



Pony Club Safety Rules

There are some items of dress that have safety implications. Members are expected to dress correctly and safely for all Pony Club activities.

Electronic Devices

Electronic devices (i.e. headphones, mobile phones, etc. enabling another person to communicate with the rider) are not allowed whilst the rider is Mounted. No recording device is permitted (e.g. hat / bridle cameras, etc.)

Dress

Clothing

When mounted members should wear a Branch sweatshirt/T-Shirt/Jacket (or **NAVY** jumper if you don't have branch clothing), jodhpurs/breeches either white, beige or dark in colour.

New clothing is not expected, but what is worn must be clean, neat and tidy. Jeans should not be worn when mounted.

As a minimum shoulders must be covered for all riding activities.

Glasses and contact lens are permitted whilst riding, the materials these items are made of meet the necessary British Standards to reduce the risk of harm. To support security whilst riding members may wear a glasses safety strap, if they wish to.

Footwear

Only standard riding or jodhpur boots with a fairly smooth, thin sole and a well-defined square cut heel may be worn. Plain black or brown half chaps may be worn with jodhpur boots of the same colour. Tassels and fringes are not allowed. No other footwear will be permitted, including wellington boots, "muckers" or trainers. Boots with interlocking treads are not permitted, nor are the boots or treads individually.

Jewellery

As Pony Club Rules

Hair

Hair must be secured in a hair net or neat bun. Long hair shouldn't be flowing.

Hats and Body Protectors

These are to be in accordance with guidance and meet recommended Safety Standards as detailed in the Rulebooks.






Hat Rule 2023

The Pony Club follows the British Equestrian Federation on its Standards for Riding Hats.

It is mandatory for all Members to wear a protective helmet at all times when mounted with a chinstrap fastened and adjusted so as to prevent movement of the hat in the event of a fall. This rule defines the quality of manufacture that is required. The individual sports also have additional requirements with regard to colour and type. It is strongly recommended that second hand hats are not purchased.

The hat standards accepted as of 1st January 2023 are detailed in the table below:

A **CERISE** hat tag should be worn on the Hat, these will be available at the Rally.

Hat Standard	Safety Mark	Allowed at the following activities:
PAS 015: 2011* with BSI Kitemark		All activities
VG1 with BSI Kitemark		All activities
Snell E2016* onwards with the official Snell label and number		All activities
ASTM-F1163 2004a onwards with the SEI mark		All activities
AS/NZS 3838, 2006 onwards		All activities

- For cross-country riding a **jockey skull cap must be worn** with no fixed peak, peak type extensions or noticeable protuberances above the eyes or to the front, and should have an even round or elliptical shape with a smooth or slightly abrasive surface, having no peak or peak type extensions. Noticeable protuberances above the eyes or to the front not greater than 5mm, smooth and rounded in nature are permitted. A removable hat cover with a light flexible peak may be used if required. We would strongly recommend that skull caps are worn for the duration of the rally.
- No recording device is permitted (e.g. hat cameras) as they may have a negative effect on the performance of the hat in the event of a fall.

- The fit of the hat and the adjustment of the harness are as crucial as the quality. Members are advised to try several makes to find the best fit. The hat should not move on the head when the head is tipped forward. Most helmet manufacturers recommend you visit a qualified BETA (British Equestrian Trade Association) fitter.

Body Protector Rule 2023

The Pony Club does not make the use of body protectors compulsory, except for all Cross Country riding and Pony Racing whether it be training or competing. Body Protectors used for Cross Country and Pony Racing must meet BETA 2009 Level 3 standard (purple label) or **BETA 2018 Level 3 standard** (blue and black label) – see below.



For general use, the responsibility for choosing body protectors and the decision as to their use must rest with Members and their parents. It is recommended that a rider's body protector should not be more than 2% of their body weight. When worn, body protectors must fit correctly, be comfortable and must not restrict movement. **BETA recommend body protectors are replaced at least every three to five years, after which the impact absorption properties of the foam may have started to decline.**

BETA 2009 Level3 (purple label) body protectors will continue to be accepted at Pony Club competitions until 1st December 2024.

Riders who choose to use the Woof Wear Body Cage EXO must lodge a key with the Event Organiser.

Air Jackets

When an air jacket inflates the sudden noise startles horses in the immediate vicinity thereby causing difficulties for the other members of a ride if used in a group ride in a confined area. Air jackets are therefore not encouraged for group rides.

If a rider chooses to wear an air jacket in Cross Country or Pony Racing, it must only be used in addition to a normal body protector which meets the BETA 2009 Level 3 standard (purple label) or **BETA 2018 Level 3 standard (blue and black label).**

Parents and Members must be aware that riders may be permitted to continue after a fall in training rides for Cross Country, provided the rider has been passed as fit to continue by First Aid Providers. In the event of a fall, it must be fully deflated or removed before continuing, after which, the conventional body protector will continue to give protection. Air jackets must not be worn under a jacket and number bibs should be fitted loosely or with elasticised fastenings over the air jacket.

Tack

Unsafe Tack

All tack must be clean, in a good state of repair, properly fitted and suitable for purpose. Tack inspections are routinely carried out at events and the organisers may prohibit participation in the event if they consider the tack to be inadequate or unsuitable. Individual sports do have further specific tack rules which are detailed in their individual sports rulebooks.

Stirrups

Stirrups should be of the correct size to suit the rider's boots. They must have 7mm (1/4") clearance on either side of the boot. Specific guidance per sport may be applicable, please see the rulebooks for additional information.

Humane Girths

Humane girths are not permitted in any sport, whether during training or competition. **A humane girth is described as having non-independent straps that will loosen if one of the straps was to break.**