

CanTRA POLICY BOOK

O—2 RIDING HELMET SAFETY AND INSURANCE REQUIREMENTS

To ensure safety and to meet insurance standards for all CanTRA member centres, the following requirements are to be in place:

- * SEI/ASTM-approved riding helmets are required for all participants in mounted activities. Please check helmet labels for these approved standards. For the list of additional approved riding helmets see Equestrian Canada, Section A: General Regulations, Headgear Standards.
- * Helmets should be replaced five years from the purchase date, and a log book kept with the date of purchase, to include details of the helmets, and the invoice stapled to the page; the helmet should also be replaced after a fall, or if the helmet is dropped on hard ground.
- * This policy applies to riding lesson participants, as well as to instructors and volunteers when schooling and exercising horses.
- * Program participants are also required to wear riding helmets when grooming or working around a horse.
- * It is the instructor's responsibility to ensure that each rider is wearing a correctly fitted helmet before being mounted.
- * Definition of a correctly fitted riding helmet:
 - No hair tucked up into the helmet, such as a top knot, braids, ponytail or loose hair.
 - No head coverings, ski skull caps, balaclavas worn under the helmet.
- * For maximum safety, and to meet liability insurance requirements in the event of an accident, the riding helmet must fit directly to the rider's skull.

Reference

Article provided by the CanTRA insurance company:

<https://www.chronofhorse.com/article/from-the-magazine-apunzel-apunzel-let-down-your-hair/>

Equestrian Canada, Section A. General Regulations – Headgear Standards

https://www.equestrian.ca/cdn/storage/resources_v2/RikYbqFqvrfqBm4p2/original/RikYbqFqvrfqBm4p2.pdf

Ref: Board minutes, 26th November 2023