







NRC:

- **Insists** on the wearing of small heeled horse riding boots
- **Insists** on wearing of horse riding helmets which are compliant with current standards.

(Helmets used in other sports are not permitted at any NRC events)

Helmet Standard	Safety Mark	Allowed at the following activities:
PAS 015:1998 or 2011 with BSI Kitemark		All Activities
VG1 with BSI Kitemark		All Activities
EN 1384 and BSEN 1384		All Activities until 31st July 2017
Snell E2001 with the official Snell label and number		All Activities
ASTM-F1163 2004a with the SEI mark		All Activities
AS/NZS 3838 1998, 2003 or 2006		All Activities

- **Insists** back protector is compulsory to be worn at all jumping events and Green Horse / Rider events
- **Encourages** the use of back protectors for all other events