

Clothing Guidelines For EAL Sessions

Clients and carers should wear comfortable and suitable clothing, including long trousers and sturdy shoes, boots or wellingtons. The temperature in the school varies depending on the weather and time of year and so it is advisable to wear layers of clothing including a waterproof top layer if rain is forecast. Dresses, skirts and shorts are not permitted, as bare legs are not advisable when working with horses. Gloves and hats are recommended in the winter. Jackets and anoraks, if worn, should be fastened. It is recommended that any loose jewellery is removed and that long hair is tied back.

Whilst working with the horses, clients must wear a riding hat that meets current safety standards and fits correctly. Hats may be borrowed from the Centre. If you wish to purchase your own riding hat please make sure it conforms to current standards and is correctly fitted, otherwise you will not be allowed to take part in activities.



Many of the activities are very “hands on” and some, such as grooming, may result in clients and helpers getting “slightly grubby”, so please bear this in mind when choosing what to wear!

Additional Information

Please do not bring any treats for the horses to eat as this may encourage undesirable behaviour among the horses.

Horse welfare is paramount at Inspired Equine Assisted Learning. We have a team of six horses who are respected as partners in our work. Horses are selected for a session according to the specific activities being undertaken and individual client needs. Our horses are trained sympathetically and kept in an environment which fulfils as many of their natural needs as possible. All our clients are encouraged to be actively involved with the care of the horses. Any physical abuse towards our horses will not be tolerated under any circumstances.

Further information can be found on our website: inspired-eal.co.uk