

*Share Your Story:  
Experiences of Jockeys  
and Exercise Riders in  
U.S. Horse Racing*

# Jockeys & Exercise Riders

## Research Study

### Eligibility Requirements:

Current or former jockeys  
Current or former exercise riders  
Age 18 or older

### What's Required:

#### Participation Involves:



One interview (45–90 minutes)  
Conducted via Zoom or in person (if in Florida)  
Focused on your work, identity, and well-being.

#### Your Voice Matters:



By sharing your experiences, you'll contribute to a body of knowledge that will support jockeys and exercise riders now and in the future.

#### Confidentiality & Voluntary Participation



Participation is voluntary. There is no compensation. Identifying information will be removed, and pseudonyms will be used in transcripts and reporting.

#### How to Participate:



Contact Shayce Johnston, University of Florida, at [susanjohnston@ufl.edu](mailto:susanjohnston@ufl.edu) for more information or to learn how to participate.

### Informed Consent



More information  
[www.JERResearchStudy.com](http://www.JERResearchStudy.com)  
IRB #: ET00048220

**UF** | College of Education  
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# Support Resources

If you feel distressed or need help, these confidential services are available.

## Immediate Crisis Support

- 988 Suicide & Crisis Lifeline – Call or text 988 anytime for free, confidential crisis support.
- SAMHSA Helpline – 1-800-662-HELP (4357) <https://www.samhsa.gov/find-help/national-helpline> 24/7 treatment referrals and info for mental health or substance use.
- NAMI Helpline – 1-800-950-NAMI (6264) <https://nami.org/help> Mon–Fri, 10 a.m.–10 p.m. EST. Info and support for individuals and families affected by mental illness.

## Racing Industry–Specific Supports

- Permanently Disabled Jockeys Fund (PDJF) <https://pdjf.org> | (630) 595-7660. Financial aid for jockeys with catastrophic on-track injuries.
- Race Track Chaplaincy of America (RTCA) <https://rtcanational.org> | (859) 410-7822. Pastoral counseling and community support for racing workers.
- Backstretch Employee Service Team (BEST) <https://bestbackstretch.org> | (516) 488-3434. Health care, counseling, and case management for backstretch workers.
- Safety Runs First <https://www.safetyrunsfirst.com/resources-and-news> News and resources on racetrack safety and equine welfare.

## Additional Support

- Problem Gambling Helpline – 1-800-522-4700 <https://www.ncpgambling.org> 24/7 confidential help for gambling concerns.

## Emergency Services

Call 911 (U.S.) or go to the nearest emergency department if you are in immediate danger.

