

Be Seen Be Safe

Stop! Are you wearing your hi viz?

- Hi visibility clothing will always help you and your horse to be seen by other road users, giving them more time to react or slow down.



- Studies show that hi viz can give a vehicle an extra 3 seconds reaction time, which means that at 30mph that's an extra stopping distance of 60m, the size of a full length Dressage arena. For a driver, this could be the difference between hitting you and your horse or passing safely.
- Hi viz isn't just for road use. For those who ride in rural areas, particularly where there are hot air balloons, helicopters and low flying planes, hi viz will enable people to see you from the air and allow greater time for pilots to take evasive action.
- Should you have a fall, wearing hi viz will enable help, such as the air ambulance, to find you much faster.
- The grey/silver stripes on hi viz garments work by reflecting light directly back towards the source. So if your hi viz clothing has stripes, car lights will reflect off you making you more visible.
- When wearing hi viz highlight those areas most likely to be in the direct line of the sight of vehicle drivers, ie car bonnet to car roof height. The Highway Code recommends that your horse wears reflective bands above the fetlock joint and you wear a light which shows white to the front and red to the rear, fitted to your arm or leg/riding boot, to show the direction of travel.
- If you have to ride in foggy conditions where visibility is greatly reduced, in addition to hi viz you should also ensure you wear a leg/arm light.
- Hi viz clothing is cheap and easy to buy, a tabard can cost as little as £1!
- Ideally, hi viz clothing should meet the standards EN1150 for non-professional leisure riders, EN471 for professional riders and those working with horses, and EN13356 for accessories.