

Table 1. Description of Questionnaire.

Domain	Question	Reporters		Response Type		Response Options
		Parent	Child	Multiple Choice	Open-Ended	
Prevalence of Painful Incidents	Have you/has this child ever been hurt/experienced pain from...	X	X	X		Never, one, two to four, five to nine, ten or more times
Children's Helmet Use and Supervision	Do you/does this child wear a helmet when riding/handling horses?	X	X	X		Always, sometimes, never
	Does someone supervise you/this child to make sure you/they are staying safe while riding/handling horses?	X	X	X	X ^a	Always, sometimes, never
Impact of Painful Incidents	Who have you/this child gotten help from for hurt or pain related to horses and riding?	X	X	X		Select all that apply from list of medical professionals (e.g., doctor, physiotherapist, massage therapist)
	...Does it change how you act around horses?	X	X	X	X ^a	Yes, no
	...Does it change your opinion about horses?	X	X	X	X ^a	Yes, no
	...Has it ever stopped you/this child from doing something else that you/they wanted to do?	X	X	X	X ^a	Yes, no
	What is the best thing about you/this child being involved in horseback riding?	X	X		X	N/A

Note. The wording from the original questionnaires was targeted for the intended reporter; the wording has been modified in the present table for simplicity; for example, on the child questionnaire, children were asked: *After getting hurt or experiencing pain from horses or horseback riding, does it change your opinion or how you feel about horses?* whereas the parents were asked *After this child had hurt or pain from horses or horseback riding, did it change your opinion or how you feel about horses?* The use of superscript ^a indicates that a question had an open ended component dependent on a participant's initial multiple choice response, which involved elaborating in some way (e.g., if yes, how?).

Table 2. Reported Helmet Use and Supervision by Parent and Child while Riding and Handling Horses ($n_{\text{child}} = 122 - 124$; $n_{\text{parent}} = 121 - 124$).

Situation	<u>Always</u>		<u>Sometimes</u>		<u>Never</u>		<u>Parent-Child Agreement</u>
	Parent (%)	Child (%)	Parent (%)	Child (%)	Parent (%)	Child (%)	Kappa (95% CI; % agreement)
Helmet Use							
Riding	123 (99.2)	123 (99.2)	1 (0.8)	1 (0.8)	0 (0)	0 (0)	1.00 (1.00, 1.00; 100%)
Handling	35 (28.2)	21 (16.9)	68 (54.8)	65 (52.4)	21 (16.9)	38 (30.6)	0.25 (0.11, 0.39; 54%)
Supervision							
Riding	108 (88.5)	97 (82.2)	14 (11.5)	21 (17.8)	0 (0)	0 (0)	0.41 (0.18, 0.63; 85.5%)
Handling	62 (51.2)	55 (45.1)	56 (46.3)	57 (46.7)	3 (2.5)	10 (8.2)	0.32 (0.16, 0.47; 62.2%)

Table 3. Supervision of Child While Riding and Handling Horses.

Supervisor	<u>Handling</u>		<u>Riding</u>	
	Parent (%)	Child (%)	Parent (%)	Child (%)
No supervisor	3 ^a (2.4%)	0 ^b (0%)	0 ^b (0%)	0 ^c (0%)
Parent	57 ^d (62.6)	56 ^e (46.7)	48 ^f (48.0)	61 ^g (49.6)
Trainer/Coach	40 ^d (44.0)	71 ^e (59.2)	83 ^f (83.0)	97 ^g (78.8)
Other Barn Staff/Groom/Volunteer	17 ^d (18.7)	17 ^e (14.2)	5 ^f (5.0)	4 ^g (3.2)
Other Person At Barn	9 ^d (9.9)	7 ^e (5.8)	7 ^f (7.0)	8 ^g (6.5)
Other Family Member	5 ^d (5.5)	6 ^e (5.0)	4 ^f (4.0)	6 ^g (4.8)
Unknown	3 ^d (3.3)	1 ^e (0.8)	0 ^f (0.0)	1 ^g (0.8)

Note. This table represents the percentage of participants who endorsed a given type of supervisor. Participants could endorse more than one type of supervisor (e.g., some participants listed up to three different individuals). Superscripts denote the denominator or number of participants providing an answer to the question as follows: a = 121, b = 122, c = 118, d = 91, e = 120, f = 100, and g = 123.

Table 4. Assistance sought for painful incidents ($n_{\text{child}} = 124$, $n_{\text{parent}} = 122$).

Type of Assistance Sought	Parent (%)	Child (%)
Parent	63 (51.6)	70 (56.5)
Coach	36 (29.5)	44 (35.5)
Doctor	24 (19.7)	12 (9.7)
Emergency Department	20 (16.4)	17 (13.7)
Physiotherapist	7 (5.7)	5 (4.0)
Chiropractor	8 (6.6)	5 (4.0)
Massage Therapist	8 (6.5)	9 (7.3)
Osteopath	2 (1.6)	0 (0)
Walk-In Clinic	1 (0.8)	4 (3.2)
Ambulance	0 (0)	2 (1.6)
Other	0 (0)	2 (1.6)

Note. This table represents the percentage of participants who endorsed seeking a given type of assistance painful incidents from handling and/or riding horses. Participants could endorse multiple categories.

Table 5. Child and Parent Perceptions of the Benefits of Horseback Riding ($n_{\text{child}} = 124$, $n_{\text{parent}} = 120$).

Type of Benefit	Rater		Coder Reliability
	Parent (%)	Child (%)	Kappa (% agreement)
Personal Development (e.g., leadership, problem solving skills)	67 (55.8)	2 (2.4)	0.56 (97.6%)
Relationship with/Being Around Horses (e.g., strong bond with horse, being with horses)	37 (30.8)	64 (51.6)	0.90 (95.2%)
Physical (e.g., muscle strength, posture, balance)	22 (18.3)	1 (0.8)	0.66 (99.2%)
Other/Unclear	21 (17.5)	10 (8.1)	0.64 (95.2%)
Psychological (e.g., stress reliever, relaxing)	16 (13.3)	12 (9.7)	0.76 (96%)
Social (e.g., building friendships, great community)	14 (11.7)	9 (7.3)	1.00 (100%)
Everything (e.g., loves everything about horses, all the experiences)	10 (8.3)	28 (22.6)	0.83 (94.4%)
Learning (e.g., learning new things, learning to care for horses)	8 (6.7)	8 (6.5)	1.00 (100%)
Interactions with Nature (e.g., being outdoors)	3 (2.5)	4 (3.2)	0.41 (93.5%)
Specific Aspect of Riding (e.g., cantering, jumping)	1 (0.8)	31 (25.0)	0.88 (95.2%)

Note. This table represents the % of participants who were coded into pre-determined categories within a coding scheme about the benefits of horseback riding. Some participants endorsed multiple benefits and therefore were coded across more than one coding category. Other/Unclear consisted of parts of responses not captured by the other coding scheme as well as full responses that were not clear enough to determine under which coding category they should fall. Notably, those responses falling in the 'other/unclear' category were largely parts of responses rather than entire responses that were unclear. For example, only 5 of the 21 other/unclear responses from parents represented full responses for which no component could be categorized elsewhere).