



Murton Equestrian Centre Limited, The Bridle, Murton Village, Newcastle NE270QD

Telephone 01912571369 Email murtonequestriancentre@gmail.com

Website www.murtonequestriancentre.co.uk

Murton Equestrian Centre Rider Code of Conduct

I believe that the true essence of sport is to strive for personal achievement and excellence through full and honest effort.

I am committed to participating in sport with integrity, and to striving to win only by legitimate means. I pledge to learn, understand, and adhere to both the written rules of my sport and the accepted rules of fair play.

I believe that violence and physical intimidation are harmful to sport, and I refuse to use such tactics to gain an unfair advantage. I understand that officials, teammates, and opponents are all integral to sport and worthy of my respect. It is my responsibility to maintain self-control. I will accept decisions made by officials, coaches or MEC staff without arguments.

I will not ride aggressively or with hostility and will behave graciously in triumph or defeat.

I believe that the equestrian sport is based on a partnership between the horse and human athlete.

Code of Conduct

- **The purpose of this Code of Conduct is to promote a safe and positive environment within MEC's programs, activities, and events, by making all parties aware that there is an expectation at all times of appropriate behaviour, consistent with MEC values.**

Respect for others

1. I agree to act with respect toward all those I meet through sport.
2. I refrain from comments or behaviours which are abusive, offensive, racist, sexist, or otherwise belittling or demeaning to others.

3. I consistently demonstrate the spirit of sportsmanship, sport leadership and ethical conduct.
4. I do not harass or tolerate harassment by others.
5. I respect others as persons and treat them with dignity.
6. When appropriate, I act to correct or prevent practices that are unjustly discriminatory, hateful, or mean spirited.
7. I respect the privacy of others.
8. I do not endanger the safety of others or horses through my actions.

Respect for self

1. I act with fairness and integrity in the pursuit of excellent sport.
2. I practise drug-free sport and I avoid the abuse of alcohol and illegal drugs.

Respect for Horse

1. I put my horse's needs first and I believe in upholding the welfare of the horse.
2. I treat my horse with the kindness, respect, and compassion that they deserve, and I never mistreat my equine partner.

Respect for sport

1. I strive for personal excellence in sport.
2. I honour and respect the spirit and traditions of sport.
3. I do not impede the preparation for competition of other competitors or teammates. I respect the decisions of judges and officials.
4. I promote drug-free sport.

Respect for MEC

1. I accept MEC's rules, policies and procedures governing events and competitions in which I participate.
2. I comply with the reasonable requests of coaches, instructors, and staff of MEC.
3. I accept that I am an ambassador for the equestrian sport and MEC in all my interactions, including on social media (see MEC social media Policy)
4. I refrain from any action which might bring the equestrian sport or MEC into disrepute.

Safe riding attire includes:

- Weather appropriate comfortable, secure clothes, which will permit enough freedom of movement to ride comfortably.
- Long pants, preferably stretchy with no inseams as they can be painful and chafing.
- British Kitemark and current safety standard helmets, fitted so they do not move when the rider's head moves, and the straps adjusted snugly (including when handling horses)
- Boots high enough to support the ankle with a 1/2" heel so that the foot cannot advance too far in the stirrup and rigid sole for comfort and protection.

Recommended but not required:

- Half chaps help protect the rider's calf from being pinched by stirrup leather and are worn with paddock boots.
- Alternatively, Tall boots are in leather or rubber (rubber offers less flexibility in ankle so not optimal)
- Body Protectors are recommended when learning to canter or jump.
- Riding gloves to help with grip on reins.
- Long sleeves can be ideal (i.e., sun shirts) as when we go outside for riding this can provide protection from bugs and sun.

Unsafe attire includes:

- **Open toe shoes (not permitted in our yard for riders, parents, or visitors) as if a horse steps on your foot by accident your risk of injury is hugely increased.**
- **Really loose/baggy clothes that can catch on equipment.**
- **Crop tops as exposed midriff is a risk for scratching/catching.**
- **Shorts/Skirts as the stirrup leathers will chafe and many stable management activities are more safely done with legs covered (e.g., handling of hay)**

