



BERGIN EQUINE

Holistic Equine Training

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Address: Brambly Hedge Farm, Church Lane, Newcastle middle, Co.Wicklow, A63 YN59

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:

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

These are available in various models, makes and materials. Below 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.

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.

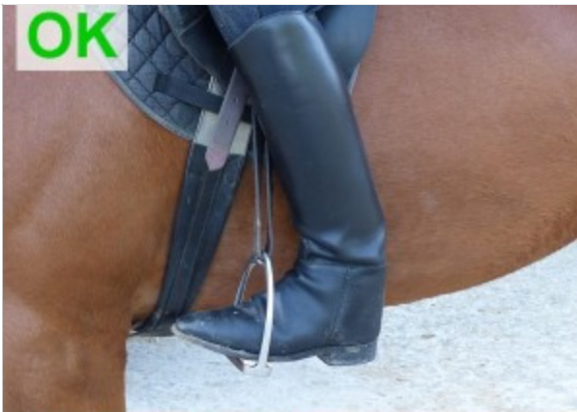


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1. Suitable footwear



Ideal footwear consists of boots with a flat sole and raised heel. Trainers/runners without heel or hiking boots with a rough grip sole are not permitted.



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2. Suitable well fitting headwear

Riding helmets must have one of the following labels: PAS 015:1998 or 2011, ASTM 1163, or Snell E2001, with the official Snell label and number. Please see the BHS Approved Centres, Hat Guidelines 2016 below.

For cross-country jumping, the hat must be a skull cap (no peak) with one of the above labels. (From 1st January 2016 a hat with label EN 1384 only, can not be used. It must also have one of the labels mentioned above.).

We have a limited number of skull caps for client use however we cannot guarantee their availability

Examples of some available helmets

**Skull Cap
(Hat cover, not fixed
peak)**



Suitable for all activities

**Velvet
(fixed peak)**



Not suitable for cross
country riding

**Performance
(fixed peak)**



Not suitable for cross
country riding



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3. Body Protectors

We strongly advise clients to wear an approved body protectors for all riding activities. For cross-country jumping, riders must wear a body protector of BETA level 3 (2009 or later) standard with a purple label. It is essential that it fits correctly.

