



## Information About Riding Safely

1. Horse riding is a risk sport, participation therefore holds potential danger and risk of injury.
2. Horses are sometimes unpredictable and do not always respond as expected.
3. It is advisable for people participating in equestrian activities to ensure that they have adequate personal insurance. This includes those who handle or lead horses from the ground.
4. We allocate horses to riders taking into account experience and suitability.
5. All clients must wear a riding hat approved to current EU and BSI standard – PAS 015 or BSEN 1348. We can hire or sell these to you.
6. All clients are asked to wear suitable footwear and gloves. If unsure, please ask. Body protectors are advisable, but not mandatory.
7. All instructors are trained and qualified to teach to their detailed level.
8. Clients are requested not to wear jewellery of any kind when riding or in the stable area.
9. Clients are not allowed to remain in the stables after their allotted lesson without permission.
10. Clients over the age of 13 years may request to train to become a helper. Acceptance would depend on suitability and availability of places.
11. All clients are requested to inform the riding centre of any change that may affect their ability to ride.