



## Turn Out

### Lindsay Beadle

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We have all heard the saying “dress for the job you want, not the job you have.” The world of equestrian show jumping is no different. Presentation does not go unnoticed, and plays a large role in your success within the industry. Below is a helpful list of the do’s and don’ts at the horse show and the training stable for the committed rider. Chances are if you are reading this, you are a part of a show barn or aspiring to be, in which case you should present yourself accordingly.

#### RIDER TURN OUT

Hair should be put up neatly inside your helmet. Girls: always use a hairnet, and note that it is customary to have your hair tidily structured over your ears.

- Helmets need to be ASTM/SEI certified for competition.
- Wear black gloves if competing in medal, equitation and hunter classes.
- ALWAYS wear a belt and make sure shirt is tucked in.
- Boots should be polished. Not cleaned with tack cleaner, polished.
- Show jackets and breeches should be clean and nicely fitted.
- o Hunters: coats must be traditional in color and style, beige breeches only.
- Equitations: coats must be black or navy, white show shirts and beige breeches only.
- Jumpers: jacket requirements determined by each show, white breeches for any classes with sponsors present or with a monetary purse (mini prix’s, derbies, grand prix’s, stake classes, etc), coloured breeches ok in early week classes but not encouraged.
- Jumper shirts: all shirts must have a collar, should not be low cut and must cover armpits. If wearing sweater or rain jacket, it should be fitted nicely with no hood.
- No full seat breeches. Knee patch or euro seat only.
- Shadbelly’s are encouraged for hunter classics and hunter derbies (with beige breeches, stock tie and pin). Men: hunt coat and white breeches.

#### HORSE TURN OUT

- All horses should have hoof polish on every time they are under saddle.
- Muzzles, feathers, and ears should be clipped and mane managed before coming to the show. If coat is thick or long, consider a full body clip.
- Horses should be tidy and clean, with number on when out of stall. Even when hand walking, horses should be groomed, and when provided, sporting their barns colors and logo (most show barns have barn scrims or dress coolers). These coolers or scrims should also be used when waiting ringside. This is a sign that you take pride in the program you are in, and also provides good branding for your trainer, a gracious act.

**Martingales:**



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- Hunters: standing martingales only.
- Jumpers: standing martingales only permitted up to and including 3'3 competitions, running martingales and breast plates ok, other martingales should be discussed with trainer and referenced back to EC rules before use.
- Equitations: each class specifies martingale restrictions, be sure to check before entering ring! Breast plates or breast collars are not encouraged in any equitation or medal, simple leather running and standing martingales preferred.
- Flat classes: No martingales.

#### Boots:

- Hunters: No boots.
- Equitations: Leather boots.
- Jumpers and schooling: White, black, brown or leather.\*

#### Saddle pads:

- Hunters: Full hunter pad only.
- Equitations: Full hunter pad only.
- Jumpers: White, black or barn coloured square pads with appropriate half pad.\*
- Bonnets: body of bonnet should be subtle in colour and appropriately matched to your horse or barn colours.\*

\*Colors if used should be done so in a tasteful manner, but for the most part should remain in the pony jumper ring with cute kids wearing ribbons in their hair. If you are over 5' and 10 years of age, this does not include you.

### AT THE BARN

How you dress at the barn reflects you as a rider, your motivation level, and your respect for your training program and coach. We do not need to show up in show gear by any means, but I will emphasize again the importance of clean, tidy, and fitted clothing. Hoodies and baggy clothing should always be avoided, not only for appearance but for safety as well. And please, let's leave the cleavage, mid-drift, armpits, and plumbers crack away from the stable!

A show ring appearance for yourself and your horses takes a lot of time that most will not spend on a day-to-day basis, but when prepping for a lesson, show your appreciation for your coach's time and efforts by ensuring good grooming and turnout.

### STAFF AND WORKING STUDENTS

You are the most direct representation of your employer/trainer and, even if you do not know it, you are a role model to the riders within the program. I hope you take pride in that by presenting yourself



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professionally, not only in attire, but in attitude and conduct. By all means, it's a dirty job and nearly impossible to stay clean, but just as we ask of the riders: cleavage, mid-drift, and plumbers crack should be no part of the visual you give to others of your stable. Sporting your barn colours and logo on a nice polo or jacket is a lovely touch, especially when ringside during important competitions.

Clean, tidy, professional turn out creates a visual for others of quality, determination and commitment. It will motivate those around you to take you seriously, and in turn earn you a degree of respect. Turn out along with a good attitude, professional conduct, and of course a strong work ethic are essential ingredients in the recipe for success. So I emphasize again, dress for the job you want, not the job you have.