

My name is Jennifer Webster. I am a lifelong Maryland horsewoman, former Master of Foxhounds with the New Market- Middletown Valley Hounds (Middletown MD), and a mother of two children who rode from age 2- 13.

Riding horses is a wonderful sport and life skill, that helps build confidence and physical fitness. Given its nature, it is also inherently dangerous. It has been customary to wear head protection when riding, for hundreds of years. As technology and medical knowledge of brain injuries have progressed over the years, helmets have become better and safer.

Other competitive sports where head injuries can happen require helmets for adults and children (lacrosse, football). Most competitive equestrian organizations in Maryland (MD Horse Shows Association, Maryland Combined Training Association are two examples) require helmets for minors. It only makes sense that children be required to wear an approved safety helmet when riding. Bike helmets are now a law for minors in Maryland. It only makes sense that the state laws are consistent for minors riding horses.