



PRE-LESSON CHECK LIST

STAFF **MUST** ENSURE ALL THE FOLLOWING PRIOR TO THE CLIENT BEING PERMITTED TO RIDE

1. A riding hat must be worn at all times. Hats are available for clients to borrow and **MUST** be worn and fitted correctly.
2. Suitable footwear must be worn; closed-toe shoes or boots. Riding boots are preferred but suitable alternatives may be permitted e.g. good strong shoes with a good heel up to 1" (2.5cm) to prevent the foot from slipping through the stirrup iron.
3. All clothes should be well fitting.
4. Gloves are recommended.
5. No flapping jackets. Zips & Buttons must be fastened whilst riding.
6. No Trainers, Plimsolls, Sandals allowed.
7. Body protectors are advisory for those riding their own horses, **MANDATORY** (if a suitably fitting loan one available) for those riding school horses, unless expressly refused by the client.

FITTING A RIDING HAT

1. Position the hat approximately 13mm above the eyebrows. Press down until it is in the correct position on the head. It will feel snug.
2. Client should be able to feel the top of the hat on the top of their head. If not, the hat/skull may be too small, therefore repeat the previous steps with the next size up.
3. Gently rock the hat. Ensure there is a vacuum on the front fitting, so you feel suction as it is lifted off, or that the eyebrows move up and down when the hat is rocked back and forth. This is critical to the fit.
4. Check for space at the front of the temples.
5. Check the space at the back of the hat/skull. There may be a little space here which is not as critical as the front area. However too much room is a negative.
6. Adjust the harness. Begin with the front strap ensuring a snug fit underneath the chin. (Never on the chin). Then adjust the back strap if necessary.

FITTING A BACK PROTECTOR

1. Loosen the side adjusters and do up the zip or waist strap.
2. Adjust the shoulder straps, so that the top of the body protector reaches the top of the sternum (breastbone) at the front and the prominent bone at the base of the neck should be covered at the back.
3. Ensure that any red warning markers are fully covered.
4. Adjust the waist until a snug secure fit is achieved; check that the red warning markers are fully covered. If not try the next size up.
5. The ribs lowest point should be 1inch above the bottom of the protector. You can do this by adjusting the shoulder straps as long as this does not show any red markers, alternatively try the next size up.
6. There should be at least 1.5 to 2 inches between the bottom of the protector and the saddle. (test this with a chair.) If the protector is just slightly shorter this is not a problem as it is only there to protect soft tissue and if too long will cause the protector to push up into the neck.