

Suffolk Riding Club Training Dress Code 2016

The following items are obligatory and you will not be permitted to ride without them:

- **Riding hats must be to the minimum standard with a harness properly adjusted and fastened. When mounted, riders MUST wear protective headgear.**
PAS015: 1998 or 2011 provided they are BSI Kitemarked.
VG1 01.040: 2014-12 provided they are BSI Kitemarked.
American and New Zealand Hats: refer to the BRC Dress Guidelines (append 4).
Fixed peak hats are not permitted for Cross Country training.
- **Correct riding footwear** ie sturdy with a small heel.
- **No jewellery or any items worn in facial or body piercing.**
If they cannot be removed these including medical treatment wristbands can be covered up by clothing or gloves.
- **Hair must not hang longer than the shoulder line.**
If not secured in a hair net, hair must be tied up accordingly.
- **Body Protector approved to Class 3 (purple label) which has a 2000 or 2009 label for Cross Country training.**
Air jackets are permitted in addition to standard body protectors.
- **Garments without sleeves or not covering body from base of neck to hip** are not permitted.

The following items are strongly recommended for all training.

- Hats to minimum standard (see above) are recommended when in close proximity to a horse e.g. on ground, when loading, instructing, assisting.
- Long sleeved shirts/top for Cross Country training and all other disciplines.
- Gloves
- Jodhpurs (any colour)
- Body protector

The following items are permitted, but Riders ride at their own risk.

- Chaps, half chaps and gaiters
- Spurs (**Permission must be obtained from the Instructor**)