

Monmouthshire Pony Club

Dress and Tack Rules

The dress code for each of the individual sports is given in the individual rule books. However, 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 at Pony Club activities, Members should wear a Branch sweatshirt/T-Shirt/Jacket (or navy jumper if don't have branch clothing), jodhpurs/breeches (usually dark coloured).

Some instructors may NOT allow hooded jumpers to be worn.

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 to 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

Jewellery – the wearing of any sort of jewellery when handling or riding a horse/pony is not recommended and if done at any Pony Club activity, is done at the risk of the member/their parent/guardian. However, to stop any risk of injury, necklaces and bracelets (other than medical bracelets) must be removed, as must larger and more pendulous pieces of jewellery (including those attached to piercings) which create a risk of injury to the body part through which they are secured. For the avoidance of doubt a wristwatch, wedding ring, stock pin worn horizontally and/or a tie clip are permitted. It is recommended that stock pins are removed for cross country.

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

Members must always wear a protective hat when mounted. Only hats to the following specifications are acceptable at any Pony Club activity. The Pony Club is consistent with fellow British Equestrian (BEF) Member bodies in its Standards for Riding Hats. Individual sports may 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 2024 are detailed in the table below:

Hat Standard Safety Mark.

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

Note: Some hats are dual-badged with different standards. If a hat contains at least one compliant hat standard it is deemed suitable to competition, even if it is additionally labelled with an older standard.

- For cross-country riding **(at all levels)** including Eventing, Arena Eventing, Tetrathlon and Hunter Trials, together with Pony Racing (whether it be tests, rallies, competition or training) and Mounted Games competitions, 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.

- 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.

Body Protector Rule



A body protector is compulsory for **all** Pony Club **Cross Country** riding (including Arena Eventing) and **Pony Racing** activities whether it be training or competition. A body protector for these activities must meet BETA 2018 Level 3 Standard (blue and black label).

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 recommends 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.

Air Jackets

If a rider chooses to wear an air jacket in Cross country or Pony Racing, it must only be used in addition with a normal body protector which meets 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 both competitions and training

rides for Cross Country and / or Pony Racing if the First Aid provider has no concerns about their welfare. In the event of a fall, an air jacket must be fully deflated or removed before continuing, the conventional body protector must continue to be worn. Air jackets must not be worn under a jacket.

Spurs

Members wishing to ride with spurs at Pony Club activities must have achieved the C+ Riding Test or The Spurs Test.

It is important that spurs are only worn by riders who have a stable lower leg and who are able to use – or not use – the spur intentionally.

Minimum expected requirements that should be discussed by the rider and coach

- If wearing spurs, the rider must:
 - Have achieved the **C+ Riding Test** or **The Spurs Test**.
 - Have still hands and a seat that is sufficiently independent that they can maintain a quiet, stable, still leg position.
 - Understand that spurs are a refinement of a leg aid.
 - Be able to use their seat, hand, and leg aids individually.
 - Be mindful of the impact spurs may have on the horse/pony they are riding.
- If wearing spurs, the spurs must:
 - Comply with the maximum dimensions defined in the rulebook for the sport in which the member is participating.
 - Be fitted correctly, with the shank pointing slightly downwards.
 - Only be used as an additional aid, to back up and refine the leg aids.
 - Never be used to punish the horse.
- If the pony/horse needs a strong bit for control, spurs are unlikely to be an appropriate aid.

Misuse of Spurs

Failure to meet the minimum expected requirement constitutes a misuse of spurs, as does evidence of spur-induced rubs or injuries. A rider misusing spurs will be required to remove their spurs and should only resume wearing spurs when they have demonstrated to an accredited Pony Club coach that they can meet the minimum expected requirements consistently and understand that the misuse of spurs is never acceptable.

*A rider will only be allowed to wear spurs if they have a **YELLOW** tag on their hat - There will be no exceptions.*

Tack

Unsafe Tack

All tack must be clean, in a good state of repair, properly fitted and suitable for purpose. Your tack will be inspected by the instructor at the rally.

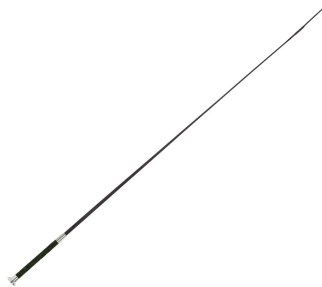
Stirrups

Stirrups should be of the correct size to suit the rider's boots. They must have 7mm ($\frac{1}{4}$ ") clearance on either side of the boot.

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.**

Whip Rule



1. Dressage Whip	2. Padded Baton
- Flatwork ONLY - Maximum length of 102cm (inc tassel)	- The maximum length of the padded baton is 70cm and must be no less than 45cm. - The "contact area", is considered to be 2/5's (two fifths) of the overall length of the padded baton and must be covered with a "pad". - There must be no "binding" within 17cm of the end of the "pad". - The "pad" must be smooth, with no protrusion or raised surface, and be made of shock absorbing material throughout its circumference such that it gives a compression factor of at least 6mm.

	- There is to be no wording, advertising or personalisation of any kind on the “pad”
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NO OTHER WHIP MAYBE USED AT A MPC ORGANISED RALLY.

At all times, the whip must only be used:

- For a good reason, as an aid to encourage the horse forward.
- At an appropriate time, namely when the horse is reluctant to go forward under normal aids of seat and legs.
- In the right place, namely down the shoulder or behind the leg but never overarm.
- With appropriate severity.
- No more than twice for any one incident.

Excessive use of the whip anywhere at a PC Rally will be dealt with there and then:

- Use of the whip to vent a rider's anger is always excessive.
- Use of a whip which causes injury eg. Broken skin or a weal, is always excessive.
- Use on a horse's head, neck etc. is always excessive.
- Using the whip from the ground after a rider fall or dismount is always excessive.
- If the rider's arm comes above the shoulder when using the whip, this is always excessive.