7"	123-136	133-147	143-163
5'8"	126-139	136-150	146-167
5'9"	129-142	139-153	149-170
5'10"	132-145	142-156	152-173
5'11"	135-148	145-159	155-176
6'0"	138-151	148-162	158-179

Functions:

The function of a height and weight table is to help determine if weight is within an appropriate range for height and frame size. These tables are based on actuarial data from the National Center for Health Statistics (for infants, children and adolescents) and the Metropolitan Life Insurance Company (for adults). The Life Insurance statistics attempt to describe which "desirable" or "ideal" weight is the weight for height of insured persons with the longest life spans. These tables do not tend to take into account differences among races.

Weight loss or weight gain is classified by the percent of total body weight (actual weight, not the ideal weight) that is lost or gained. To calculate:

Take the amount of **weight lost (or gained) divided by the previous (actual normal weight), and times by 100.**

- For example, a loss of 20 pounds from 140 lbs to 120 lbs would be calculated this way:

$20/140 \times 100 =$ loss of 14% of total body weight.

Obesity is classified by the percent over the ideal body weight.

The difference between the actual weight and the ideal weight is divided by the ideal weight, then times 100 to get the percent **overweight**.

For example, an ideal weight of 120 with an actual weight of 150 would be calculated this way:

$$150 - 120 = 30$$

$$30/120 \times 100 = 25\% \text{ overweight}$$

Determining desirable body weight:

If the tables are not available, a simple way to determine desirable body weight is as follows:

- Women: 100 pounds of body weight for the first 5 feet of height, 5 pounds for each additional inch.
- Men: 106 pounds of body weight for the first 5 feet of height, 6 pounds for each additional inch.
- Add 10% for a large frame size, and subtract 10% for a small frame size.

Determining frame size:

To determine the body frame size, measure the wrist with a tape measure and use the following chart to determine whether the person is small, medium, or large boned.

Women:

height under 5'2"

- small = wrist size less than 5.5"
- medium = wrist size 5.5" to 5.75"
- large = wrist size over 5.75"
- height 5'2" to 5' 5"
 - small = wrist size less than 6"
 - medium = wrist size 6" to 6.25"
 - large = wrist size over 6.25"
- height over 5' 5"
 - small = wrist size less than 6.25"
 - medium = wrist size 6.25" to 6.5"
 - large = wrist size over 6.5"

Body frame size is determined by a person's wrist circumference in relation to his height.

BMI Chart for Women

A measurement that is more commonly used today is body mass index (BMI). The BMI is thought to be a more accurate reflection of total body fat than the comparison of height and weight measurements. The BMI, however, is also subject to errors such as that seen with body builders.

BMI can be calculated. A convenient resource for calculating an individual's BMI can be accessed at: <http://www.nhlbisupport.com/bmi/bminojs.htm>. A link to BMI tables is also available through this site.

Guidelines for Weight-Bearing Horses

According to accepted standards in the equine industry, a saddle horse may bear weight up to 20% of its body weight. This guideline is based on consideration of average, middle-age horses that perform light work and of average physical condition.

The typical Midway College horse weighs approximately one thousand pounds and is generally older. Additionally, the horses in the College herd are used by a variety of riders on a daily basis increasing the stress on the muscular skeletal system of the horses.