

Equestrian Australia – Safety Report

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| Report Type: | NSM – June 2020 to July 2020 | Report No: | 1 |

Report Content:

1. Health and Safety Reports and Statistics
2. National Safety Manager (NSM) Health and Safety Actions

1. Health and Safety Reports and Statistics

1.1 Statistics Report – Eventing

EA Eventing statistics continues to be monitored at both a National and State level in order to maintain an up-to-date and accurate risk profile. The collection of specific event data also assists the Equestrian Australia Eventing Committee (EAEC) and officials in making informed decisions for developing safer guidelines and rules. Over the past six-months EA has recorded only 14 Eventing competitions across all States, compared to 52 during the same period in 2019. This reduction in Eventing competition is a direct result of 2020 event cancellations, limited State travel and health restrictions, due to the ongoing COVID-19 pandemic.

| EA State | Event Location | Date |
|----------|-----------------|----------|
| TAS | Quercus | 04-01-20 |
| TAS | Fairlands | 26-01-20 |
| TAS | TEC | 16-02-20 |
| NSW | TIE (Tamworth) | 06-03-20 |
| NSW | Canberra | 14-03-20 |
| NSW | NEGS (Armidale) | 14-03-20 |
| SA | Kirkcaldy | 14-03-20 |
| VIC | Geelong | 22-02-20 |
| VIC | Pakenham | 08-02-20 |
| VIC | Oxley | 29-02-20 |
| VIC | Tonimbuk | 06-03-20 |
| VIC | Yeringberg | 14-03-20 |
| QLD | Tamborine | 22-02-20 |
| QLD | Toowoomba | 07-03-20 |

Due to limited events up until to June 2020, comparative analysis of past statistics has not been completed as these results would not provide an accurate and valid representation of progressive change. Western Australia was not included in this data analysis as a result of no events being conducted during first half of 2020.

However, ongoing analysis of Cross Country (XC) falls, athlete injury by class and cause of falls has been identified. In addition, frangible devices, and fence types has been recorded.

Horse welfare is a significant factor in the success of the Eventing ‘competition duo’. Therefore, data collection of horse-related statistics is vital to equestrian sport; with the type, frequency and analysis being adequate and effective to support, promote and maintain viability of the sport. (Refer to tables pages 1 - 4)

Fig 1: Falls on XC Jan to June 2020

| Class Level | XC Starters | FOF - Horse | FOF - Rider | Horse Fall | Rider Fall - | Total Falls | % Rider Falls | % Horse Falls | % All Falls |
|--------------------|-------------|-------------|-------------|------------|--------------|-------------|---------------|---------------|--------------|
| 0 (45-65cm) | 525 | | 5 | 1 | 21 | 27 | 0.050 | 0.002 | 0.051 |
| 1 (EvA80) | 617 | 1 | 1 | | 12 | 14 | 0.021 | 0.002 | 0.023 |
| 2 (EvA95) | 418 | | 4 | 1 | 15 | 20 | 0.045 | 0.002 | 0.048 |
| 3 (1*) | 294 | | 2 | | 13 | 15 | 0.051 | 0.000 | 0.051 |
| 4 (CCN2-S*) | 97 | | | | 2 | 2 | 0.021 | 0.000 | 0.021 |
| 5 (CCI2*-S) | 64 | | | | 1 | 1 | 0.016 | 0.000 | 0.016 |
| 6 (2*-L) | 0 | | | | | 0 | 0.000 | 0.000 | 0.000 |
| 7 (CCN3-S*) | 13 | | | | | 0 | 0.000 | 0.000 | 0.000 |
| 8 (CCI3-S*) | 47 | | 1 | | 1 | 2 | 0.043 | 0.000 | 0.043 |
| 9 (3*-L) | 0 | | | | | 0 | 0.000 | 0.000 | 0.000 |
| 10 (CCN4*-S) | 0 | | | | | 0 | 0.000 | 0.000 | 0.000 |
| 11 (CCI4*-S) | 26 | | | | | 0 | 0.000 | 0.000 | 0.000 |
| 12 (4*-L) | 0 | | | | | 0 | 0.000 | 0.000 | 0.000 |
| Grand Total | 2101 | 1 | 13 | 2 | 65 | 81 | 0.037 | 0.001 | 0.039 |

Figure 2: Rider injuries by class level

| Class Level | Minor | No Injury | Transferred to hospital | Grand Total |
|--------------------|----------|-----------|-------------------------|-------------|
| 0 | | 27 | | 27 |
| 1 | 1 | 12 | 1 | 14 |
| 2 | | 20 | | 20 |
| 3 | | 15 | | 15 |
| 4 | | 2 | | 2 |
| 5 | | 1 | | 1 |
| 6 | | | | 0 |
| 7 | | | | 0 |
| 8 | | 2 | | 2 |
| 9 | | | | 0 |
| 10 | | | | 0 |
| 11 | | | | 0 |
| 12 | | | | 0 |
| Grand Total | 1 | 79 | 1 | 81 |

Note: One (1) rider was recorded as having suffered a concussion as per Eventing concussion protocols. This rider was transferred to hospital

Two (2) riders were sanctioned for not reporting to event Medical Officer of First Aid after falling and received Eventing warning cards

Figure 3: Horse Injuries by class level

| Class Level | Minor | No Injury | Grand Total |
|--------------------|----------|-----------|-------------|
| 0 | 1 | 26 | 27 |
| 1 | | 14 | 14 |
| 2 | | 20 | 20 |
| 3 | | 15 | 15 |
| 4 | | 2 | 2 |
| 5 | | 1 | 1 |
| 6 | | | 0 |
| 7 | | | 0 |
| 8 | 1 | 1 | 2 |
| 9 | | | 0 |
| 10 | | | 0 |
| 11 | | | 0 |
| 12 | | | 0 |
| Grand Total | 2 | 79 | 81 |

Note: 26 (32.10%) of all horses involved in a rider fall were NOT checked by a vet, however for all horse falls, the horse was checked either at the fall site or in the vet check area

Figure 4: Frangible Devices on XC fences where falls occurred

| Level | No | Yes | N/A | Grand Total |
|--------------------|-----------|----------|-----------|-------------|
| 0 | 23 | | 4 | 27 |
| 1 | 12 | | 2 | 14 |
| 2 | 17 | 1 | 2 | 20 |
| 3 | 10 | 3 | 2 | 15 |
| 4 | 2 | | | 2 |
| 5 | 1 | | | 1 |
| 8 | 1 | | 1 | 2 |
| Grand Total | 66 | 4 | 11 | 81 |

Note: Of 4 fences where a FD was fitted, there was one (1) activation at the time of the fall. In 2 instances the horse is reported to have refused or the rider lost balance, however the horse was reported to have hit the fence where a frangible device was fitted on 2 occasions at the time of the fall

Figure 5: XC falls by class level and FEI fence type

| | 0 | 1 | 2 | 3 | 4 | 5 | 8 | Grand Total |
|--------------------|-----------|-----------|-----------|-----------|----------|----------|----------|-------------|
| FOF | 5 | 2 | 4 | 2 | | | 1 | 14 |
| D3 | 2 | 2 | 4 | 1 | | | | 9 |
| F2 | 4 | 1 | 3 | | | 1 | | 9 |
| C3 | 3 | 2 | | 1 | | | | 6 |
| L | 4 | 1 | | | | | | 5 |
| C1 | | | 3 | 2 | | | | 5 |
| E2 | 3 | 1 | | 1 | | | | 5 |
| E4 | | | | 3 | 1 | | | 4 |
| B2 | 1 | | | 2 | | | 1 | 4 |
| H1 | 1 | 2 | | | | | | 3 |
| A1 | | | 3 | | | | | 3 |
| E1 | | | | 1 | 1 | | | 2 |
| J2 | | | 2 | | | | | 2 |
| J4 | 2 | | | | | | | 2 |
| F1 | 2 | | | | | | | 2 |
| A3 | | | | 1 | | | | 1 |
| B1 | | 1 | | | | | | 1 |
| C2 | | | | 1 | | | | 1 |
| E6 | | 1 | | | | | | 1 |
| G3 | | 1 | | | | | | 1 |
| D2 | | | 1 | | | | | 1 |
| Grand Total | 27 | 14 | 20 | 15 | 2 | 1 | 2 | 81 |

Note: All jump related falls included information about fence type. 16 jump related falls occurred at combination fences in contrast to 58 single fences (11 at Element 1, 4 at Element 2 and 1 at the 3rd element of the fence)

Figure 6: Cause of XC falls by class level

| Cause of Fall | 0 | 1 | 2 | 3 | 4 | 5 | 8 | Grand Total |
|---|-----------|-----------|-----------|-----------|----------|----------|----------|-------------|
| Horse hit fence | 2 | | 2 | 6 | | | | 10 |
| Horse refused | 15 | 7 | 12 | 6 | 1 | | | 41 |
| Horse slipped/stumbled | 1 | 1 | 2 | 1 | | | 1 | 6 |
| Rider lost balance | 9 | 6 | 4 | 2 | 1 | 1 | | 23 |
| Rider misjudged takeoff (chipped/stood off) | | | | | | | 1 | 1 |
| Grand Total | 27 | 14 | 20 | 15 | 2 | 1 | 2 | 81 |

Note: No (0) falls were recorded as rotational. There is no information relating to whether falls were associated with water (this could be recorded in future). Sixteen (16) falls recorded that the speed prior to the fall was slow or at a standstill (1) and five (5) were reported as fast or uncontrolled (being reported as athletes not being able to 'steer' or 'stop' their horse)

1.2 Statistics Report – Eventing: Jumping and Dressage Phases

Table 1: ‘Other Falls’ at Horse Trial Events – 1 Jan 2020 to 30 June 2020

| Class Level | Other Incident | Rider Fall | Grand Total |
|--------------------|----------------|------------|-------------|
| 0 – Ev45 – Ev65 | | 9 | 9 |
| 1 – EvA80 | | 7 | 7 |
| 2 – EvA95 | | 6 | 6 |
| 3 – 1* | | 10 | 10 |
| 4 – 2* | 1 | | 1 |
| Grand Total | 1 | 32 | 33 |

Note: There were no (0) horse falls for this reporting period. The 1 ‘incident’ recorded was described as horse’s head hitting riders head while rider was mounted. Rider subsequently retired from the competition, but without injury

Table 2: ‘Other Falls’ by location – 1 Jan 2020 to 30 June 2020

| Class Level | Dressage | Show Jump | SJ Warm-Up | XC Warm-Up | Grand Total |
|--------------------|----------|-----------|------------|------------|-------------|
| 0 – Ev45 to Ev65 | | 3 | 3 | 3 | 9 |
| 1 – EvA80 | | 5 | 1 | 1 | 7 |
| 2 – EvA95 | 1 | 3 | 2 | | 6 |
| 3 – 1* | | 3 | 3 | 4 | 10 |
| 4 – 2* | | | 1 | | 1 |
| Grand Total | 1 | 14 | 10 | 8 | 33 |

Table 3: ‘Other Falls’ by rider injury – 1 Jan to 30 June 2020

| Class Level | Minor | No Injury | Transferred to hospital | Grand Total |
|--------------------|----------|-----------|-------------------------|-------------|
| 0 – Ev45 to Ev65 | | 8 | 1 | 9 |
| 1 – EvA80 | | 7 | | 7 |
| 2 – EvA95 | | 6 | | 6 |
| 3 – 1* | | 9 | 1 | 10 |
| 4 – 2* | 1 | | | 1 |
| Grand Total | 1 | 30 | 2 | 33 |

Note: There is no additional information about the severity or outcome of injuries for the 2 riders who were transferred to hospital. The 1* rider was injured in the SJ warm up ring, the second rider was competing in a 50cm class and was injured in the SJ competition arena

In summary, the value of collecting and evaluating accurate statistics is well known in research and business in supporting an effective risk-management portfolio. For the past 3 years data collected from Technical Delegate reports (primarily in Eventing) have been regularly analysed. Event data provides transparency and an insight into sport trends, it also enables comparatives within phases of Eventing and or other Equestrian Disciplines. Data analysis assists in supporting sound and effective health and safety decisions, making improvements within equestrian sport and identifying training needs for athletes, officials, volunteers and relevant others. The NSM has commenced discussions with key Equestrian Stakeholders and States to identify what additional data can be collected and collated for analysis from a National context including all Equestrian Disciplines, affiliate clubs along with the potential benefits for Coaching.





1.3 Other General Safety Statistics – Discipline Specific and National

1.3.1 Helmet Tagging

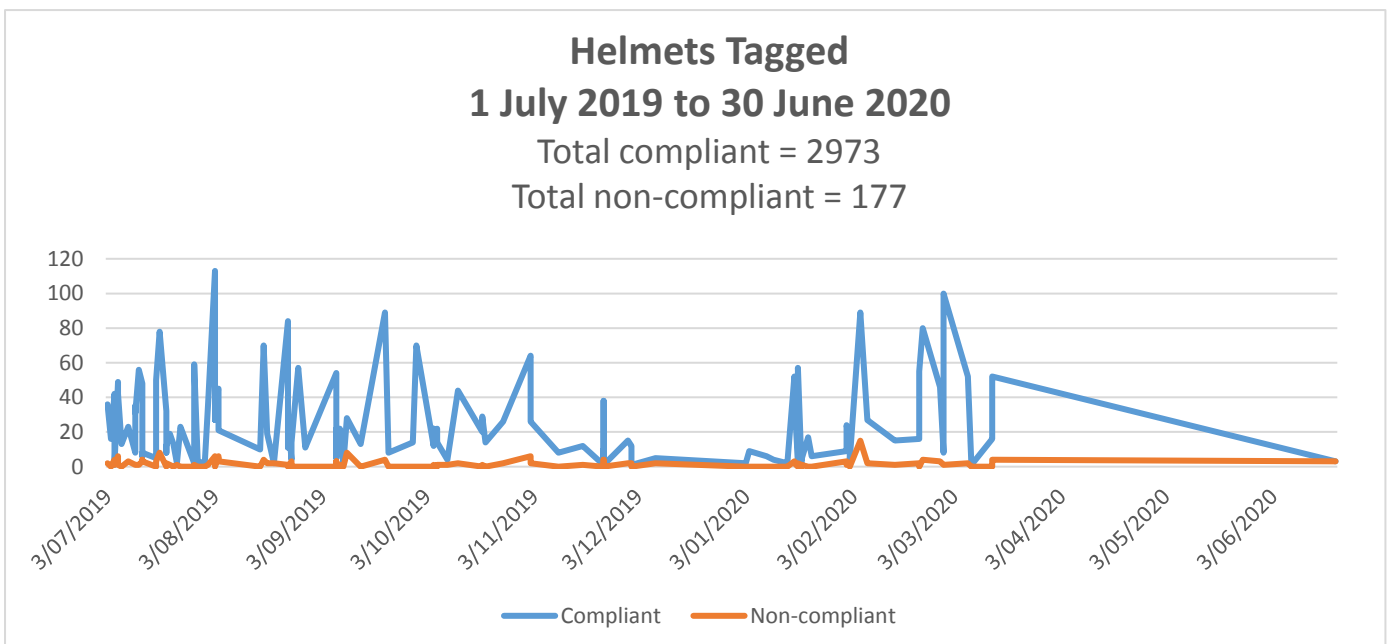
Helmet tagging was introduced to EA Nationally for Eventing from 7th June 2019. There is a total of 31 accredited helmet taggers nationally, with taggers having representation from all States, except Northern Territory and South Australia.

Helmet tagging has been implemented for Eventing to ensure athletes are wearing current (from 2017) and suitable Personal Protective Equipment (PPE) in accordance with one of the approved and recognised helmet standards listed below:

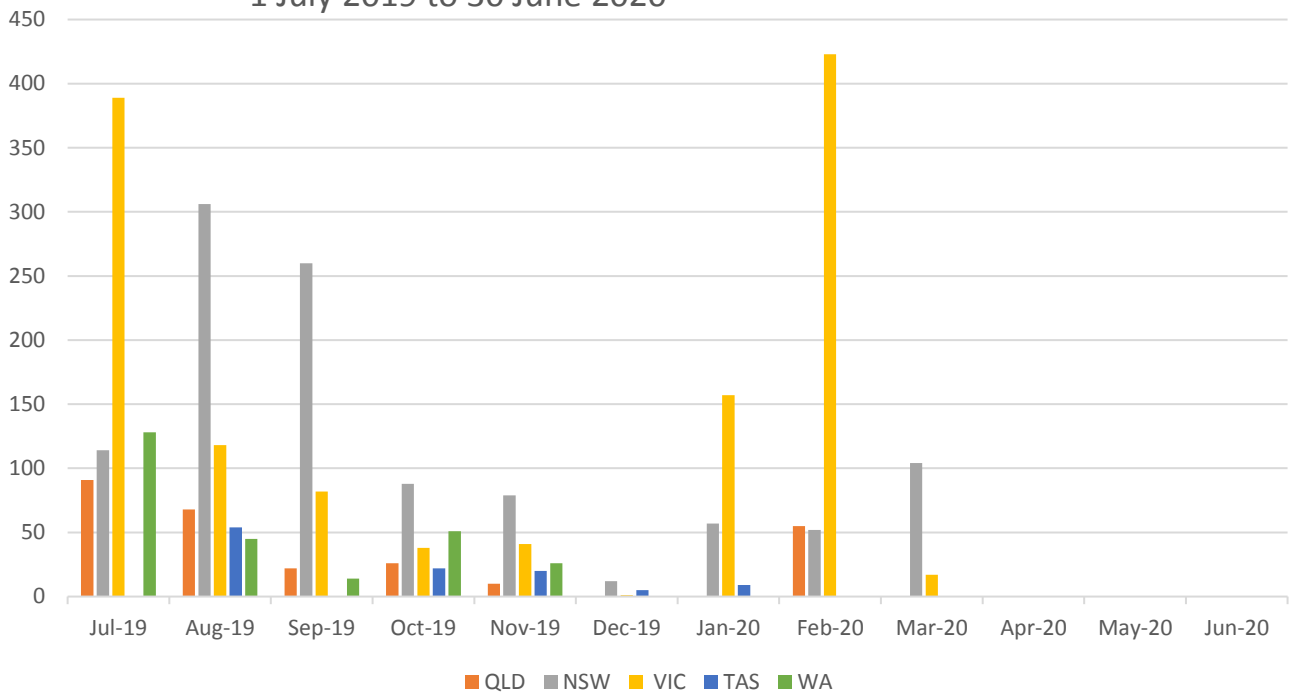
Helmets must conform to **one** of the current approved safety standards:

| HELMET STANDARD | SAFETY MARK |
|---|--|
| AS/NZS 3838 (2006 onwards) provided they are SAI Global marked |  |
| ARB HS 2012 provided they are SAI Global marked | |
| ASTM F1163 (2004a and any subsequent updates) provided they are SEI marked |  |
| SNELL E2001 (and any subsequent updates) |  |
| PAS 015 (1998 or 2011 and any subsequent updates) provided they are BSI Kitemarked |  |
| VG1 (01.040: 2014-12) with or without BSI Kitemark | |

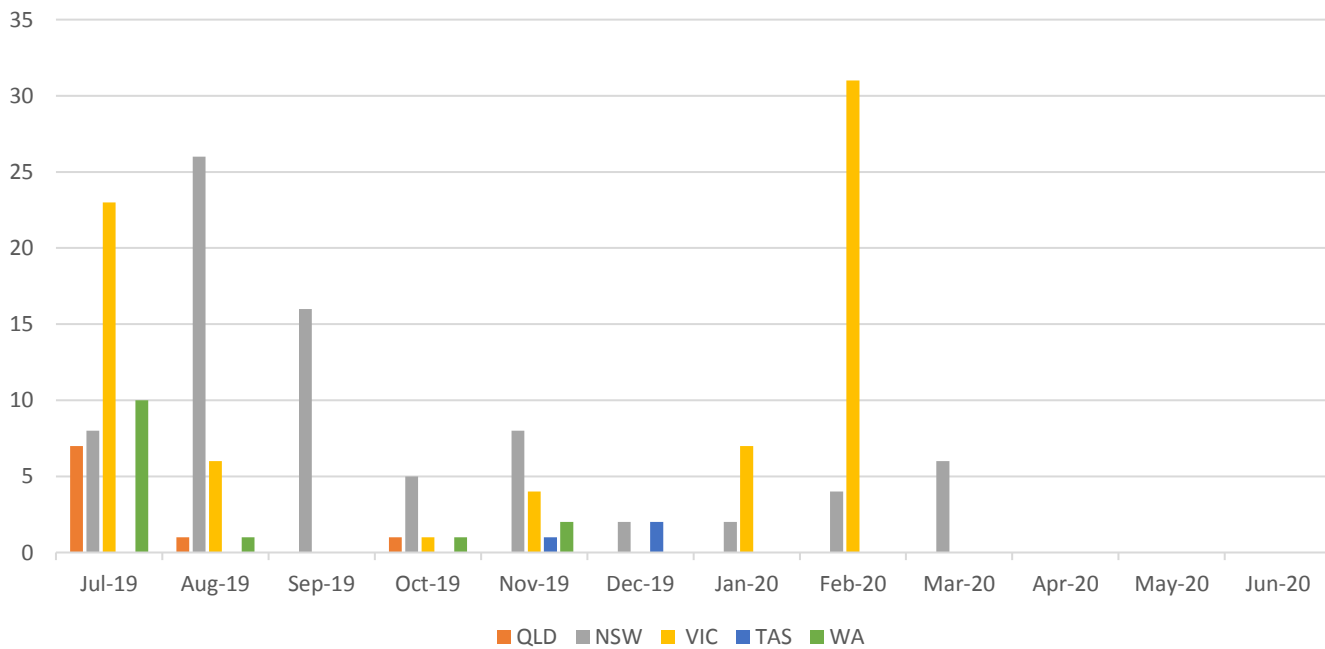
Helmet taggers are only responsible for checking and certifying that an athlete's helmet meets a certified standard and the helmet is tagged as being compliant. Helmet taggers are not responsible for determining any damage to helmets. From the 1st July 2019 to 30th June 2020 a total of 2973 helmets have been tagged as compliant and 177 presented as non-compliant.



Compliant Helmets by month by State
1 July 2019 to 30 June 2020



Non-Compliant Helmets by month by State
1 July 2019 to 30 June 2020



1.3.2 Concussion Reports

A National concussion reporting register was established on 24/03/2019 by the National Committee Liaison Team to record and monitor concussion reporting, the process, medical clearances and return to competition dates (mandatory from July 1 2019) for athletes. The key discipline areas reporting to date have been Eventing, Jumping and Dressage. Overall statistics have indicated the following:

- A total of 32 suspected concussions were reported during the period of 24/03/2019 to 22/02/2020 (11 months). Represented in the table below as Total Concussions (TCs)
- 23 concussions were reported from athletes being 19 years and over, with 8 only 18 years and under and 1 unknown
- Concussions were identified being reported from 6 of the 7 EA States
- No concussion were reported from other EA disciplines to National office.

| State | TCs | Eventing | Jumping | Dressage |
|--------------|-----------|-----------|----------|----------|
| NSW | 7 | 5 | 2 | 0 |
| QLD | 4 | 2 | 2 | 0 |
| NT | 0 | 0 | 0 | 0 |
| WA | 3 | 3 | 0 | 0 |
| SA | 2 | 2 | 0 | 0 |
| VICT | 13 | 9 | 1 | 3 |
| TAS | 3 | 0 | 3 | 0 |
| Total | 32 | 21 | 7 | 3 |

In summary, concussion reporting has been identified by Sports Australia and Australian Institute of Sport as a growing concern for athletes. This is due to the potential health ramifications if unidentified and not managed effectively. Any athlete with a suspected concussion should be removed from sport, medically assessed and monitored for any deterioration. Furthermore, no athlete diagnosed with concussion should be returned to play on the day of injury. EA has adopted these protocols since early 2019. EAs NSM is currently reviewing all EA Concussion protocols and training processes with the aim to have full reporting

compliance with these protocols commencing January 2021 across all EA Disciplines, Affiliated Clubs and Accredited Coaches.

1.3.3 Sanctions – Yellow Warning Cards (relevant for all equestrian disciplines)

Event Officials have an obligation to manage and monitor safety at all equestrian events in accordance with EA General Regulations and individual Sport Discipline Rules. Yellow Warning Cards (YWC) are required to be issued to an athlete where there is a breach of these rules and following further discussions a warning is issued with relevant actions to remedy or comply with the rules.

A summary of YWC has been provided below from 1st July 2019 to 30th June 2020.

- A total of 24 YWC were issued to athletes by Officials (TDs)
- Majority were issued to female athletes, with only 2 being issued to males
- During this time period all were issued in the equestrian discipline of Eventing
- Key areas for warnings were in the areas of dangerous riding continuing after refusals (majority), abuse of a horse using a whip excessively and leaving the event venue following a fall from a horse without a medical check.

2. Summary of NSM Health and Safety Actions

2.1 Six Month Overview January 2020 to June 2020

- Representation for EA at International FEI and National Safety Forums
- Delivered regular updates to members and stakeholders of EA's projected safety plans and initiatives, with a focus on maintaining a collective direction for members
- Conducted an initial review of all available EA National Safety Systems (policies and procedures) to identify the gaps and develop a plan of action to rectify the health and safety system deficiencies
- Created a Corrective Actions Register (CAR) as a 'living document' which provides a process to action recommended and identified safety tasks, including a risk mitigation evaluation, responsibilities and recommended timelines for each item
- Attended events, officials training courses, organising committee and National Discipline Committee meetings, whilst responding to individual member concerns or questions
- Reviewed and reformed EA's Safety presence on its website - <https://www.equestrian.org.au/makingequestriansafer> and <https://www.equestrian.org.au/news/safety> with content frequently updated with health and safety information, training forums, FEI and other news, research, statistics and a regular newsletter (with safety updates) and risk mitigation documents to support organising committees and affiliates.
- With COVID-19 introduced to Australia since February 2020, NSM has lead discussions and the development of a National EA COVID-19:
 - Risk Response Recovery Plan
 - Guideline for the 'safe' participation of Virtual Equestrian Training Activities
 - Guideline to Resuming Equestrian Training and Competition Activities.
 - This Guideline was disseminated to all EA Stakeholders and published for all EA members on 10.06.2020.
- Training and education has been a high priority to the NSM, with discussions and meetings having been undertaken on health-safety specific training updates for officials, coaches, organising committees and volunteers. Discussions continue with the implementation of a Learning Management System (LMS).
- The introduction of a 2020 Workplan has been developed underpinned by the EA Board 2020-2025 Strategic Themes which incorporates a comprehensive overarching health and safety plan for the NSM with three key streams: 1) Health and Safety, 2) Risk Management and 3) Horse Welfare.
- NSM has presented a Safety Summary of the past six-month activities, current and future projects for EA Health and Safety Nationally to the Australian Olympic Committee (AOC) in July 2020.

2.2 COVID-19 Update

- EA continues to watch and monitor State and Federal Government, WHO, Department of Health, AIS, FEI COVID-19 restrictions and developments.
- NSM has assisted OCs as they return to sport activities with reviewing COVID-Safe Plans by providing feedback and recommendation aligned with EA Guideline to Resuming Equestrian Training and Competition Activities in a COVID environment.

2.3 AIS-EA National Critical Incident Management Training

- AIS-Critical Incident Management Training (CIMT) in communications (Stage 1) has been completed with representation from EA National, Officials, High Performance and Media.
- Part 1 of Stage 2 Theory Framework and Management has also been completed. Part 2 Practical scenario activity and analysis to be completed following the lifting of State restrictions.
- NSM has now commenced the development of a National EA Framework and Plan to respond to various Critical Incident Management Events.
- Team B members to be selected at the completion of Stage 2 training. Dates and attendees yet to be determined.

2.4 Update Coronial Recommendations

- An initial review of the 31 Coronial Recommendations was commenced earlier this year, with Phase-1 including the adoption and implementation of all 31 recommendations where reasonably practical. The initial review process has been based on the following:
 - Works completed and advised by Roger Kane (outgoing NSO).
 - Eventing Discipline Committee reviews, discussions, adopted and amended documents.
 - Medical Consultative Group discussions and advice.
 - All other relevant key Stakeholders. (E.g. State Branches and Organising Committees).
- This initial review has resulted in documented operational and training changes to meet conformance with the majority of these important safety recommendations.
- The current status of the 31 Coronial Recommendations at 30.07.2020 is:
 - 25 have been completed
 - 4 have been partially completed, requiring further review, and
 - 2 only requiring review
- Phase-2 has already commenced and includes a desktop audit review by the NSM of all 31 Coronial Recommendations to determine and validate the recommendations that have already been adopted and implemented (in Phase-1) are supported by evidence and deemed effective. In addition, a review of the remaining four partially completed and two requiring further review will be included. This audit process will be completed following the resumption of Eventing sport in accordance with COVID-19 federal, state jurisdiction and public health authority requirements.

2.5 Current Review of Medical Guidelines for Cross Country Events

- NSM and Medical Consultative Group (MCGr) have completed a review all existing Medical Response documentation Annexure D for Eventing.
- An outcome of the recent review and update of the Eventing Guidelines Annexure D is the potential need to continue to develop and implement additional medical response, consistent injury reporting processes and documentation for both athletes and horse welfare across all disciplines and EA Nationally.

Acknowledgments:

Thank you Roger Kane, Lynne Brown, the Medical Consultative Group and Eventing Discipline Committee for your continued support and technical input with many of these projects over the past six-months.

Meredith Chapman
National Safety Manager

