



## WHAT TO WEAR AT WHITETHORN ACADEMY

We want you to be comfortable and safe when you visit us. Here are our clothing guidelines and requirements:

### All visitors to Whitethorn Academy

**Everyone who comes onto our property, whether riding or not, must wear sturdy enclosed shoes.**

We are governed by very strict health and safety regulations, so anyone without appropriate footwear will have to stay in their cars.

### For riders

#### **Pants**

Stretchy long pants (riders will need to be able to bend and stretch easily). Stretch jeans, leg ins or jodphurs are suitable. Tight jeans are not comfortable on a horse and tracksuit pants will rub your legs in the saddle.

#### **Boots**

We will try to provide riders with proper riding boots, but if we don't have the right size, students will wear their own shoes (soles need to be relatively smooth).

#### **Socks**

2 pairs of long or crew length socks, one thick, one thin, to help with the fitting of boots. (NB: Sports socks are uncomfortable under riding boots.)

#### **Shirt**

Sun protection is the priority here. Please wear a shirt with collar & sleeves, like a polo shirt or long sleeve shirt.

Tank tops or singlets or bare midriffs are not acceptable.

#### **Staying warm and dry**

Warm jumper or jacket that does up (no flapping sides). Layers are good!

Rain coat if the weather looks threatening.

#### **Safety first**

Hair tied back in a ponytail or plait low on the neck (below where the helmet goes).

No jewellery.

Plenty of sunscreen

Approved riding helmet

**We will provide helmets if you don't have an approved one of your own.**

*Thank you for meeting these safety guidelines.*