

Print Name...**Matthew Palmer**..... Sign...

Date...**27/10/04** Ph... **0407 960 484**... Jockey Track rider Trainer

Location: Track or Tracks where used	Gold Coast Turf Club
Riding occasion Tick all boxes where used.	<input checked="" type="checkbox"/> Metropolitan race. <input type="checkbox"/> Country race <input type="checkbox"/> Track work in metropolitan area <input type="checkbox"/> Track work in country area
Date(s) How often used	Day..... Days..... weeks..... No of times used... 3 days..... Date-Months & Year used Sep-Oct 2004
Weather	<input type="checkbox"/> Cold <input checked="" type="checkbox"/> Warm <input checked="" type="checkbox"/> Hot
Track condition	<input checked="" type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor

What I liked about the Toe Stoppers
 I tried the Race Toe Stoppers and going to the barrier my horse shied but I was able to dig my toes into the pocket which gave me added support and balance. Throughout the race you don't even know they are there. I feel safer using them and they do give you better balance because they prevent your feet slipping forward when riding the horse out.

What I didn't like about the Toe Stoppers
 Nothing, except I would need a weight allowance so I could use them in all races.

Other: Do you believe if the Track Toe Stoppers were made compulsory they could prevent riders from being hooked up and dragged, therefore reducing injuries and deaths? yes no

Other: Would you use the Race Toe Stoppers in races if you were given a weight allowance incentive
 yes no

Other: Should jockeys be given a Toe Stopper weight allowance if it could save them from being hooked up or dragged causing serious injuries or death yes no

Other: If available would you wear the Toe Stoppers every time you ride? yes no

Other: Have you been dragged or hooked up before or are you aware of a rider being hooked up or dragged. Please briefly mention the incident.
 In September '04 a horse spun around, I fell off to the side and was hung up in the iron the horse bolted and I was dragged for 100 meters. I blacked out and when I came to I had no feeling from my waist down and I thought I was paralysed. It was the most terrifying experience. I've seen other riders dragged and I saw the news on the ABC that showed the track rider who was dragged at Sandown racecourse over the Melbourne Cup Carnival.