

# Training Dress Code

## **The following items are obligatory and you will not be permitted to ride without them:**

Riding hats must be to the minimum standard with a harness properly adjusted and fastened.

When mounted, riders MUST wear protective headgear. PAS015: 1998 or 2011 provided they are BSI Kitemarked. VG1 01.040: 2014-12 provided they are BSI Kitemarked. American ASTM F1163: 2004a or 04a onwards provided they are SEI marked SNELL E2001 and SNELL E2016 Australian and New Zealand AS/NZS 3838: 2006 onwards provided they are SAI global marked.

Fixed peak hats are not permitted for Cross Country training.

Hair must not hang longer than the shoulder line. If not secured in a hair net, hair must be tied up accordingly.

Correct riding footwear ie sturdy with a small heel.

No jewellery or any items worn in facial or body piercing. If they cannot be removed these including medical treatment wristbands can be covered up by clothing or gloves.

Body Protectors: Body Protector approved to Level 3 2009 or after PURPLE label OR a BLUE 2018 label for Cross Country training. Hybrid Air- jackets and air jackets incorporated into a blouson style jacket are permitted. Exo Body Cages are permitted with a Level 3 2000 purple label, but we must be notified so that we can inform the paramedics that they need an allen key.

Garments without sleeves or not covering body from base of neck to hip are not permitted.

Riders choosing to ride with short sleeves do so at their own risk. (Long sleeves are compulsory for cross country)

The following items are strongly recommended for all training. Hats to minimum standard (see above) are recommended when in close proximity to a horse e.g. on ground, when loading, instructing, assisting. Long sleeved shirts/top for Cross Country training. Gloves, Jodhpurs (any colour) Body protector.

## **The following items are permitted, but riders ride at their own risk.**

Chaps, half chaps and gaiters

Spurs (But permission must be obtained from the Instructor)

Suffolk Riding Club is affiliated to the British Riding Clubs and has adopted the above dress code which forms part of BRC's official rules for our training sessions.