

**PECOS RIDES**  
**Riding Height to Weight Ratio**  
**+**  
**Rider Ability Agility**

To ensure the comfort and safety of both Horse and Rider I use rider height to weight ratio data to assess each rider. Additionally, as horseback riding requires physical fitness including balance, stamina and strength, please evaluate yourself and answer the following questions honestly:

- 1) Can you mount and dismount your horse from the ground without assistance?
- 2) Is your core strength and reaction time enough to stay in the saddle if your horse stumbled, slipped on rockfall, or swung to the side to avoid an object?
- 3) Do you feel your health and physical fitness level would prevent you from walking at high altitude, balancing on steep slopes, or being caught in inclement weather.
- 4) Have you lead a horse from the ground. If not, where would you position your body in relation to the horse you are leading?

**Weight to Height Guidelines**

Height In feet and inches	Weight In pounds
5'0" and under	150lbs limit
5'1"	155lbs limit
5'2"	160lbs limit
5'3"	165lbs limit
5'4"	170lbs limit
5'5"	175lbs limit