

# Hat and Body Protector Rules



## Protective Headwear

Protective Headwear must be worn at all times when mounted at any RDA event whether competing or not. Harnesses/straps must be correctly adjusted and fastened at all times. At RDA National Championships and Regional Qualifiers all hats must have been checked by an official to make sure that it is of one of the accepted standards and then tagged with an RDA hat tag.

## Protective headwear constitutes a hat which meets one of the following standards:

- **British PAS 015: 2011** – with BSI Kitemark or Inspec IC Mark
- **European VG1** - with BSI Kitemark or Inspec IC Mark
- **(BS) EN 1384:2023** - with BSI Kitemark or Inspec IC Mark
- **American ASTM F1163 2015 and 2023** – with the SEI Mark. *Please note that 2004a or 04a has been withdrawn from 31 December 2023 and is no longer acceptable*
- **SNELL E2016 and E2021** - with the official Snell label and number

**Competitors are strongly advised to check their hats regularly and to replace them immediately if damaged or following a fall. It is recommended that hats are replaced every 3 to 5 years, depending on usage.**

<https://www.beta-uk.org/pages/safety-equipment/hats.php>

In some cases, where a standard hat is not suitable, alternative headwear can be worn provided RDA's alternative hat wear rules are followed as detailed below:

Non-standard hats (including specially made, by a reputable manufacturer, riding hats, other kitemarked helmets e.g. ski, cycle, skateboard) may be assessed by a Regional or County Coach, or someone who has been approved by the Regional Coach. In the case of RDA Carriage Driving Groups, alternative hat assessment may be carried out by the Regional Driving Representative, Carriage Driving Assessor, or a suitable person appointed by them to assess hats.

**Anyone assessing hat suitability MUST have taken part in a BETA hat fitting workshop.**

A signature of consent must be provided on the 'Alternative Hat Assessment Form' by the Participant/Parent/Guardian/Carer, confirming they understand that it is a non-standard hat.

Participant and hat are to be re-assessed annually. The hat must not be used by another participant without an assessment.

**From 1st September 2022, no person should be in a carriage during an RDA Carriage Driving activity (with or without participants) without wearing an approved riding hat. The only exceptions are Sikh turban wearers and those with alternative protective headwear, approved through the Alternative Hat Form.**

Religious head wear (hijabs, yarmulkes etc) may be worn providing they will not come undone or are not fixed to the head by a hard object e.g. brooch, or if they could present a danger to the participant.

In these cases, an Alternative Hat form must be completed.

### **Hats for volunteers:**

Although it is not currently mandatory for volunteers to wear hats, if an RDA Volunteer chooses to do so, the hat must comply with the current standards listed above.

### **All coaches/volunteers must wear a hat when mounted**

### **Body Protectors:**

A body protector is strongly recommended in Showjumping competitions.

Any body protector for RDA activity must meet 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 participants and/or their parents or guardians. It is recommended that a participant'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 that 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.

**For further information on hat standards, testing and fitting, please refer to the British Equestrian Trade Association (BETA) website: [British Equestrian Trade Association – Safety and your Head \(beta-uk.org\)](https://www.beta-uk.org)**