

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

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

<b>Location: Track or Tracks where used</b>	Gold Coast Turf Club
<b>Riding occasion</b> <b>Tick all boxes where used.</b>	<input type="checkbox"/> Metropolitan race. <input type="checkbox"/> Country race <input checked="" type="checkbox"/> Track work in metropolitan area <input type="checkbox"/> Track work in country area
<b>Date(s) How often used</b>	Day.....Days.....weeks..... No of times used...28 days.... Date-Months & Year used Sep-Oct 2004
<b>Weather</b>	<input type="checkbox"/> Cold <input type="checkbox"/> Warm <input type="checkbox"/> Hot
<b>Track condition</b>	<input type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor

**What I liked about the Toe Stoppers**

I tried the Track Toe Stoppers and I felt safe that my feet could not be hooked up in the stirrup iron. They are comfortable and give you better balance. They definitely should be made compulsory because I am worried if I have to ride track work for another trainer and he does not have Toe stoppers that I could be dragged again. I also 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.

**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.