



Riding Helmets

General

Riding Schools, Livery Yards and Riding Establishments are independent businesses and have a legal duty, under the Health and Safety at Work Act, to assess the risks to their staff, clients and the public arising from their business activities and to put in place appropriate mitigation measures (including the use of Personal Protective Equipment (PPE)) to reduce risk to 'As Low As is Reasonably Practicable'. The activities undertaken by ABRS+ accredited Riding Schools, Livery Yards and Riding Establishments are extremely varied and attract differing levels of risk. Proprietors should apply the recommendations below only in the context of school, yard or establishment risk assessments undertaken.

Recommended Standard

Riding Helmets are critical items of Personal Protective Equipment (PPE). Wearing one can reduce the risk of serious injury. It is crucial, therefore, that a riding hat meets standards that are intended to ensure high levels of shock absorbency and penetration prevention. "For general riding school and leisure riding use, ABRS+ recommends helmets meeting:

- **PAS 015 (2011)**
- **VG1**
- **SNELL (2016/2021)**
- **EN1384:2023**
- **ASTM F1163 2015/2023**

For cross-country, the ABRS+ recommends that a "Jockey Skull" with a smooth or slightly abrasive surface and having no peak or peak extensions, is used. A removable hat cover with a light flexible peak may be used.

Where riding is being undertaken in a competitive environment (for example, Eventing, Showjumping and Dressage), then the hat standard applicable to that discipline (detailed by the appropriate governing body) should be followed.

To ensure that the hat provides the correct level of protection, the hat must fit correctly and the harness adjusted properly. Riders may need to try several makes of hat to find the best fit. The ABRS+ recommends that hats are fitted by an individual that has undertaken an appropriate BETA (British Equestrian Trade Association) hat fitting course.

Marks of Quality

Independent certification marks demonstrate that a helmet has been tested and certified by an approved third-party organisation and is subject to ongoing production monitoring.

Examples include:

- BSI Kitemark



- Inspec IC Mark



- SEI certification mark



Use of Head-Mounted Cameras

The use of HEAD CAMS is not recommended. This includes use on the head, chest, bridle or any other part of the horse or rider.