



# BERGIN EQUINE

## Holistic Equine Training

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## 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 will not be permitted to participate in cross country riding activities without the following:

- 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.

These are available in various models, makes and materials. Above are some examples of what is suitable and not suitable for riding. Riders who are not appropriately attired will not be permitted to participate in any cross country activities. There will be no refunds for those who arrive inappropriately dressed for cross country.

Cross country riding is only available to riders who are LEVEL 3 or above. 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.