



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 helmet meets standards that are intended to ensure high levels of shock absorbency and penetration prevention. In the context of non-competitive riding routinely undertaken at Riding Schools, Livery Yards and Riding Establishments, the ABRS+ recommends the following standards:

- **PAS 015 (2011)**
- **VG1**
- **SNELL (2016/2021)**

The standard that the helmet has been designed to meet will be displayed on a label within the helmet. There are occasions when helmets have been designed to meet more than one standard. Where any of the standards recommended above are shown in conjunction with a standard that not been recommended, then this is considered acceptable.

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 helmet 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 helmet standard applicable to that discipline (detailed by the appropriate governing body) should be followed.

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

Marks of Quality

Quality marks show that the requirements of certification have been met and the manufacturer has complied with an approved system of regulation and testing. They also indicate ongoing monitoring by independent bodies to ensure that the helmets continue to be made to a high standard. Quality symbols include:

- **Kitemark:**



- **IC Mark:**



ABRS+ recommend that PAS 015 and VG1 helmets should carry the appropriate Kitemark or IC 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.