



*Create Confidence with a*

# RISK ASSESSMENT

GET GRITTY WITH CHEVY

# What is a Risk Assessment, and How Can it Help Me?

Whatever the cause of your fear, if you want to get back to riding with confidence, you can get off to a good start by performing a risk assessment. In this risk assessment exercise you will get to true cause of your fear and create an if-then contingency plan to lessen the risks, thereby building your confidence. All you need to complete this risk assessment exercise is to print out this worksheet, and set aside 10-20 minutes of quiet time to really think through these questions and write down your answers.

Let's Get Gritty!

~Chevy Allen



RISK ASSESSMENT EXERCISE  
STEP 1: GET TO THE ROOT OF THE FEAR

Question 1: When do you feel afraid?

Question 2: What is the worst thing that could happen?

Question 3: Is there anything else that you are concerned about?

Question 4: What is the root cause of your fear?  
Summarize the previous three questions to get to the root of your fear.

## RISK ASSESSMENT EXERCISE

### STEP 2: RISK ASSESSMENT

Question 1: Is the root cause of your fear likely to happen?

Question 2: If the worst possible case scenario happened, could you live with it?

Note: If your fear is likely to happen, or if the worst-possible case scenario did occur and you couldn't live with it, then I would recommend that you seek help. Taking lessons, sending your horse to a trainer, or even considering riding a more broke, safer horse can all be ways to mitigate the risk and rebuild your confidence.

**RISK ASSESSMENT EXERCISE**  
**STEP 3: CREATE AN IF-THEN CONTINGENCY PLAN**

Question 1: What knowledge, skills, and abilities do you have to help prevent the worst case scenario from happening?

Question 2: What pre-signals might you see before the worst case scenario happened?

Question 3: What knowledge, skills, and abilities do you have that you can use to help you get through the situation if the worst-case scenario started to happen?

## RISK ASSESSMENT EXERCISE

### STEP 4: IF-THEN CONTINGENCY PLAN

Put together the skills you have and actions you can take that you identified in Step 3 to create your own “If x happens, I will do y,” Contingency Statement.