



ABSR PONY CLUBS

DRESS POLICY

CPC - ALBERTA SOUTH REGION



INTRODUCTION

Pony Club strives to be a safe community for youth and adults to learn to take care of and ride their horses or ponies. The Canadian Pony Club and Alberta South Region Pony Club expects its members to adhere by the dress code described in this policy. The safety of our members is at the forefront when setting these rules as is a respect for the sport, our coaches and volunteers.

For your convenience this policy also describes the dress code for testing at the different levels in Pony Club. Dress code for competitions in different disciplines is described in the General Discipline Rules and rules for the specific disciplines on the Canadian Pony Club website. Prize lists may also have additional clarifications or deviations from these rules.

PART 1: ABS DRESS POLICY

The Region would like to stress the importance of being safe and presentable at all Pony Club meets. Dress as described in this policy is applicable to all pony club events in the Alberta South Region. For members with sensory or other medical issues reasonable accommodations can be made, as long as minimal safety attire in the form of helmet, appropriate footwear and safety vest (on cross country) are worn. Member is required to provide a note from a medical professional to the Branch DC.

1. Overall requirements for attire

- 1.1 Attire will have to be safe, appropriate, neat and in good repair.
- 1.2 Under no circumstances may any member wear or display clothing that conveys an inappropriate message or graphic that may contribute to a hostile environment for another member or volunteer.
- 1.3 Shirts will have to have capped sleeves and at a minimum cover the shoulders at every CPC event, whether it is mounted or unmounted. Spaghetti straps and shirts without sleeves are not appropriate for Pony Club lessons or events. Crop tops, where the midriff is showing is also considered inappropriate wear for any Pony Club event.

2. Basic requirements for dress when mounted.

- 2.1 A helmet
 - Riders have to wear an ASTM/SEI approved helmet with a recommended manufactured date or first point of sale date (with proof) within last 5 years.
 - No broken harness or any damage on the helmet.
 - Securely fit where the chin strap cannot be pulled over the chin when fastened.



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- Helmets must be worn despite religious practice. Event organizers will provide a private dressing area for this purpose.
- Must not be removed while mounted.

2.2 Safe riding shoes

Riding or jodhpur boots or (cowboy) boots with a fairly smooth, thin sole and a well-defined square cut heel have to be worn. They have to have enough heel to protect the foot from slipping through the stirrup.

2.3 Safety Vest or Body Protector

When going out on a cross country course a well-fitting safety vest has to be worn. When wearing an air jacket this will have to go over the approved safety vest.

The Canadian Pony Club makes the use of body protectors compulsory for all Cross-Country riding whether it be training or competing. If a Body protector is worn for Cross country riding it must meet BETA 2009 Level 3 standard (purple label) or BETA 2018 Level 3 standard (blue and black label). For general use, the responsibility for choosing body protectors and the decision as to their use must rest with members and their parents. It is recommended that a rider's body protector should not be more than 2% of their body weight. When worn, body protectors must fit correctly, be comfortable and must not restrict movement. BETA recommends body protectors are replaced at least every three to five years, after which the impact absorption properties of the foam may have started to decline.

BETA 2009 Level 3 (purple label) body protectors will continue to be accepted at Pony Club events until December 31, 2024 after this date they will be phased out.

Safety vest may be worn under or over show jackets unless at a show and the prizelist states otherwise. Air jackets will have to be worn go over the show jacket.

2.4 Clothing

When riding at any Pony Club activities, members should wear:

- A shirt as described in section 1.3. (Polo shirts are a great option)
- Riders can wear a riding jacket, a sweatshirt or other jacket. Please note that hoodies or jackets with a hood attached are not appropriate and unsafe for riding.
- Jodhpurs, breeches or riding pants. Riding pants provide a bit more grip than regular tights. Jeans or sweatpants are not recommended as they will wrinkle along the inside of your leg and may cause abrasions of the skin. You can use pant clips with elastics that go under the boots to prevent the pants from creeping up and wrinkling. No shorts when riding.



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- For competition specific requirements will be made around the colour of jackets, pants and shirts. Please refer to the Canadian Pony Club General Rules for Disciplines and /or the prizelist for rules around competition wear.

2.5 Jewellery

No jewellery is allowed for safety reasons, other than a wristwatch or a wedding ring. Small stud ear- and nose piercings will be allowed if they cannot be removed. Hoops will not be allowed!

In the event of a person being unable to remove permanent jewellery, it must be adequately protected by being covered by a bandage or other appropriate material.

Note that the wearing of any jewellery while at a CPC event is at the risk of the member and their parent or guardian.

2.6 Pins

In certain competitions (dressage) a stock pin worn horizontally, or a tie clip are allowed. Pony club pins with the appropriate backing are to be worn at competitions and testing. They go on the left lapel of your jacket. Stock pins and Pony Club pins have to be removed for Cross Country.

2.7 Hair

In the interest of safety and convenience long hair should be secured appropriately, tied back or braided. During competition or testing a hair net may be required.

2.8 Other

Riding gloves are mandatory when riding.

Riders should wear a belt if the riding pants have belt loops.

Half chaps or garters are optional.

No loose hanging scarfs, strings, very loose clothing, as this may get caught on your equipment.

No chewing gum or eating candy while riding!

3. Basic requirements for dress when unmounted.

When unmounted we can distinguish between two different scenarios: stable management lessons where horses are present and purely theoretical lessons or quiz.



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3.1 Basic requirements for dress in unmounted events / stable management lessons **when working around horses.**

3.1.1 Helmets

Helmets are mandatory when lungeing a horse. Branches may have additional rules for wearing helmets when working around horses.

3.1.2 Safe shoes

When working around horses, safe shoes are mandatory. These are any substantial shoes that are securely fastened, cover the ankle, are entirely closed (no open toes or sandals) and have a thick sole. No cloth or canvas shoes, sneakers or sandals around horses.

3.1.3 Clothing

- A shirt with sleeves. (see 1.3)
- Long pants (mid-length or longer shorts are allowed). Sweatpants are not appropriate for higher level riders (see also dress for testing).
- Please note that hoodies or jackets with a hood attached are not appropriate and unsafe when working around horses

3.1.4 Jewelry

No jewellery is allowed for safety reasons, for working around horses the same rules apply as described in section 2.5.

3.1.5 Hair

In the interest of safety and convenience long hair should be secured appropriately, tied back or braided.

3.1.6 Other

Gloves are mandatory when leading or lungeing a horse.

Members should have working gloves available when doing barn chores such as feeding hay, mucking stalls, etc.

No loose hanging scarfs, strings, very loose clothing, as this may get caught on your equipment.

No chewing gum or eating candy while working around horses!



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3.2 Basic requirements for dress in unmounted events **not involving work with horses**

Adhere to the overall requirements for attire (1.1 to 1.3)

Long pants, mid-length or longer shorts or modest length skirts are allowed at theory lessons or quiz. As a general rule the ABS region will use the 'finger-tip' rule for skirt length. No hot pants or Daisy dukes.

When attending a quiz competition, the Pony Club pin will need to be worn, with the appropriate backing.

PART 2: MEDICAL ARMBANDS

Medical armbands are no longer required during CPC activities. In lieu of medical armbands for all participants, to ensure that vital information is available to first aid or medical personnel in case of emergency, members must comply with the following:

- Providing valid contact information is mandatory for all members. The telephone number of an accompanying person/next-of-kin must be provided to the organizer of the event.
- Declaration of medical condition. Members with medical conditions that may be relevant in the case of a medical emergency are responsible for wearing a medical data carrier* from a system provider able to communicate information. Alternatively (and at the minimum) a medical armband of good quality can be used. Members who chose to wear an armband should download and fill the form available for this purpose on the CPC website.

* Medical data carrier (also called "medical identification tag" or medical alert bracelet/necklace): small emblem or tag worn on a bracelet, neck chain, or on the clothing, intended to alert paramedics/physicians/first responders that the wearer has an important medical condition. Conditions that are relevant include recent head injury, serious past injuries/surgery, chronic health problems such as diabetes, long-term medications and allergies. If in doubt, the member should discuss this with their own treating physician.

PART 3: DRESS REQUIREMENTS FOR TESTING

When testing candidates are expected to be neat and tidy. Clothing needs to be clean and in good repair. One of the marks in the stable management portion is the candidate's turnout. The



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horse and rider turnout are also a part of the riding portion of the test. So, make sure to come well dressed! Dress requirements are dependent on the level you will be tested at.

At every level at a minimum, you should be adhering to the standard described in the previous section of this document, so read those carefully (Part 1, chapters 1-3). The rules around jewelry, shirts and shoes are the same for testing. This also applies to grooms that are assisting a candidate for C2 level or up.

In this section we will describe additional requirements for testing.

1. General dress requirements

All candidates and grooms have to wear their pony club pin with the appropriate backing in both the stable management and riding portion of the test. Pins should not be worn during the cross-country phase. Pin should be on the left side.

Hair should be neat and out of the way for all levels. For stable management long hair can be tied back in a ponytail. For the riding portion hair can be braided for the younger kids, up to 12 years old, and a hairnet has to be used for the older candidates.

2. Written test dress requirements

For the written test portion of the test candidates are required to abide by the dress requirements described in part 1, section 3.2 of this document.

3. Stable Management dress requirements

3.1 D and D1 candidates

- D and D1 Candidates should be neat and tidy, wearing suitable boots to be around ponies. Riding or paddock boots are suggested.
- Hair has to be under control; either tied back or in a net.
- Candidates can wear their riding clothes. They can have sweatpants over their riding pants to keep them clean. No pjama pants!
- Sweaters or jackets without a hood attached can be worn, but definitely no hoodies! Riding jackets should be kept clean for the riding portion of the test and thus not be worn for the stable management part of the test.
- For leading their pony, D1 candidates have to wear gloves.

3.2 D2 candidates

- D2 candidates are expected to look more workmanlike around their horses. They will have to wear suitable clean barn clothes and safe boots.



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- Suitable barn clothes should be clean and in good repair (not torn) and can be described as long pants (e.g. coveralls, jeans, work pants, definitely no sweatpants or PJ pants, no riding pants), a sleeved and collared shirt and hair tied back or braided, hats optional.
- Sweaters or jackets without a hood attached can be worn, but definitely no hoodies!
- Candidates have to have (work) gloves available, either in their back pocket or visible in the tack box.
- Safe footwear will be paddock boots, work boots, cowboy boots or footwear as described in 3.1.2. Definitely no sandals, open toed shoes or sneakers!

3.3 C and C1 candidates

C and C1 candidates should be neat, tidy and clean, wearing suitable boots and barn clothes with work gloves available. Same description as for the D2 candidates.

3.4 C2, B and B2 Candidates

C2 - B2 candidates are expected to be well turned out for the tests with clean workmanlike stable clothes (sleeved and collared shirt, hair tied back or braided, gloves) and attention to safe footwear, see the D2 requirements for a description of suitable barn clothes.

4. Lungeing dress requirements

C2 - B2 candidates are required to lunge their horses as part of the test.

For lungeing the following attire is expected: helmet - breeches - riding or paddock boots - polo shirt (short sleeves and collar), sweater optional - gloves and hair tidy (wear a net). Candidates will also have to wear a watch.

5. Teaching dress requirements

B2 candidates will teach a short lesson as part of the test.

For teaching the following attire is expected: breeches - riding boots – polo shirt (short sleeves and collar), sweater or jacket without hood optional - have spurs, crop and gloves available. Hair has to be tidy. Candidates should wear a watch.

6. Riding dress requirements

6.1 D – D2 level candidates

- Riding attire should be neat, clean and in good repair.
- Riders **MUST** wear an approved helmet and safe riding boots as described in the general section.



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- Shirts should be tucked in and a belt has to be worn when the riding pants have belt loops.
- Gloves have to be worn.
- A Pony Club pin with appropriate coloured disk, has to be worn on the left side.
- It is not necessary to wear formal riding attire. Jackets are optional at this level.
- Any half chaps, clean, safe and in good repair, are acceptable.
- Hair should be tidy, long hair either braided or in a net.
- For the cross-country portion of the test (D2) a long-sleeved shirt or jacket without hood has to be worn. Candidates must wear an approved cross-country safety vest and no Pony Club pin for this part of the test.

6.2 C – C1 level candidates

- riding attire should be comfortable and neat, clean and in good repair.
- Riders **MUST** wear an approved helmet and safe riding boots as described in the first section of this document.
- Boots should be polished and helmets clean. Leather or rubber (tall) boots or jodhpur boots are allowed.
- Black or brown half chaps are acceptable and have to be clean, correctly fitted, safe and in good repair. It is recommended they be the same colour as the boots.
- Breeches or jodhpurs.
- Plain shirt with conservative tie, or rat catcher, or long-sleeved turtleneck sweater. Shirts should be tucked in and a belt has to be worn when the riding pants have belt loops.
- Hacking jacket or black coat.
- A Pony Club pin with appropriate coloured disk, has to be worn on the left side.
- Gloves have to be worn.
- Hair tidy (wear a net).
- For the cross-country portion of the test a long-sleeved shirt or jacket without hood has to be worn. Candidates must wear an approved cross-country safety vest and no Pony Club pin for this part of the test.

6.3 C2 – B2 level candidates

- riding attire for flat and Stadium Jumping should be as for showing.
- Riders **MUST** wear an approved helmet and safe riding boots as described in the first section of this document.
- Riders can dress for either Flat or Stadium jumping, candidates can choose either a hacking jacket or black coat. In either case, accompanying apparel must be correct and all clothing clean, in good repair, boots well-polished and hats clean. Shirt with



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collar, or long-sleeved turtleneck sweater. Gloves have to be worn. Hair tidy (wear a net).

- For the cross-country portion of the test - Long sleeves. Candidates must wear an approved cross-country safety vest. No Pony Club pin

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