

TROT testimony on Senate hearing of HB713.pdf

Uploaded by: Barbara Sollner-Webb

Position: FAV

Testimony on HB713 ("Horse Riding - Helmet Requirement for Minors")

Dear Chairman Smith and all members of the Senate Judiciary Committee,

I am Barbara Sollner-Webb-Webb (17200 Melbourne Dr, Laurel MD), a life-time Maryland resident and a small farm owner who loves to enjoy Maryland's beautiful green areas by trail riding on my sweet horses. I am a long-time active member of Trail Riders of Today ("TROT"), a 42-year-old Maryland nonprofit that is dedicated to advancing equestrian trail riding, trails and open spaces.

Today I am testifying for TROT's well over 200 Maryland members to convey that we strongly support HB713. It is important legislation and seems a brilliant public health initiative.

Almost every equestrian has had, or knows someone who had, a "freak accident" where possible likely brain injury was averted or at least minimized due to the rider wearing a helmet. [I personally would surely have been permanently impaired if not for the protection from my helmet in a bad horse accident many years ago.] For decades, TROT required that helmets be worn by everyone who participates in a TROT-sponsored trail ride or other mounted event. TROT has also encouraged all members to wear a helmet whenever they are out riding anywhere and to urge their family and friends wear them too -- especially minors. Indeed, a recent TROT membership survey reaffirmed that our members strongly favor requiring helmets for all riders, with well over 90% membership support for requiring helmets by minor riders. Furthermore, a recent University of Connecticut Animal Science study revealed that wearing a helmet reduces an equestrian's chance of death from head injury by 70-80% (<<https://animalscience.uconn.edu/equine/helmet-safety.php>>).

To help protect Maryland's youths from suffering a serious brain injury when riding horses on public lands, please pass HB713.

Thank you for your time and attention.

HB713_BIAMD_fav.pdf

Uploaded by: Catherine Mello

Position: FAV



March 23, 2022

Hon. William C. Smith, Jr., Chair
Judicial Proceedings Committee, 2 East Wing
11 Bladen St., Annapolis, Maryland 21401

Re: Support-HB713 Vehicle Laws-Horse Riding-Helmet Requirements for Minors

Dear Sen. Smith, Sen. Waldstreicher and Members of the Judicial Proceedings Committee,

I am writing on behalf of the Brain Injury Association of Maryland (BIAMD) in support of HB713. Through its Toll-Free Brain injury Connection Center (1.800.221.6443), its website (www.biamd.org), and its social media presence, for the past 39 years, BIAMD has sought to educate, enlighten, and support the estimated 120,000 Maryland families currently living with the devastating effects of brain injury and the caregivers and professionals who support them. We support policies that prevent brain injuries or reduce the severity of brain injuries of Marylanders.

A brain injury in childhood can have lifelong consequences for both a child and their family. Symptoms and impact of a brain injury vary based on the part of the brain injured, severity of injury and the age or development of each child. The full impact of a brain injury during early childhood may not be fully evident until the child is expected to navigate more complex social, cognitive, and academic challenges. Longterm, those with an exposure to TBI in childhood are more likely to have poorer academic performance, premature mortality, mental health conditions, rely on public benefitsⁱ and poorer relationship qualityⁱⁱ Putting into place policies that reduce the severity of injuries, like requiring helmets, can help Maryland families avoid the devastating effects of a brain injury.

There are no concussion proof helmets, but research shows that equestrian helmets do reduce the severity of traumatic brain injury and reduce the likelihood that a person will sustain a skull fractureⁱⁱⁱ. Unhelmeted riders are more likely to have skull fractures and intracranial bleeding than those who were wearing helmets when they sustained their injuries^{iv}.⁰⁵

The American Medical Equestrian Association calculates that ASTM/SEI approved helmets have reduced all riding-related head injuries by 30% and severe head injuries by 50%. Based on data from MIEMMS (Maryland Institute for Emergency Medical Services System), 28% of minors treated for TBI related falls in equestrian sports were not wearing a helmet. Requiring a supervising adult to ensure that these children are wearing a well-fitting helmet approved by the American Society of Testing and Materials (ASTM) give the best chance of minimizing injuries, should the unexpected occur. No matter how experienced a rider is or how well trained a horse is, there will always be situations that can occur that are out of their control, like a stumble or loud noise.

Maryland has already enacted a law requiring helmets for minors riding a bicycle on public roads, trails, and sidewalks for the same reasons that we support this bill. We would recommend that passing this bill be paired with an educational campaign to ensure that adults and children participating in equestrian sports understand how to select a good quality helmet specifically designed for equestrian sports and how to properly fit a helmet as seen in [this fact sheet from the CDC](#)^v to ensure maximum protection.

We ask the Judicial Proceedings Committee for a favorable report on HB 713.

Thank you for your consideration,

Sincerely,

Catherine Rinehart Mello

Brain Injury Association of Maryland

443-364-9856

ⁱ Sariaslan A, Sharp DJ, D'Onofrio BM, Larsson H, Fazel S (2016) Long-Term Outcomes Associated with Traumatic Brain Injury in Childhood and Adolescence: A Nationwide Swedish Cohort Study of a Wide Range of Medical and Social Outcomes. *PLOS Medicine* 13(8): e1002103. <https://doi.org/10.1371/journal.pmed.1002103>

ⁱⁱ Rogers A, McKinlay A. The long-term effects of childhood traumatic brain injury on adulthood relationship quality. *Brain Inj.* 2019;33(5):649-656. doi: 10.1080/02699052.2019.1567936. Epub 2019 Jan 21. PMID: 30664366.

ⁱⁱⁱ Connor TA, Clark JM, Jayamohan J, Stewart M, McGoldrick A, Williams C, Seemungal BM, Smith R, Burek R, Gilchrist MD. Do equestrian helmets prevent concussion? A retrospective analysis of head injuries and helmet damage from real-world equestrian accidents. *Sports Med Open.* 2019 May 24;5(1):19. doi: 10.1186/s40798-019-0193-0. PMID: 31127396; PMCID: PMC6534639.

^{iv} Bier G, Bongers MN, Othman A, Hempel JM, Vieth V, Heindel W, Ernemann U, Burg MC. Impact of helmet use in equestrian-related traumatic brain injury: a matched-pairs analysis. *Br J Neurosurg.* 2018 Feb;32(1):37-43. doi: 10.1080/02688697.2017.1409874. Epub 2017 Dec 5. PMID: 29205071.

^v https://www.cdc.gov/headsup/pdfs/helmets/headsup_helmetfactsheet_equestrian_508.pdf

HB713_Helmets_KennedyKrieger_Support_SENATE.pdf

Uploaded by: Emily Arneson

Position: FAV



DATE: March 24, 2022 **COMMITTEE:** Senate Judicial Proceedings
BILL NO: House Bill 713
BILL TITLE: Vehicle Laws - Horse Riding - Helmet Requirement for Minors
POSITION: Support

Kennedy Krieger Institute supports House Bill 713 - Vehicle Laws - Horse Riding - Helmet Requirement for Minors.

Bill Summary:

House Bill 713 – requires a minor that is riding a horse on a highway, public horse-riding path or other property open to pedestrian or vehicular traffic must wear a properly fitted and secured helmet.

Background:

Kennedy Krieger Institute provides specialized services to patients nationally and internationally. Kennedy Krieger Institute is dedicated to improving the lives of children and young adults with developmental, behavioral, cognitive and physical challenges. Kennedy Krieger’s services include inpatient, outpatient, school-based and community-based programs.

Kennedy Krieger Institute has led the nation in evaluation and rehabilitation of children with traumatic brain injury (TBI) for more than 40 years. We are experts in caring for children with all etiologies and severity of TBI, ranging from children with concussion to those in coma due to very severe TBI.

Rationale:

Horseback riding is known to be associated with a risk of TBI due to fall/throw from a horse. TBIs account for approximately one-quarter of emergency room visits related to horseback riding and up to 50% of all horse-related injuries. TBIs related to horseback riding span the entire range of injury severity, from concussion through very severe injuries with complex skull fractures and multiple sites of bleeding within and around the brain. Children are at higher risk than adults for more severe forms of brain injury related to horseback riding, due to greater head-to-body size ratio and thinner skull bones. While most children with concussion will experience recovery within a few months, children with more severe injuries typically experience life-long impairments in motor, thinking, and behavioral skills which impact their social relationships and academic/vocational opportunities.

Helmets have repeatedly been shown to protect children from more severe brain injuries related to horseback riding. Helmets are known to prevent skull fractures and associated bleeding around and within the brain. While wearing a helmet does not make a child “concussion-proof”, wearing a helmet does decrease the risk of TBI, decrease overall injury severity, and decrease the likelihood of admission to an intensive care unit. Researchers have compared the severity and mortality of injuries incurred riding horseback without a helmet to those of being struck by a car.

Fortunately, helmets are accessible and proven to decrease severity of injury. We have an opportunity to prevent and/or reduce the severity of TBI occurring in children in Maryland. It is important that we take this opportunity to protect our children before even one more unnecessary injury occurs.

Kennedy Krieger Institute requests a favorable report on House Bill 713.

Referenced Literature:

Head and Spinal Injuries in Equestrian Sports: Update on Epidemiology, Clinical Outcomes, and Injury Prevention.
Gates JK, Lin CY. *Curr Sports Med Rep*. 2020 Jan;19(1):17-23. doi:10.1249/JSR.0000000000000674. PMID: 31913919

Impact of helmet use in equestrian-related traumatic brain injury: a matched-pairs analysis.

Bier G, Bongers MN, Othman A, Hempel JM, Vieth V, Heindel W, Ernemann U, Burg MC. *Br J Neurosurg*. 2018 Feb;32(1):37-43. doi: 10.1080/02688697.2017.1409874. Epub 2017 Dec 5. PMID: 29205071

Helmet under-utilization by children during equestrian events is associated with increased traumatic brain injury.

Short SS, Fenton SJ, Scaife ER, Bucher BT. *J Pediatr Surg*. 2018 Mar;53(3):545-547. doi: 10.1016/j.jpedsurg.2017.03.043. Epub 2017 Mar 20. PMID: 28365105

Non-fatal horse related injuries treated in emergency departments in the United States, 2001-2003.

Thomas KE, Annest JL, Gilchrist J, Bixby-Hammett DM. *Br J Sports Med*. 2006 Jul;40(7):619-26. doi: 10.1136/bjism.2006.025858. Epub 2006 Apr 12.

HB 713 Horse Council_jpr-FAV.pages.pdf

Uploaded by: Jane Seigler

Position: FAV



MARYLAND
HORSE
COUNCIL

P.O. Box 606 | Lisbon, Maryland 21797
www.mdhorsecouncil.org

One Common Bond: The Horse
One Common Voice: The Horse Council

Testimony of the Maryland Horse Council on
HB 713 - Vehicle Laws - Horse Riding - Helmet Requirement for Minors
In the Senate Judicial Proceedings Committee
March 24, 2022 - FAVORABLE

The Maryland Horse Council (MHC) is a membership-based trade association that represents the state-wide horse industry in Maryland. Our members include horse farms; horse related businesses; equestrian competitors; trainers; individual enthusiasts; equine-assisted therapy programs; and breed, interest, and discipline associations. We represent over 30,000 Marylanders who make their living with horses, or who just own and love them.

MHC supports HB 713, which requires minors to wear approved helmets when riding horses on public land.

There are more horses per square mile in the state of Maryland than in any other state in the nation, including Kentucky, California, and Texas, and 51.8% of Maryland households contain at least one horse enthusiast.

Many horse organizations in Maryland, including Pony Clubs and horse show/ competition associations and venues already support and promote helmet safety and require that minors- and adults as well- wear ASTM/SEI approved helmets at all times while mounted. Many lesson stables do, as well, though some report receiving “pushback” from students and even parents of students, when trying to enforce their rules. Passing a statewide law would provide a legal backbone for lesson stable owner or trainer’s own requirements.

The American Medical Equestrian Association calculates that ASTM/SEI approved helmets have reduced all riding-related head injuries by 30% and severe head injuries by 50%.

We urge a favorable report for this commonsense legislation.

Respectfully submitted,

THE MARYLAND HORSE COUNCIL

(844) MDHORSE (844-634-6773), info@mdhorsecouncil.org

SENATE TESTIMONY HB 713 EQUESTRIAN HELMETS.pdf

Uploaded by: Mary Lehman

Position: FAV

DELEGATE MARY A. LEHMAN
Legislative District 21
Prince George's and
Anne Arundel Counties

Environment and Transportation
Committee



The Maryland House of Delegates
6 Bladen Street, Room 317
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THE MARYLAND HOUSE OF DELEGATES
ANNAPOLIS, MARYLAND 21401

**HB 713 – VEHICLE LAWS – HORSE RIDING – HELMET
REQUIREMENT FOR MINORS**

GOOD AFTERNOON CHAIR SMITH, VICE CHAIR WALDSTREICHER AND ESTEEMED JUDICIAL PROCEEDINGS MEMBERS. I AM ASKING FOR YOUR FAVORABLE REPORT FOR HB 713, A BILL REQUIRING HELMETS FOR EQUESTRIANS UNDER AGE 18 RIDING ON PUBLIC TRAILS AND OTHER PUBLIC PROPERTY.

THE BILL REQUIRES AN ADULT WHO IS PRESENT AND DIRECTLY SUPERVISING A MINOR TO ENSURE THAT THE YOUTH IS WEARING A PROPERLY FITTED AND SECURED HELMET THAT MEETS NATIONAL HEADGEAR SAFETY STANDARDS.

EQUESTRIAN INJURIES ARE PRIMARILY THE RESULT OF A FALL; AND FALLING FROM A HORSE IS NOT AN UNCOMMON OCCURRENCE. THE GOAL OF HB 713 IS TO PROTECT YOUNG EQUESTRIANS FROM

GETTING A CONCUSSION OR OTHER SERIOUS BRAIN OR HEAD INJURY BY REQUIRING THEM TO WEAR A HELMET.

THE LAST SEVERAL YEARS HAVE SEEN A SUBSTANTIAL INCREASE IN DISCUSSIONS RELATED TO CONCUSSION SAFETY IN SPORTS.

ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, A CONCUSSION IS A BRAIN INJURY CAUSED BY A BUMP OR BLOW TO THE HEAD THAT CAN CHANGE THE WAY THE BRAIN NORMALLY WORKS. THIS SUDDEN MOVEMENT CAN CAUSE THE BRAIN TO BOUNCE AROUND OR TWIST IN THE SKULL, CREATING CHEMICAL CHANGES IN THE BRAIN AND SOMETIMES STRETCHING AND DAMAGING BRAIN CELLS.

EVEN WHAT SEEMS TO BE A MILD BUMP ON THE HEAD CAN BE SERIOUS. CONCUSSIONS CAN RESULT IN SHORT-TERM MEMORY LOSS, DAMAGE TO THE VESTIBULAR AND OCULAR SYSTEMS, DIZZINESS AND MORE. WHILE THERE IS NO CONCUSSION-PROOF HELMET, AN EQUESTRIAN HELMET THAT MEETS OR EXCEEDS THE STANDARDS OF THE AMERICAN SOCIETY OF TESTING AND

MATERIALS FOR PROTECTIVE HEADGEAR USED IN EQUESTRIAN RIDING, CAN HELP PROTECT MINORS.

HB 713 ONLY APPLIES TO MINORS RIDING HORSES ON HIGHWAYS, PUBLIC RIDING PATHS OR OTHER PUBLIC PROPERTY. THE BILL DOES NOT APPLY TO YOUTH PRACTICING FOR OR COMPETING IN EVENTS WHERE HELMETS ARE NOT WORN AND THOSE ENGAGED IN AGRICULTURAL PURSUITS. WHILE AN ADULT PRESENT AND DIRECTLY SUPERVISING A MINOR MAY BE CHARGED WITH A VIOLATION, THE MINOR WILL NOT BE CITED.

THE DEFAULT PENALTY UNDER THE TRANSPORTATION ARTICLE, 27-101, WILL BE A PREPAY AMOUNT SET BY THE DISTRICT COURT, TYPICALLY IN THE \$70-\$100 RANGE. THIS IS A MISDEMEANOR AND THE MAXIMUM FINE IS \$500.

THE USE OF AN APPROPRIATE EQUESTRIAN HELMET SHOULD BE AS COMMON PLACE AS SEAT-BELTS. LIKE LAWS REQUIRING KIDS TO WEAR BIKE HELMETS OR SIT IN BOOSTER SEATS IN THE REAR OF A CAR TO SAFEGUARD THEM IN AN AUTOMOBILE ACCIDENT, HB 713

WILL HELP SAFEGUARD YOUNG EQUESTRIANS FROM SERIOUS HEAD TRAUMA AS A RESULT OF A FALL OR COLLISION. PROTECTING OUR KIDS FROM AVOIDABLE INJURIES SHOULD BE EVERYONE'S CONCERN.

THANK YOU FOR YOUR CONSIDERATION. I URGE A FAVORABLE REPORT.

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Testimony HB713 Burk.pdf

Uploaded by: Rob Burk

Position: FAV

MD HB 713

Testimony by:

Rob Burk
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Bio:

Current Chief Executive Officer of the [United States Eventing Association \(USEA\)](#). Previously, served as an Executive Director, Senior Adviser, and Chief Operating Officer managing the programs and operations of federal, state, and non-profit boards, commissions, and committees including as the Executive Director of the Maryland Horse Industry Board within the Maryland Department of Agriculture, and the U.S. Department of Agriculture Research, Education and Economics Advisory Board. Has provided guidance to two Governors, three Maryland Secretaries of Agriculture, as well as the Secretary of the United States Department of Agriculture, and Congress. The parent of two daughters aged 11 and 15 who have been active horseback riders, riding regularly on public lands throughout the state.

Testimony:

Today I write you in strong support of MD HB 713, referred to as the "Helmet Bill." Head injuries and concussions are some of the most common injuries experienced by equestrians. According to research by the University of Nevada, Reno, head injuries are associated with approximately 60% of all equestrian deaths and 18% of equestrian injuries. There is a simple solution to this issue and that is the use of modern helmets that meet established standards of protection for equestrian use. The precedent of requiring helmets is already well established in Maryland law, and HB 713 should be treated no differently in receiving the support of the Maryland legislature.

Liability is also a serious matter as it relates to land ownership and control. Maryland is a landowner of public lands and is ultimately liable for accidents which occur on its property. While the state would most likely be well protected from frivolous lawsuits related to equestrian head injuries of those not wearing helmets which occur on public lands, by passing this bill the Maryland legislature would make it extremely clear that protecting youth equestrian is a priority. This will hopefully set a precedent for all landowners in the state to follow and would show that Maryland is a leader among equestrian states when it comes to the protection of our youth.

Please step forward and support HB 713 to protect the brains of our future...it is a no brainer!

HB 404 Speed Limits Establishment Cross Over.pdf

Uploaded by: Tammy Bresnahan

Position: FAV



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HB 404 Vehicle Laws - Speed Limits – Establishment
FAVORABLE
Senate Judicial Proceedings Committee
March 24, 2022

Good afternoon Chair Smith and members of the Senate Judicial Proceedings Committee. I am Tammy Bresnahan, Director of Advocacy for AARP Maryland. AARP is the largest membership organization in Maryland representing those who are 50 and over. AARP Maryland has over 850,000 members. AARP Maryland supports HB 404 and we thank Delegate Lehman for sponsoring this important legislation.

HB 404 expands (to apply statewide) the existing authorization for Montgomery County and municipalities within the county to decrease the maximum speed limit to no less than 15 miles per hour (MPH) on a highway after performing an engineering and traffic investigation. As with the current authorization, a locality is prohibited from implementing a new speed monitoring (i.e., speed camera) system to enforce speed limits on any portion of a highway for which the speed limit has been decreased pursuant to this authorization.

AARP Maryland believes every jurisdiction and Baltimore City should have the ability to change driving speeds. Everyone should feel safe crossing a street. But the streets can be dangerous, especially for older Americans. The number of pedestrians killed by vehicles rose 35 percent in the past decade — and the death rate is almost twice as high for people over 75 as for the general population.¹ Making streets safe has been an important issue for AARP. AARP Maryland advocates for everyone, including pedestrians, bicyclists, motorists, and transit riders of all ages and abilities to have Safe Streets.

Walking and bicycling promote physical and mental health for all ages. Walking is the second most popular means of getting around (after driving). Many communities are not designed to promote walking and bicycling. Residential areas are often far from commercial facilities. Sidewalks are often nonexistent or in poor condition. Crosswalk signals are often not timed for the slower pace of older pedestrians. Unsafe conditions for pedestrians are most pronounced in lower-income communities and communities of color. Older adults are also overrepresented in deaths involving people walking.

Communities are increasingly seeking to address road safety. AARP Maryland believes states should adopt and fully implement complete streets/safe streets policies to enable safe access for

¹ [Streets Safer for Pedestrians](#)

users of all ages and abilities. This includes pedestrians, bicyclists, motorists, and public transit users.

AARP Maryland respectfully asks the Committee to issue a favorable report on HB 404. If you have follow up questions please contact Tammy Bresnahan at tbresnahan@arp.org or by calling 410-302-8451.