Devil Dog Ranch

PROPER FOOTWEAR AND ATTIRE

Shoes:

Vaulting: canvas type shoes or light weight running shoes with soft thin soles, water slippers, ballet slippers or gymnastic slippers

Please note: Hard shoes such as riding boots or athletic shoes with thick soles are **unsuitable** because they can cause pressure points on the horse’s back. They also inhibit the vaulter’s ability to point their toes and they lessen the sensitivity of the vaulter’s feet.

Tacking/Untacking: Please wear hard sole shoes such as riding boots during tack up/untacking and horse handling.

Clothing:

-Vaulters should wear clothing that allows freedom of movement in all directions and is not so loose as to catch on the surcingle or on another vaulter. Tight fitting stretch pants and tops are ideal. Avoid clothing with strings, buttons, or zippers.

- Gymnastic unitards are often worn by vaulters because they are functional comfortable (but if you do not have one there is no need to go out and purchase one for practice!!)

- Other possibilities include shores, sweat pants which are tight around that ankles, leotards or riding breeches made of a stretch fabric. Tops must be long enough to tuck into pants.

- No jewelry should be worn while vaulting. Hair should be tied back.