



RULES and GUIDELINES ON

WHAT TO WEAR AT ENDURANCE RIDES



Riders must:

- A hard hat must be worn with the chinstrap securely fastened and must be of standard British PAS 015: 1998 or 2011 provided it is BSI Kite marked; European VG1 01.040: 2014-12 without Kite Mark; American ASTM F1163: 2004a or 04a onwards provided it is SEI marked; SNELL E2001, Australian and New Zealand AS/NZS 3838: 2006 onwards provided it is SAI global marked.
- Wear footwear with at least 1/2 an inch of heel unless a stirrup cage is used to prevent the foot from being able to slip through the stirrup.
- Not wear wellington boots in any circumstances.

It is recommended that riders should wear:

- Jodhpurs, riding breeches or riding tights, with chaps, with suitable bad weather clothing as necessary.
- Hi-Viz clothing.
- Shirts with sleeves and a collar.

Artificial Aids:

- Whips of a maximum length not exceeding 75cm are permitted
- Spurs are not permitted in any circumstances.

It is recommended that riders carry a small Survival / First Aid Kit with the following contents:

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|---------------------------------|--|
| ➤ Triangular bandage | ➤ Whistle |
| ➤ Wound Bandage | ➤ Baler twine |
| ➤ Vet-wrap or equivalent | ➤ Mobile phone (switched on) or money |
| ➤ Space blanket | ➤ A drink |
| ➤ Glucose tablets or equivalent | ➤ Warm / waterproof clothing if weather dictates |

A First Aid Kit is compulsory at Scottish Endurance Riding Club events and may be compulsory at some Endurance GB events, but in the latter case this will be indicated in the ride details sent to you before the ride.

Means of Identification and Special Needs

A rider should carry a means of identification visibly attached to their person. This will normally be supplied by the Ride Secretary on the day in the form of two sticky labels, one to be attached to the saddle and the other to the back of the rider's hat, giving the location and emergency phone number of the ride venue.

The rider should also carry any details of special needs during an emergency (if any). Alternatively a record of medical information can be lodged with the Ride Secretary on declaration in a sealed envelope, which will only be opened by a ride official in the case of an emergency.