

### **Suitably Mounted Working Group aims:**

The suitably mounted working group aims to provide support, guidance and research around the issue of mutual rider: horse suitability in relation to weight, taking into account relevant issues such as conformation, tack and fitness.

The group combines diverse interdisciplinary professionals with a special interest in this topic, from a range of backgrounds including veterinary, policy, research, communication, mental health, and veterinary science.

The group can use its evidence base and experience to provide support to organisations wishing to implement guidance at events such as competitions, at venues, in riding groups, or in any equestrian activity. Importantly, the group considers this issue holistically, focussing not just on the guidance itself but how it is implemented on the ground, and combining an understanding of both human and horse welfare in relation to this issue.

The specific aims of the group are:

- To bring together current evidence, policy and guidance around rider: horse ratios, and use this evidence to provide pragmatic support to organisations who wish to support their participants on this issue
- To unite veterinary research and current policies with best practice around communication and human behaviour change science to ensure that implementation of guidelines is sensitive to horses and humans alike
- To provide education and awareness to the equestrian community around rider: horse weight ratios, taking into account relevant factors such as conformation, fitness and tack fit
- To conduct, collaborate on and coordinate research around rider: horse weight ratios
- To ensure that the wellbeing of the horse is a fundamental driving principle

The group is led by a steering group, and has subcommittees in the areas of: veterinary & physiology, communications & behaviour change, and guidance & policy. Those interested in discussing potential guidance around rider:horse suitability, or in joining the groups, should contact the coordinator Tamzin Furtado at [tfurtado@liverpool.ac.uk](mailto:tfurtado@liverpool.ac.uk)