

HAIR OF RIDER

Permitted hair



✓

Long hair **restrained *and* in hairnet.**
Above shoulder level.
(Picture: with thanks to Swan Valley HPC)



✓

Hair neatly **restrained, plaited** and in **hairnet.**
Above shoulder length.
(Picture: with thanks to Serpentine HPC)

Not permitted hair



✗

Long hair, is restrained but **unplaited/no hairnet.**
Hair is also falling **below shoulder level.** Hair may cover rider number.

Solution: Restrain in hairnet and/or plait and secure above shoulder level

(Picture: Google Images)



✗

Long hair, is not restrained at all.

Solution: Restrain hair. If hair is long, plait or secure in hairnet above shoulder level.

(Picture: Google Images)

HELMETS

Globally, there are national standards bodies that set out testing requirements for helmets. Australia has one, also the US, UK and Europe as an example.

A helmet that meets a standard, has been tested and proven to comply with the required testing for that standard. Not all standards are the same globally. Some are more stringent than others.

Below are the current and most common international helmet standards

1. ASNZS3838 2006



2. PAS 015 (UK Helmet Standard) with BSI Kitemark



3. VG1 01.040: 2014-12 with BSI Kitemark



4. ASTM F1163: 2004a or 04a with SEI mark / SNELL E2001



5. EN1384 with CE mark year of manufacture 2012-2015



- When to wear:
 - The helmet should be properly fitted and fastened under the lower jaw when riding and handling horses.
 - The Helmet must not be removed for saluting or for presentation of awards
 - The wearing of Safety Helmets around horses/ponies in yards/tie up areas is strongly recommended
- How to care:
 - Impacts: Any Helmet that receives a moderate to serious impact, must be replaced
 - Age: Follow manufacturer's instructions. i.e. ASA/NZS 3838 advises that helmets have a usable life of 5 years, and those that are used very frequently may require earlier replacement.
 - Procedure to check age: look inside helmet, inside helmet lining and to the side of the helmet. Year of manufacture should be shown, as also the helmet standard that the helmet meets.
- Store helmets away from heat and direct sunlight and be aware that the helmet may be damaged and rendered ineffective by cleaning agents
- How to fit

It is important to choose and wear the correct size helmet as the wearing of a poorly fitting or incorrectly

adjusted helmet may lead to the helmet coming off the rider's head. Do NOT wear the helmet if a proper fit is not achieved.

The helmet should sit approximately $\frac{1}{2}$ to $\frac{3}{4}$ inch or 1-2cm above the eyebrows. See pictures below.

Put on the helmet and stand in front of the mirror. Rock the helmet both backwards and forwards without moving your head – your helmet is a reasonable fit if the skin on your forehead (and your eyebrows) moves with the helmet.

Tighten the throat strap and rear straps by pulling the spare end(s) of the strap through the buckle until a firm yet comfortable fit is achieved. Do not over tighten straps.

Helmets fitted with rear straps should be adjusted so that they sit just on or below the earlobe. Ensure all parts of the retention harness are properly adjusted – tension should be firm and evenly distributed among both front and rear straps.

After fitting as above, grasp the helmet and try to rotate it front and rear. A correctly fitted helmet should be comfortable and should not move forward to obscure vision or rearward to expose the forehead.



All Clip Fasteners (particularly the smaller ones on the Shiny Cuddly Pony type helmets) are clicked up securely as it has been known for some to come undone whilst the rider is performing an activity

HELMET CAMERAS

No guidelines as these are not permitted in PCAWA at any time, in any way.

HELMET COVERS

Every Club and Zone has designated colours and patterns for helmet covers. These can be found in the PCAWA Members Handbook.

HELMET PEAKS

PCAWA has no restriction on the use of fixed or detachable helmet peaks.