

**The British Horse Society is inclusive and committed to encouraging disadvantaged communities, specialist organisations, faith groups, people from ethnically and culturally diverse backgrounds, disabled people and people from the LGBTQ+ community to enjoy horses and riding.**

We are aware that specific clothing worn for religious purposes can be seen as a barrier for participation in riding. The clothing that an individual chooses to wear should not exclude anyone from horse riding or being around horses. The following guidance is for centres, clubs and coaches to use to discuss with clients any specific needs or requirements which they may have.

More advice is available <https://www.bhs.org.uk/our-charity/corporate-information/working-with-the-law/equality>

### What should I think about when someone comes to ride with me and they wear religious clothing?

Talk to the participant about their clothing and what they are comfortable to wear when riding. Explain that it isn't always safe for any rider to wear loose fitting clothing or jewellery. You may need to add this to the information you provide in advance of the lesson.

Suggest types of clothing that might be suitable and will still enable them to feel comfortable, for example Jodhpurs underneath a long shirt or tunic that will cover thighs. A polo neck to cover an individual's neck if they are required to change their head scarf style.

### Is an individual allowed to wear a scarf or other headwear under their riding hat?

Talk to the individual about the type of scarf or headwear they are comfortable wearing, sport scarves should be encouraged instead of ones that wrap around the neck. Using pins in a scarf should be avoided. Some sport scarves may slip whilst being worn under a riding hat so consideration to the type of material may be needed. Scarves should be made from a thinner material be tucked in close to the head, without any loose sections, ideally tucked into the top. Please make sure the riding hat still fits correctly.

### What else do we need to consider?

Centres, clubs and coaches may like to consider providing:

- Ladies only sessions
- Privacy for getting dressed or changing helmets/scarves
- Discuss with participants at your introduction/taster session the expectation regarding family accompanying them and what they are required to wear e.g. flat, protective shoes.

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### What about individuals who wear a turban for the Sikh religion, are they required to wear a hat?

Sikh people are exempted while they are wearing a turban. We do advise to offer the option to wear a riding hat and explain the associated risks when horse riding and to sign a declaration of Acceptance of Risk and Indemnity if a turban is worn.