



# BERGIN EQUINE

## Holistic Equine Training

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### D. Cross Country Policy

Cross country is the discipline of equestrian sports that constitutes the highest level of risk and as such special care must be taken and additional personal protective equipment is required. Riders must have the following to be permitted to participate in cross country riding activities (including arena cross country)

- Suitable footwear and clothing i.e. shoulders covered and well fitting bottoms (jodhpurs ideal)
- Well-fitting approved skull cap (helmet) **without** fixed peak,
- Well-fitting approved body protector.

For any term lessons jumping 40cm or above body protectors and skull caps are mandatory as these lessons will include cross country jumping or arena cross country as a matter of course. Those not appropriately attired will not be permitted to jump any solid fences for their own safety. There will be no refunds for those who arrive inappropriately dressed for cross country.

This policy is in place for client safety and will be applied to all cross country riding. If riders do not meet the criteria laid down this policy they will not be permitted to participate in any cross country activities under any circumstances. At the discretion of our coaches riders who are not of a suitable standard will not be permitted to participate in cross country activities.