



PMARC GEAR SAFETY GUIDELINES

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The safety of a rider's gear is his/her individual responsibility. This includes both rider equipment (helmets, boots etc.) and horse gear (saddles, bridles, halters, lead ropes etc.)

The following guidelines are based on the PCAWA gear-checking manual:

- Helmets:**
- Riders should wear a helmet compliant with current safety standards whenever they are mounted
 - Correct fitting results in the skin on your forehead moving with the helmet.
 - The retention harness and chinstrap must be firmly fastened when mounted.
 - Any helmet which receives a significant impact must be replaced.
- Body Protectors:**
- These are compulsory for Cross Country activities and highly recommended for all jumping.
- Boots:**
- Should have a low heel to stop the boot slipping through the stirrup.
 - Should have a smooth sole.
- Saddles:**
- Saddles need to be in good condition, of a safe standard and correctly fitted.
 - Should preferably have a girth with a minimum of two buckles. If using a girth with only one buckle, riders should consider using a surcingle in addition, where possible. Any manufacturer recommendations should be taken into account.
- Stirrups:**
- Irons should allow adequate clearance each side of the rider's boot at the broadest part.
 - Leathers should be in good repair with no stripped holes or rotting stitching.
- Bridle:**
- This should be correctly fitted and in good repair.
 - Correctly fitted and well-maintained bitless bridles are permissible providing the rider can demonstrate adequate control.
- Reins:**
- Should be of a safe length i.e. not long enough for rider's foot to be caught in loop of reins.
- Fly veils:**
- Should only be used while riding under exceptional circumstances.
- Bandages:**
- If worn, must be either stitched or taped with at least three rounds of tape, with padding under. Taping of boots is optional.
- Clothing:**
- For your safety and out of respect for our instructors, please wear a short or long sleeved top and jodhpurs or long pants. Club shirts are encouraged but not compulsory.