

QHPC – Hairnet and Jewellery rule explanations

Why wear a hairnet? - with hair worn up so that it is no lower than shoulder level

- To give a neat appearance
- For safety, it significantly reduces the risk of hair being caught in saddlery, equipment or other objects
- For safety, in the case of a fall it significantly reduces the risk of your hair being stood on which can result in some of your hair being pulled out or in the worst case scalping you.

Pony Club Jewellery Rule

No jewellery is allowed for safety reasons, other than a wristwatch, a wedding ring, a stock pin worn horizontally or a tie clip. It is recommended that stock pins are removed for cross country.

Members who are contemplating piercing their ears or any other part of their body should be aware that they will not be allowed to participate in any Pony Club mounted equestrian activities until such time as the “sleepers” can safely be removed.

The reason for this is that sleepers have in the past caused injuries following falls.

Why remove jewellery?

The “no jewellery” rule includes all types of earrings/sleepers, is common across all international sports organisations and has been introduced due to the risk of injury to the person or others. It may be a small risk but medics across the world can give illustrations of the nasty preventable injuries that can occur. It is not a risk that is worth taking when it can be avoided, particularly in the case of children.

Some of the obvious potential problems:

- Jewellery catching (on own or others clothing, equipment, other people or objects)
- Jewellery breaking and causing injury or hazard to self or others
- Earrings/sleepers being driven into the ear due to knocks or falls
- Earring/sleeper posts driven into the sensitive head or neck area where there are nerves and blood vessels.

Covering with tape is not recommended as a solution as it will not prevent an earring/sleeper post being pushed into the neck or studs being pushed into the ear. This can happen even from a light knock or blow.