

SUFFOLK RIDING CLUB

Training Rules

EMERGENCY TRAINING DAY NUMBERS:

Margaret 07889 546319 Alexis 07523 434350

The organisers reserve the right to refuse any applicant or amend the content of the training / schooling session.

A session will be terminated if the instructor/trainer deems it necessary. The instructor/trainer reserves the right to withdraw combinations that are adversely affecting the safety of the group or equine welfare.

Suffolk Riding Club shall not be liable for any claim in respect of damage, loss, injury or accident to any person, horse or property caused in connection with or arising out of the schooling event. It shall be deemed a condition of riding that each participant shall agree to indemnify the Suffolk Riding Club or any person acting on their behalf against any legal action arising from such an incident.

Protective Headwear:

When mounted, riders **MUST** wear protective headgear which includes a retaining harness secured to the shell at more than two points and securely fastened. Hats to be marked:

- British: PAS015: 2011;VG1 01.040:2014-12 provided they are BSI Kitemarked or Inspec IC marked
- European: BSEN1384:2023 provided they are BSI Kitemarked or Inspec IC marked
- American: ASTM F1163: 2015 or 2023 onwards provided they are SEI marked, SNELL E2016 or 2021 onwards
- Australian/New Zealand: AS/NZS 3838: 2006 onwards (SAI Global marked)

Fixed peak hats are not permitted for Cross Country training.

Protective headwear is also recommended to be worn at all times when in close proximity to your horse eg on ground when loading, instructing or assisting.

Body Protectors:

Riders are advised to wear body protectors at all times when mounted.

Body protectors are compulsory when schooling over Cross Country Jumps.

It is recommended that Body Protectors should be BETA Level 3 displaying a Blue 2018 Label. Exo Body Cages should have a BETA Level 3 Purple 2000 label.

If a rider chooses to wear an airbag body protector it should be worn over a BETA Level 3 body. Hybrid Air-jackets and air jackets incorporated into a blouson style jacket should be to the BETA 2018 standard.

Dress Code:

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

Gloves are strongly recommended.

Spurs are not allowed without the permission of the Instructor.

Riding footwear should be sturdy with a small heel

No jewellery or body piercing items to be worn. If items cannot be removed, these including medical treatment wristbands can be covered up by clothing or gloves.

Long sleeve shirts/tops are recommended for all training but are compulsory for Cross Country training.

Chaps, half chaps and gaiters may be worn, but at Riders own risk.

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

Horses and ponies:

All equines must travel with a passport and a current equine flu vaccination record.

All horses / ponies must be **4 years old or over** to take part in the schooling session.

Any horse / pony which might kick, or is known to kick, must wear a Red Ribbon on its tail.

Stirrups must be "run up" or "crossed over" the saddle when the rider is not mounted.

No person shall bring a stallion for which he/she is responsible without having gained the permission of Suffolk Riding Club before booking. They must take adequate precautions to ensure that other riders and members of the public are not put at risk of injury. Stallions may not be ridden or led by children 14 years and under.

Location:

Emergency services must have access to all areas of the training / schooling venue at all times. Do not obstruct access.

Please respect the premises and hospitality of our hosts, do not leave muck, litter, hay etc .

Bring your own refreshments and horse's water.