

# 1. Headgear

**Protective Headgear must be worn by all Athletes (as well as any other person) at all times while mounted.** Any athlete (as well as any other person) violating this provision must immediately be prohibited from further riding until the Protective Headgear is properly in place.

## Final Fitting Tips – Does your helmet fit right?

- Open your mouth wide...big yawn! The helmet should pull down on the head. If not, refer back to point 4 and tighten the chin strap.
- Nod your head
  - Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving slide 2 forward. Buckle, retighten the chin strap, and test again.
  - Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving slider 2 back towards the ear. Nuckle, retighten the chin strap, and test again.
- Roll the rubber bands that contain the excess straps right down to the buckle. This prevents the buckle from slipping over time.



# use your head

## DO THE FIVE-POINT SAFETY CHECK

when selecting your riding helmet.

### 1. FRONT

The helmet should sit firmly in place about an inch above the eyebrows.

More than 1" = too small.  
Less than 1" = too big.

### 2. SIDE

The straps on the side should meet just below and in front of your earlobes.

### 3. BACK

A snug-fitting helmet is best. The harness on the back should prevent the helmet from moving forward. Avoid using your hair to create a proper fit.

### 4. THROAT

The strap under your chin should be snug but not tight. Tilt your chin up and down to ensure a proper fit.

### 5. TEST

Grasp the helmet with two hands and rock it back and forth. The skin and eyebrows should move with the helmet.



Always choose to wear  
a certified riding helmet.



No helmet can protect against every head injury. However, studies show a dramatic reduction in the severity of injuries when a properly fitted helmet is worn every time you ride a horse. Replace your helmet every five years or immediately after a direct impact from a fall.

[extension.psu.edu/4-H](http://extension.psu.edu/4-H)

This publication is made possible through Pennsylvania 4-H educational materials fees.

Penn State College of Agricultural Sciences research and extension programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

Where trade names appear, no discrimination is intended, and no endorsement by Penn State Extension is implied.

This publication is available in alternative media on request.

Penn State is an equal opportunity, affirmative action employer, and is committed to providing employment opportunities to all qualified applicants without regard to race, color, religion, age, sex, sexual orientation, gender identity, national origin, disability, or protected veteran status.

© The Pennsylvania State University 2019

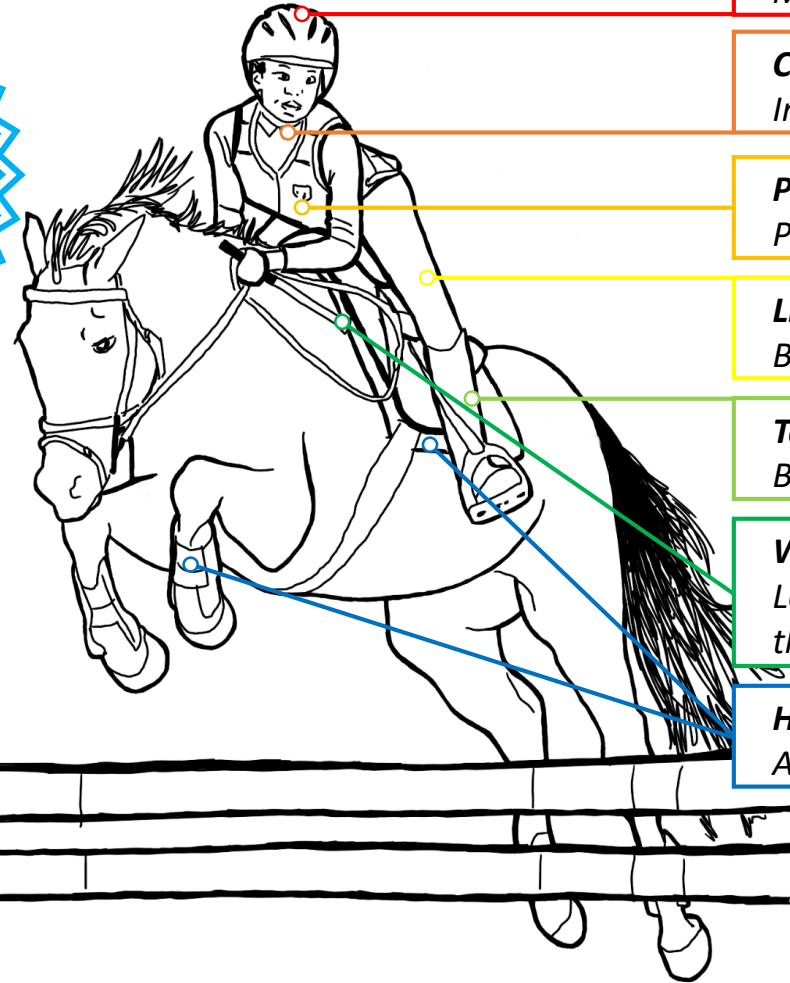
Code 5533 01/19



## 2. Jumping League Dress Code

Don't have a collared shirt? Contact Inga Fletcher to purchase an official TTEA Polo Shirt:

[iserretrefletcher@yahoo.com](mailto:iserretrefletcher@yahoo.com)



**Helmet with Three-Point Retention Harness**  
Must be worn at all times while mounted

**Collared Shirt**  
Including polo shirts; any colour permitted

**Protective Vest (Optional)**  
Please check your stables' rules

**Light-coloured Breeches or Jodphurs**  
Beige, Fawn, Light Grey, White

**Tall boots, or paddock boots with Half-Chaps**  
Boots must have a heel

**Whips 75cm in length max**  
Longer whips can be used during warmup on the flat only

**Horses' Boots & Saddle Pads**  
Any colour

If you have any questions, please ask your coach or contact the TTEA at: [tteasecretarygeneral@gmail.com](mailto:tteasecretarygeneral@gmail.com)