



Where People and Horses Thrive

RIDING WEAR GUIDELINES

Riding Hat

For protection a riding hat must always be worn with the chin strap fastened when riding or handling a horse from the ground. It must be **professionally fitted** (see “Supplier” details below) and be to the current **British Horse Society Standard**. Whilst we are able to lend riding hats initially, on joining it is **mandatory to have your own riding hat** as no hat will fit as well as your own.

Body Protector

On joining our Club, we **recommend** adults wear a professionally fitted body protector to the minimum standard of Level 2 when riding and especially jumping. It is up to you (we'd advise you ask your coach) when you feel confident to not wear one all the time as body protectors can alter your position.

Clothing

Always **dress according to the weather conditions**. Track suit bottoms or leggings are a good alternative to jodhpurs. Loose clothing which may flap should not be worn and scarves or hoods tucked inside exterior clothing. When it is hot the shoulders should be covered to prevent sun burn or grazes. **Gloves** ideally should be worn to protect your hands and for improved grip on the reins. Jodhpurs, riding leggings and breeches can all be easily sourced online or in a tack shop.

Footwear

Footwear must be of a sturdy construction with a smooth sole and small heel to prevent the foot slipping through the stirrup iron. Once riding regularly we recommend **Jodhpur boots with half-chaps or long riding boots** as the best form of riding footwear.

Other

All jewellery, other than wrist-watches and wedding rings, must be removed when around horses to prevent accidental loss or risk of personal injury should the jewellery become entangled in horse's mane or tail.

Please ensure all bulky/sharp items, or those that may make a noise, are removed from your person pre riding.

If you require any further advice or assistance regarding riding wear, please do not hesitate to discuss your requirements with any of our instructors.

Recommended Suppliers

Stockley Trading, 10 North Street, Midhurst, GU29 9DJ, tel: 01730 814779, & Unit N Bridge Road, Littlehampton, BN17 5DF, tel: 01903 732392, www.stockleyonline.com

Oldwick Saddlery, West Stoke Road, West Lavant, Chichester, PO18 9AA, tel: 01243 527415, email: sales@oldwicksaddlery.co.uk, website: <http://www.oldwicksaddlery.co.uk/index.html>