

# What to Wear?

## Attire for Horsemen and Horsewomen

Each style of riding has its "correct attire." It is not only correct for appearance sake but also for safety.

Clothing should fit in such a way as to not hinder the movement of the handler/ rider and yet portray a horseman-like appearance as indicated for the various styles of riding. Clothing should not be excessively loose so as to catch on objects that could result in injury to the wearer. Nor should clothing be excessively tight, so that it restricts the wearer's freedom of movement around horses.

Foot-wear — leather, not canvas — needs to cover the foot and provide some

protection in case a horse steps on your feet. For riding, the shoe or boot needs to have a heel that will help keep your foot from slipping through a stirrup. Having such a heel is important so the youth can easily and quickly become separated from the horse in emergency dismount situations or if being thrown from the horse.

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All youth age 19 and under participating in any 4-H equestrian activity are required to wear properly fitted protective headgear that meets or exceeds current ASTM/SEI standards. The chin harness must be securely fastened at all times while riding or driving an equine.

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Spurs can trip you when you work on the ground. Be careful, and remove them if you're not ready to ride.

Do not wear loose jewelry that can catch on objects you come in contact with when working with horses.

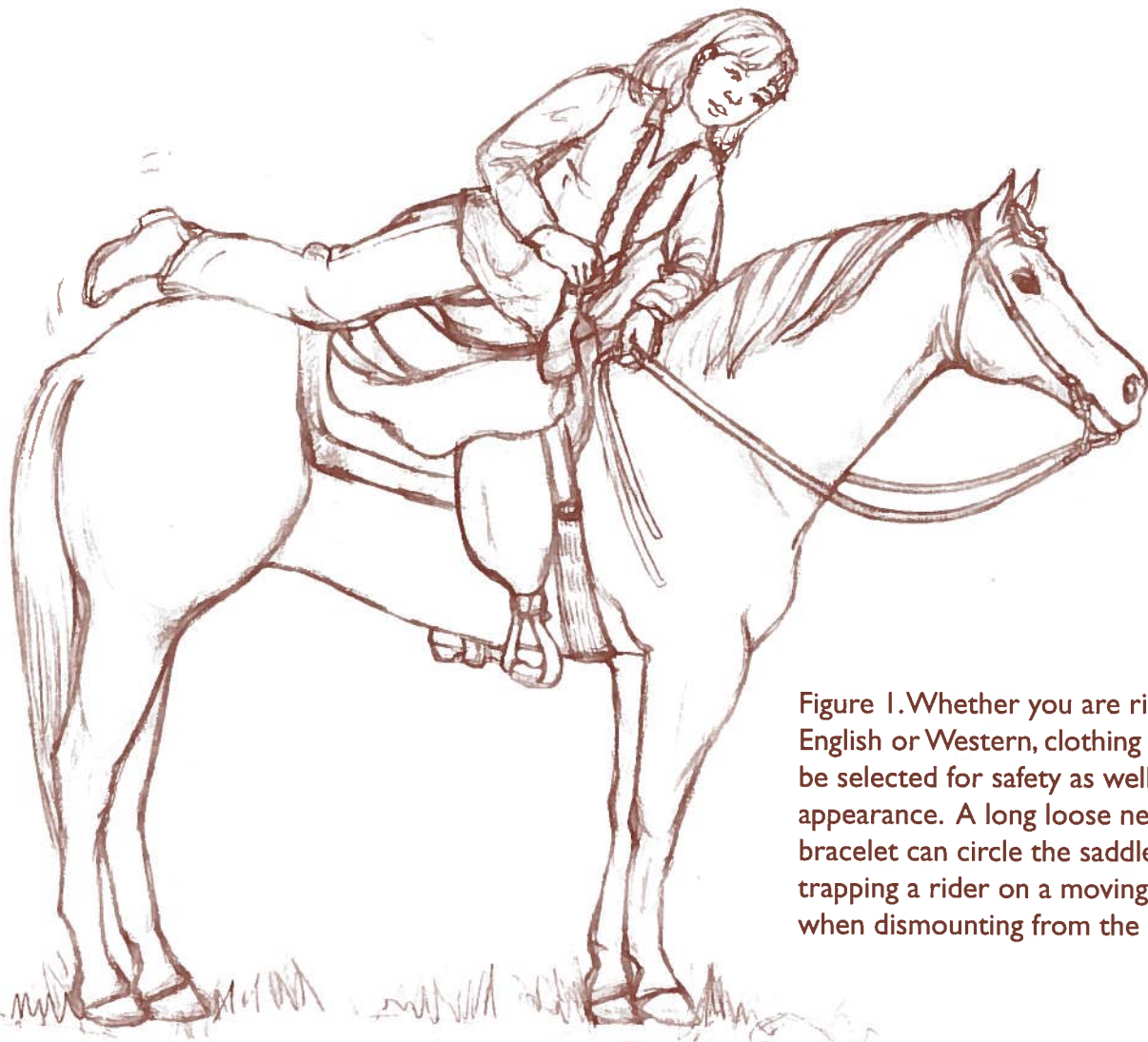


Figure 1. Whether you are riding English or Western, clothing should be selected for safety as well as for appearance. A long loose necklace or bracelet can circle the saddle horn, trapping a rider on a moving horse or when dismounting from the horse.