

Nine Acres ***Quality Equestrian Education***

RIDER CLOTHING GUIDELINES

Suitable clothing is very important when riding. It allows you to be safe, comfortable and correctable.

Please remember horses have hair that tends to transfer to you. “Smart” clothes are not recommended ;-)

If you do not own your own hat, you will be fitted with one at your first lesson. If you are bringing your own hat, please make sure it fits correctly and is BSI standard PAS 015 or EN 1384

We also have a small supply of riding boots - please state your size in advance if you do not own a pair.

Trainers, wellies or shoes are **not suitable**, as they can slide through the stirrup, or become wedged.

A slender, walking boot with a neat heel is normally suitable.

If you do not own jodhpurs, you may find leggings or tracksuit bottoms are more comfortable than jeans, which can be quite restrictive and you may find the seam rubs, but are either acceptable. You can decide later if you wish to invest in a pair of jodhpurs.

If you do not own half chaps, we suggest long socks (right up to your knees!!) to help prevent the stirrup leather nipping.

A casual lightweight top is ideal - you will want plenty of freedom of movement. Avoid tops that slide around as you be constantly adjusting them, but do ensure you can stretch your arms forward and sideways.

A lightweight, warm coat is advisable over the winter months – ideally not too baggy, as this will prevent your instructor from making smaller corrections to your position. Please make sure your coat can be done up easily, flapping and horses don't mix well 😊

NO JEWELRY OR PIERCINGS TO BE WORN AROUND HORSES –

Please also note we operate a strict **no smoking policy** on the premises, due to the high fire risk.