



RIDER CLOTHING

At Ardis safety is paramount. Some items of rider attire are essential while others are recommended:

ESSENTIAL:

- footwear with a flat sole and some form of heel
- a helmet conforming to current safety standards

RECOMMENDED:

- long pants (not tight, slightly stretchy, denim can be a little restrictive)
- a shirt with sleeves (no singlets)
- sunscreen
- back protectors are encouraged for jumping