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**Safety Equipment Guidelines for  
Flat Racing  
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**This guide book is a reference provided to racing officials to assist with the identifying of safety equipment as per the ARCI Model Rules. Please contact your specific jurisdictional rules and regulations for the requirements in your jurisdiction.**

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## **HELMETS**

### **ARCI-008-010 General Provisions Z. Safety Equipment**

#### **(1) Helmets**

Any person mounted on a horse or stable pony on association grounds must wear a properly secured safety helmet at all times. Additionally, all members of the starting gate crew must adhere to this regulation at all times while performing their duties or handling a horse. For the purpose of this regulation, a member of the starting crew means any person licensed as an assistant starter or any person who handles a horse in the starting gate. The helmet must comply with one of the following minimum safety standards or later revisions:

- a. American Society for Testing and Materials (ASTM 1163)
- b. European Standards (EN-1384 or PAS-015 or VG1)
- c. Australian/New Zealand Standards (AS/NZ 3838; or ARB HS 2012)
- d. Snell Equestrian Standard 2001

#### **(2) Vests...**

**(3) A safety helmet or a safety vest shall not be altered in any manner nor shall the product marking be removed or defaced**

It is important that all helmets are properly fastened helmets at all times. Most manufacturers provide a fit guide with the purchase of a new helmet. Here is a

link to the CDC Heads Up program which describes helmet sizing and fit.  
[https://www.cdc.gov/headsup/pdfs/helmets/headsup\\_helmetfactsheet\\_equestrian\\_508.pdf](https://www.cdc.gov/headsup/pdfs/helmets/headsup_helmetfactsheet_equestrian_508.pdf)

## **Current Safety Helmets Standards Available**

ASTM International – predominately a North American standard identified by a letter and four numbers as the base standard. The two digits afterwards indicates the year the standard was revised. If there is a letter, the standard was revised twice in one year and if there is a parenthetical number that is the date of the original standard.

**ASTM F1163-15** Standard Specification for Protective Headgear Used in Horse Sports & Horseback Riding (Supersedes ASTM F1163-4a(2011))

European Norm - The standards body for Europe. Each country will have a two-letter country code in front of the EN to identify the country of original—for example: British standards are identified as BSENXXXX).

**PAS 015:2011** Specification for Helmets for Equestrian Activities (Supersedes PAS 015:1998 (2008))

Interim Standard

**VG1 01.040 2014-12**

**\*EN 1384:2012** Specification for Helmets for Equestrian Activities

\*Withdrawn Standard as of 1/1/2016—this standard was withdrawn from the European Norm standards. The VG1 is the interim standard until such time as a new EN standard is produced.

Standards Australia / Standards New Zealand

**AS/NZS 3838:2006** Helmets for Horse Riding and Horse-related Activities

**ARB HS 2012**—ARB High Performance

Snell Memorial Foundation

**Snell E2001** Standard for Protective Headgear for Use in Horseback Riding

## **Some Helmets that currently meet the Model Rules standards**

A comprehensive listing of helmets that meet ASTM F1163-15 can be found at [www.seinet.org](http://www.seinet.org) by searching Certified Products/ Equestrian Helmets/ Equestrian Helmet

Below are examples of some commonly used helmets



**Pro II Plus**  
Standard: PAS 015 2011  
ASTM F1163-15; VG01 01 2012



**Pro II**  
Standard: PAS 015 2011  
ASTM F1163-15; VG01 01 2012



**J3**  
Standard: PAS 015 2011  
ASTM F1163-15; VG01 01 2012



**4 Star**  
Standard: PAS 015 2011; SNELL;  
ASTM F1163-15; VG01 01 2012



**Jockup three 2x**  
Standard: ASTM-F1163-15;  
VG 01 2012



**Jockup three 4S**  
Standard: ASTM-F1163-15;  
VG 01 2012



**Jockup One**  
Standard: ASTM-F1163-15;  
VG 01 2012



**Jockup one 4s**  
Standard: ASTM-F1163-15;  
VG 01 2012



**Gatehouse RXC1**  
Standard: SNELL E2001;  
PAS 015 2011; VG 01 2012



**Gatehouse HSI**  
Standard: SNELL E2001



**Gate HSI Special Edition**  
Standard: SNELL E2001;



**Champion Pro Plus**  
Standard: PAS 015 2011; VG01 01 2012



**UoF Race Evo**  
Standard: VG1 01.040. 2014-12;  
PAS 015: 2011



**LAS Jockey Helmet JC**  
Standard: VG1 01.040 2014-12



**LAS JC Star**  
Standard: VG1 01.040 2014-12



**KEP Cromo Jockey**  
Standard: VG1 01.040. 2014-12;  
PAS 015: 2011; ASTM F1163-15



## Non-compliant Helmets

Most non-compliant race riding helmets can be identified by hallmarks that are visible from afar. For example, helmets with metal buckles are non-compliant.

The 'Caliente' style helmet is one of the commonly used helmets that does not meet the current model rule standard. This helmet is identified by its thin shape and metal clasp closure. Here is a picture of a common Caliente style helmet.



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## **BODY VESTS**

### **ARCI-008-010 General Provisions Z. Safety Equipment**

(2) Any person mounted on a horse or stable pony on the association grounds must wear a properly secured safety vest at all times. Additionally, all members of the starting gate crew must also adhere to this regulation at all times while performing their duties or handling a horse. For the purpose of this regulation, a member of the starting gate crew means any person licensed as an assistant starter or any person who handles a horse at the starting gate. The safety vest must comply with one of the following minimum standards or later revisions:

- a. British Equestrian Trade Association (BETA):2000 Level 1
- b. Euro Norm (EN) 13158:2000 Level 1
- c. American Society for Testing and Materials (ASTM) F2681-08 or F1937.
- d. Shoe and Allied Trade Research Association (SATRA) Jockey Vest Document M6 Issue 3
- e. Australian Racing Board (ARB) Standard 1.1998

(3) A safety helmet or a safety vest shall not be altered in any manner nor shall the product marking be removed or defaced

## **Current Safety Vests/Body Protectors Standards**

### **ASTM International**

**ASTM F1937-04(2017)** Standard Specification for Body Protectors Used in Horse Sports and Horseback Riding

**ASTM F2681-18** Standard Specification for Body Protectors Used in Equine Racing

### **European Norms / British Equestrian Trade Association**

**EN 13158:2009** Protective Clothing

**BETA 2009** Body Protector Standard

### **Standards Australian Racing Board**

**ARB Standard 1.1998**

### **SATRA Technology Centre**

**SATRA 1999 Jockey Vest Standard M6 Issue 3**

## **Non-compliment Vests**

Any riding vest that has broken zippers, rips, safety-pins, or that have been altered in any way, then the equipment is considered noncompliant. Unbuckled and unzipped equipment is a violation of the rules and officials should insist on the equipment being properly fastened. To the right is an example of a non-compliment body vest as it cannot be identified by any of the current symbols or logos.



## Some vests that currently meet the Model Rules standards

A comprehensive listing of vests that meet ASTM 1937-04(2017) and ASTM F2681-18 can be found at [www.seinet.org](http://www.seinet.org) by searching Certified Products/Equestrian Body Protectors (2004)/Equestrian Body Protectors

Below are examples of some commonly used vests



VIPA Body Protector

Safety Standards: EN13158: 2009 Standard Level 1



VIPAI Body Protector

Safety Standards: EN13158: 2009 Standard Level 1



JL9 Body Protector

Safety Standards: ASTM F-1937-04/SEI



ProRace 2.0

Safety Standards: EN13158:2009; BETA 2009 Level 2 protection



1038 Competitor II

Safety Standards: ASTM F2681/ SEI



3015 Eventer Pro

Safety Standards: ASTM F-1937-04/SEI



## Identifying the Current Standards

ASTM International marking attached to a product is a manufacturer's claim that the product meets all the requirements of the stated ASTM standard. There is one helmet and two vest standards produced by ASTM. All meet ARCI rules. Helmets and vests with ASTM labels will typically include the SEI quality logo as well.



A safety vest displaying a BETA label means British Equestrian Trade Association has independently tested the vest model and has confirmed that the product conforms to the relevant British Standard, and in addition, all vest models and sizes from the manufacturer are tested annually. There are three distinct Levels of vests. Level 1 is designed specifically for licensed jockeys only. It is the lowest level of protection. Each BETA level and year of standard is indicated by different colored labels. The most recent colors include: Level 1—Black, Level 2—Brown, Level 3—Purple

Any of these are approved with the Level I being the most preferred typically of professional jockeys. Some international jurisdictions are now requiring Level 2 BETA vests.

Products that have successfully been assessed against SATRA's approved product testing and ongoing conformity assessment program can differentiate themselves in the market by being able to advertise their products as 'SATRA approved'.



## Identifying the Quality Symbols

The Safety Equipment Institute (SEI), is a private, nonprofit organization that administers a nongovernmental, third-party certification program and tests and certifies a broad range of safety and protective products used occupationally and recreationally. SEI certification programs are voluntary and available to any manufacturer of safety and protective equipment seeking to have product models certified by SEI. In the United States, conformity assessment of riding helmets to defined standards is performed primarily by SEI.



SAI Global Product Certification Services provides third party assurance that a particular product meets the specified requirements of a nominated product standard. SAI Global StandardsMark™ on the product represents reliability, quality assurance and safety. Many Australian and New Zealand manufacturers certify their products through SAI.



A product with a Kitemark this means BSI has independently tested it and has confirmed that the product conforms to the relevant British Standard, and has issued a BSI license to the company to use the Kitemark. The manufacturer pays for this service and their product is tested, and the manufacturing process is assessed, at regular intervals.



**CE** CE marking attached to a product is a manufacturer's claim that the product meets all the requirements of the European legislation. Many products must meet legal requirements before they can be sold within the European Community, and must carry CE marking.



## RIDING CROPS/WHIPS

### Crop Specifications

The Riding Crops should be periodically inspected for adherence to the below crop specifications as per the ARCI Model Rules

### **ARCI-010-035 Running of the Race A. Equipment**

- (1) All riding crops are subject to inspection and approval by the stewards and the clerk of scales.
  - a. Riding crops shall have a shaft and a flap and will be allowed in flat racing including training, only as follows.
    - A. Maximum weight of eight ounces
    - B. Maximum length, including flap of 30 inches
    - C. Minimum diameter of the shaft of three- eighths inch
    - D. Shaft contact area must be smooth, with no protrusions or raised surface, and covered by shock absorbing material that gives a compression factor of at least one-millimeter throughout its circumference
  - b. The flap is the only allowable attachment to the shaft and must meet these specifications:
    - A. Length beyond the end of the shaft a maximum of one inch
    - B. Width a minimum of 0.8 inch and a maximum of 1.6 inches
    - C. No reinforcements or additions beyond the end of the shaft
    - D. No binding within seven inches of the end of the shaft
    - E. Shock absorbing characteristics similar to those the contact area of the shaft

### Example of an approved riding crop (left) and a non-approved riding crop (right)



## **Concussion Protocols**

There are a number of resources for tracks incorporating a return to ride protocol and in particular concussion protocols. The ARCI Model Rules include rules that require someone trained in diagnosing and assessing concussions to be on the grounds during racing and that the track must have a concussion and return to ride protocol.

### ***ARCI-007-020 Facilities And Equipment***

- (10) An association shall adopt, have posted, and implement a protocol for education, evaluation, diagnosis, and management of concussion of jockeys which shall be approved by the regulatory authority.
- (a) Each jockey shall acknowledge in writing that they have been made aware of the concussion protocols in place for the facility at which they are riding;
  - (b) A minimum assessment shall include the most current Sport Concussion Assessment Tool examination, when necessary, and be performed by a medical professional authorized in that jurisdiction to perform such evaluation;
  - (c) A return-to-ride guideline shall be established in order to clear a jockey who has been concussed, or is believed to have been concussed, once the jockey is declared fit-to-ride by a medical professional authorized to do so; and,
  - (d) The Stewards shall be notified when a jockey is not permitted to ride and when the jockey has been authorized to return to riding

MedStar Sports Medicine and the Maryland Jockey Club have a program which could be emulated throughout the country. More information about the MedStar Sports Medicine Horsemen's Program is available via the link below.

Racing officials should familiarize themselves with the current protocols in their jurisdictions and follow instruction and advise of the medical staff with regards to return to ride and concussion protocols.

## **Concussion and Return to Ride Resources:**

- MedStar Sports Medicine Horsemen's Health Program
  - o <https://www.medstarsportsmedicine.org/about-us/team-affiliations/maryland-thoroughbred-horsemens-association/>
- Jockey's Guild – UK Sports Medicine Initiative
  - o <https://www.jockeysguild.com/news/news/uk-sports-medicine-program-will-help-jockeys-ride-safer>
- Jockey Sports Medicine Working Group
  - o <https://jockeysportsmedicineworkinggroup.wordpress.com/>
- BHA Return to Race Riding Protocols
  - o <https://www.britishhorseracing.com/wp-content/uploads/2014/03/32-NMED32-Return-to-race-riding-following-illness.pdf>
- BHA Concussion Management Initiatives July 2017
  - o [https://www.britishhorseracing.com/press\\_releases/education-regulation-research-central-new-concussion-management-initiatives/](https://www.britishhorseracing.com/press_releases/education-regulation-research-central-new-concussion-management-initiatives/)
- USEF Concussion Safety Links
  - o <https://www.usef.org/compete/resources-forms/rules-regulations/concussion>
- The Jockey Health Information System
  - o [https://rto.incompassolutions.com/EID\\_user\\_guide.pdf](https://rto.incompassolutions.com/EID_user_guide.pdf)
- Professional Jockeys Association Concussion and CTE
  - o <http://www.thepja.co.uk/members-info/concussion/concussion/>
- The International Concussion & Head Injury Research Foundation
  - o <https://www.ichirf.org/>

## **Picture References**

- <https://www.seinet.org/search.htm> (screenshot of website)
- <https://www.saddlery.biz/rider/whips/racing>
- <https://www.seinet.org/search.htm>
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- <https://www.charlesowen.com/products-category/jockey-cross-country/>
- <https://www.gpa-sport.com/en/product/racing-collection-en/>
- <https://www.gatehouseridinghats.co.uk/>
- <https://www.championhats.co.uk/product/pro-plus/>
- <https://uofhelmets.com/en/race/20-race-evo-matt.html>
- <http://www.lashelmets.com/it/horse>
- <https://www.kepitalia.com/eng/products/helmets>
- <http://www.vipasafety.com.au/vipa-horse-racing-body-protectors.htm>
- <https://www.doversaddlery.com/charles-owen-jl9-body-protectr/p/X1-40565B/>
- <http://www.phoenixperformance.com/>
- <http://www.racesafe.co.uk/prorace-2.0.html>





