

# Ride Together, Train Together, Compete Together, Have Fun Together

## Training Guidelines

When attending training sessions organised by RLRC we want you to be safe and for you to have an enjoyable and rewarding experience. With this in mind we have put together some guidelines for you to follow.

Please remember you are representing RLRC and we want to leave a positive impression, be welcomed back by the trainer and to use the facilities again in the future.

It is your responsibility to ensure you know exactly where the training is being held and that you arrive in a timely manner. If in doubt, please check with the training organiser when your times are issued. Please obey any rules at the hosting yard.

## General Appearance

Please make sure you and your horse are neat and tidy. Please ensure your horse is wearing suitable tack, boots, etc for the training you are undertaking.

## Hats

Hats **MUST** be worn at all times whilst mounted and must conform to the following standards: Minimum EN1384 PAS015 or SEA/ASTM prefixed with SEI.

## Body Protector

Body protectors **MUST** be worn whilst jumping fixed objects and are optional at all other times. Body protectors must be of Standard Beta 3 – purple label.

## Boots

Jodhpur or long riding boots only. Gaiters and half chaps are acceptable, but no fringes.

## Spurs

Spurs may be worn but must not exceed 3cm.

## Whips

Whips of any length are acceptable as long as they do not interfere with any other rider or horse.

## Hair

Long hair must be neatly tied up so that it is not hanging below collar level.

## Jewellery

Please do not wear any jewellery.

## In Case of Emergency

Please ensure your trainer is aware if you are attending the training alone and has an emergency contact for you.